

Station

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HEALTHY SNACKS

When children come home from school, they are hungry. This may be a good time to get your child to eat raw vegetables, fresh fruits, low-fat dairy foods and whole-wheat bread. Don't have foods in the house that you don't want children to eat. If there are no cookies in the house, a child will often choose fruit rather than nothing.

Children need to eat often because their stomachs are small and they need energy to grow. Snacks are small meals between larger meals. Many parents work or go to school. When parents come home, children often ask, "When is dinner?" If they have had healthy snacks after school, they will be able to wait longer for dinner. Together parents and children can plan snacks to keep on hand that are quick and easy. Leftovers from yesterday's meals can be used. Parents can cut fruits and vegetables and leave them on the lower shelves of the refrigerator. Snack foods like peanut butter, whole wheat crackers, rice cakes and pretzels can be on the low shelves of the cupboard for children to make snacks for themselves.

Adapted from: Love In A Lunch Box, Carole Raymond, Beautiful America Publishing Co., Wilsonville, Ore., 1994

SAMPLE BROCHURE








Have you heard?

Eating fruits and vegetables does more than reduce the risk of cancer.

Research continues to find strong links between increased fruit and vegetable consumption and the decreased risk of chronic diseases such as cancer, heart disease, and stroke. Convincing evidence proves the positive role fruit and vegetable consumption has in the reduced incidence of cataracts, diverticulosis, high blood pressure, chronic obstructive pulmonary disease, asthma, bronchitis, and osteoporosis.

Eating 5 or more servings of fruits and vegetables daily will reduce health risks substantially. Strategies to reach this goal include having fruits and vegetables at every meal and choosing fruits and vegetables for snacks.

5 Points to Ponder

-  Eat 5 or more servings of fruits and vegetables a day.
-  Eat at least one high-fiber selection a day.
-  Eat cabbage family vegetables several times a week.
-  Enjoy the most colorful fruits and vegetables often!
-  Eat at least one dark green vegetable daily.

Fruits & Vegetables

are as good as gold



Eat 5 or more servings of fruits and vegetables a day for better health.



Produce for Better Health[®] Foundation

EAT 5 A DAY
for better health

www.5aday.com
www.aboutproduce.com

Brochure Reading

"Healthy Snacks Give Kids Extra Energy to Play & Grow"

**Healthy Snacks
Give Kids
Extra
Energy To
Play and Grow**

Snacks are a normal part of a healthy diet for growing kids. Fruits, vegetables, and whole-grain foods make good snacks.

All foods can fit into a healthy diet. Choose low-fat, reduced sugar, and reduced salt snacks.

The brochure features a large, glossy red apple on the left side and two graham crackers on the bottom right side. The text is arranged in a clean, readable layout with a mix of purple and red colors for emphasis.

Brochure Reading

"Snacks Can Be Fun, Tasty and Healthy Too"

Snacks Can Be Fun, Tasty, and Healthy Too!

Set a good example—Kids often want the same snacks you eat. Choose snacks that are good for your health. Try low-fat milk, cheeses, and yogurt.

Plan ahead—Make snacks from the various parts of the food guide pyramid. Healthy snacks should be a part of your grocery list.

Be ready—Keep fruit, 100% juice, crunchy veggies such as carrots or celery, yogurt, bagels, pretzels, and whole-wheat crackers on hand.

Start a new trend—Include fruits and vegetables for school parties and special events.

Make healthy snacking easy—Put snack foods like pretzels, crackers, peanut butter, cheese, and yogurt on lower shelves so kids can get to them.

Make Snacks Healthy!

Brochure Reading

"Try These Quick, Easy, Healthy Snacks"
"Did You Know That Healthy Snacks..."

Eat Smart. Play Hard.

Try These Quick, Easy, Healthy Snacks

- ▶ Popcorn or pretzels
- ▶ Snack size yogurt or pudding
- ▶ Fresh, canned, or dried fruit
- ▶ Celery sticks with low-fat cream cheese
- ▶ Frozen grapes, banana slices, or popsicles made from 100% juice
- ▶ Peanut butter and fruit sandwich (try apple slices, banana, or raisins)
- ▶ Whole-grain crackers and cheese
- ▶ Baby carrots with a low-fat dip
- ▶ Rice cakes with peanut butter
- ▶ Tortilla with refried beans, cheese, lettuce, and salsa
- ▶ Pita sandwich with tuna and lettuce
- ▶ Mini-pizzas made with English muffins or pita bread
- ▶ Vegetable and noodle soup
- ▶ Baked or microwaved potato topped with plain yogurt or cheese

Did you know that healthy snacks...

- ▶ Can supply a big part of the food and nutrition kids need for energy.
- ▶ Are a great way to get kids to eat more fruits and vegetables.
- ▶ Are great as mini-meals in addition to regular meals.
- ▶ Make get-togethers with friends more fun.

Two young girls are smiling and looking at a brown and white horse. One girl is holding a red apple.

Activity Page**"Healthy Snacks Give Kids Extra Energy to Play & Grow"****A. DO IN EXPERT GROUP**

DIRECTIONS: Fill in the blanks. Check your answers with your group. Get ready to teach this to your Home group. They have not read this part.

1. Healthy snacks give kids extra _____ to _____ and _____.
2. Snacks are a _____ part of a healthy diet for growing kids.
3. Fruits, vegetables and _____ make good snacks.
4. Choose low fat, _____ sugar and _____ salt snacks.
5. Make a list of any words in the sentences above that will be hard to explain to your Home Group. Work with your partners in this group to write meanings for the words.

WORD	MEANING

B. HOME GROUP DISCUSSION

DIRECTIONS: Talk about these questions in your HOME GROUP. Take notes about the ideas in your EXPERT group.

1. In your group, make a list of 5 quick and easy, healthy snacks.
2. What do you do to set a good example of healthy eating?
3. Why do adults also need "extra energy" sometimes? What healthy snacks give "extra energy?"
4. Do people eat snacks in your country? Why do you think Americans eat so many snacks?

"Snacks Can Be Fun, Tasty and Healthy Too"

A. DO IN EXPERT GROUP

DIRECTIONS: Fill in the blanks. Check your answers with your group. Get ready to teach this to your Home group. They have not read this part.

1. Set a good _____ because kids often want the same snacks adults eat.
2. Make healthy snacking easy. Put healthy snacks such as peanut butter, crackers and yogurt on _____ so kids can reach them.
3. Healthy snacks should be part of your _____.
4. Give your kids fruits and vegetables for _____.
5. Make a list of any words in the sentences above that will be hard to explain to your Home Group. Work with your partners in this group to write meanings for the words.

WORD	MEANING

B. HOME GROUP DISCUSSION

DIRECTIONS: Talk about these questions in your HOME GROUP. Take notes about the ideas in your EXPERT group.

1. In your group, make a list of 5 quick and easy, healthy snacks.
2. What do you do to set a good example of healthy eating?
3. Why do adults also need "extra energy" sometimes? What healthy snacks give "extra energy?"
4. Do people eat snacks in your country? Why do you think Americans eat so many snacks?

Activity Page

"Try These Quick, Easy, Healthy Snacks"

"Did You Know That Healthy Snacks...."

A. DO IN EXPERT GROUP

DIRECTIONS: Fill in the blanks. Check your answers with your group. Get ready to teach this to your Home group. They have not read this part.

1. Healthy snacks such as _____ can get kids to eat more fruits.
2. Healthy snacks such as _____ are great as a mini-meal in addition to _____.
3. Healthy snacks make _____-_____ with friends more fun.
4. Healthy snacks such as potato topped with _____ can give kids _____.
5. Make a list of any words in the sentences above that will be hard to explain to your Home Group. Work with your partners in this group to write meanings for the words.

WORD	MEANING

B. HOME GROUP DISCUSSION

DIRECTIONS: Talk about these questions in your HOME GROUP. Take notes about the ideas in your EXPERT group.

1. In your group, make a list of 5 quick and easy, healthy snacks.
2. What do you do to set a good example of healthy eating?
3. Why do adults also need "extra energy" sometimes? What healthy snacks give "extra energy?"
4. Do people eat snacks in your country? Why do you think Americans eat so many snacks?

Station 1

"Healthy Snacks Give Kids Extra Energy to Play & Grow"

A. DO IN EXPERT GROUP

DIRECTIONS: Fill in the blanks. Check your answers with your group. Get ready to teach this to your Home group. They have not read this part.

1. Healthy snacks give kids extra energy to play and grow.
2. Snacks are a normal part of a healthy diet for growing kids.
3. Fruits, vegetables and whole grain foods make good snacks.
4. Choose low fat, reduced sugar and reduced salt snacks.
5. Make a list of any words in the sentences above that will be hard to explain to your Home Group. Work with your partners in this group to write meanings for the words.

WORD	MEANING

B. HOME GROUP DISCUSSION

DIRECTIONS: Talk about these questions in your HOME GROUP. Take notes about the ideas in your EXPERT group.

1. In your group, make a list of 5 quick and easy, healthy snacks.
2. What do you do to set a good example of healthy eating?
3. Why do adults also need "extra energy" sometimes? What healthy snacks give "extra energy?"
4. Do people eat snacks in your country? Why do you think Americans eat so many snacks?

Station 2

"Snacks Can Be Fun, Tasty and Healthy Too"

A. DO IN EXPERT GROUP

DIRECTIONS: Fill in the blanks. Check your answers with your group. Get ready to teach this to your Home group. They have not read this part.

1. Set a good example because kids often want the same snacks adults eat.
2. Plan ahead. Healthy snacks should be part of your grocery list.
3. Be ready. Have healthy snacks in the house at all times.
4. Start a new trend. Include healthy snacks at school parties and special events.
5. Make a list of any words in the sentences above that will be hard to explain to your Home Group. Work with your partners in this group to write meanings for the words.

WORD	MEANING

B. HOME GROUP DISCUSSION

DIRECTIONS: Talk about these questions in your HOME GROUP. Take notes about the ideas in your EXPERT group.

1. In your group, make a list of 5 quick and easy, healthy snacks.
2. What do you do to set a good example of healthy eating?
3. Why do adults also need "extra energy" sometimes? What healthy snacks give "extra energy?"
4. Do people eat snacks in your country? Why do you think Americans eat so many snacks?

Station 3

"Try These Quick, Easy, Healthy Snacks"
"Did You Know That Healthy Snacks..."

A. DO IN EXPERT GROUP

DIRECTIONS: Fill in the blanks. Check your answers with your group. Get ready to teach this to your Home group. They have not read this part.

1. Popcorn or pretzels are quick, easy, healthy snacks.
2. Frozen grapes or popsicles made from 100% juice are healthy snacks.
3. Tortilla with refried beans, cheese, lettuce, and salsa are healthy snacks.
4. Potato topped with plain yogurt or cheese is a healthy snack.
5. Make a list of any words in the sentences above that will be hard to explain to your Home Group. Work with your partners in this group to write meanings for the words.

WORD	MEANING

B. HOME GROUP DISCUSSION

DIRECTIONS: Talk about these questions in your HOME GROUP. Take notes about the ideas in your EXPERT group.

1. In your group, make a list of 5 quick and easy, healthy snacks.
2. What do you do to set a good example of healthy eating?
3. Why do adults also need "extra energy" sometimes? What healthy snacks give "extra energy?"
4. Do people eat snacks in your country? Why do you think Americans eat so many snacks?

HOME GROUP INSTRUCTIONS

1. Return to your Home Group.
2. Teach your home group about your part of the brochure. Explain new words to them. Answer their questions.
3. Learn about their parts of the brochure. Ask questions about new words or anything that you don't understand.
4. Talk about the questions in Part B, Discussion. Take notes to remember the ideas.
5. Listen carefully. There will be a test on all of the parts.

QUIZ

NAME: _____ DATE: _____

PART A DIRECTIONS: Write T for True and F for False.

- ___ 1. Adults should choose healthy snacks to set a good example for kids.
- ___ 2. Fruits and soda make good healthy snacks.
- ___ 3. Put peanut butter and yogurt on your grocery list to keep healthy snacks on hand.
- ___ 4. Fruits and vegetables are healthy snacks for kids.
- ___ 5. Snacks are not part of a healthy diet for growing kids.
- ___ 6. A baked potato with cheese is an example of a mini-meal.
- ___ 7. Sodas and chips are healthy snacks for school parties.
- ___ 8. Kids should eat only regular meals.

PART B DIRECTIONS: Match the idioms and definitions.

- ___ 1. Set a ***good example*** A. are part of
- ___ 2. Have healthy food ***on hand*** B. Children do what adults do
- ___ 3. All foods ***fit into*** a C. in the house
healthy diet
- ___ 4. ***Get-togethers*** are fun D. groups of friends and family

PART C DIRECTIONS: Write your answer in sentences.

- 1. What can adults do to set a good example of healthy eating?

QUIZ

NAME: _____ DATE: _____

PART A DIRECTIONS: Write T for True and F for False.

- T 1. Adults should choose healthy snacks to set a good example for kids.
- F 2. Fruits and soda make good healthy snacks.
- T 3. Put peanut butter and yogurt on your grocery list to keep healthy snacks on hand.
- T 4. Fruits and vegetables are healthy snacks for kids.
- F 5. Snacks are not part of a healthy diet for growing kids.
- T 6. A baked potato with cheese is an example of a mini-meal.
- F 7. Sodas and chips are healthy snacks for school parties.
- F 8. Kids should eat only regular meals.

PART B DIRECTIONS: Match the idioms and definitions.

- B 1. Set a ***good example*** A. are part of
- C 2. Have healthy food ***on hand*** B. Children do what adults do
- A 3. All foods ***fit into*** a C. in the house
healthy diet
- D 4. ***Get-togethers*** are fun D. groups of friends and family

PART C DIRECTIONS: Write your answer in sentences.

1. What can adults do to set a good example of healthy eating

My Goal: I will make _____ new healthy snacks for my children.

Directions:

1. Work in a group. Share ideas for making healthy snacks.
2. Write 2 or 3 ideas you want to try.
3. Try the snacks at home.
4. Do your Report and talk to a partner.

Healthy Snack Idea	Date Tried	Circle your answer: My family liked it...				
1.	_____	1	2	3	4	5
		not much		a little		a lot
<hr/>						
2.	_____	1	2	3	4	5
		not much		a little		a lot
<hr/>						
3.	_____	1	2	3	4	5
		not much		a little		a lot

MY REPORT	DATE:
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1. I made _____ healthy snacks for my children/family.
2. Which snack did they like the most? _____
3. Why? _____
4. Which snack did they like the least? _____
5. Why? _____
6. Which snack(s) will you try again? _____
7. Do you have another idea for a healthy snack to share? Write it here:
