



KidsHealth.org/classroom

Teacher's Guide

This guide includes:

- Standards
- Related Links
- Discussion Questions
- Activities for Students
- Reproducible Materials

Standards

This guide correlates with the following National Health Education Standards:

Students will:

- Comprehend concepts related to health promotion and disease prevention to enhance health.
- Analyze the influence of family, peers, culture, media, technology, and other factors on health behaviors.
- Demonstrate the ability to access valid information and products and services to enhance health.
- Demonstrate the ability to use decision-making skills to enhance health.
- Demonstrate the ability to practice health-enhancing behaviors and avoid or reduce health risks.
- Demonstrate the ability to advocate for personal, family, and community health.

Your state's school health policies:
nasbe.org/HealthySchools/States/State_Policy.asp

It can be difficult for kids to limit their eating sometimes. They're growing and those hours between meals can really stretch out, leaving them feeling hungry, distracted, and cranky. "Don't eat between meals," isn't realistic advice. Snacks are also kids' first nutritional decisions. They choose their own snacks in lunch lines, in vending machines, and at home. The questions and activities in this guide will help your students make good choices, grow strong, and maintain their energy while controlling their hunger and their weight.

Related KidsHealth Links

Articles for Kids:

When Snack Attacks Strike

KidsHealth.org/kid/stay_healthy/food/snack_attack.html

Go, Slow, and Whoa! A Kid's Guide to Eating Right

KidsHealth.org/kid/stay_healthy/food/go_slow_whoa.html

Figuring Out Food Labels

KidsHealth.org/kid/stay_healthy/food/labels.html

Articles for Teens:

Smart Snacking

KidsHealth.org/teen/food_fitness/nutrition/healthy_snacks.html

Your Secrets to Healthy Snacking

KidsHealth.org/teen/food_fitness/nutrition/snacking.html

How Much Food Should I Eat

KidsHealth.org/teen/food_fitness/dieting/portion_size.html

Discussion Questions

Note: The following questions are written in language appropriate for sharing with your students.

1. Do you ever feel low on energy at school? How about after school? Does snacking help? Which snacks help boost your energy? Which ones drag you down?
2. What makes a snack "healthy"? What kinds of ingredients? How do calories fit into your picture of healthy snacks?
3. Do you bring snacks with you to school or buy them there? How healthy are the snacks available at school? Would you say that your family has healthy snacks at home?



Activities for Students

Note: The following activities are written in language appropriate for sharing with your students.

Pack a Snack!

Objectives:

Students will:

- Identify environmental barriers to healthy eating, such as access to healthy foods
- Evaluate health problems associated with unhealthy snacks and benefits of healthy snacks
- Take a fresh look at their snacking habits, which may be deeply ingrained at home and at school
- Evaluate health problems associated with unhealthy snacks and benefits of healthy snacks
- Identify how changes in snacking behavior can affect their health

Materials:

- Poster board
- Magic markers

Class Time:

1 hour

Activity:

Chips, snack cakes, and soda - they're all so easy to buy at school or at a convenience store. But they're not healthy. They can make you feel tired instead of energized. Here's a better idea: Pack a snack. Grab a healthy snack at home every morning and put it in your backpack for later. At lunchtime, after school activities, or anytime you're feeling hungry or run down, you'll be prepared with an energizing, healthy snack.

Now, spread the word! Make a poster for your school. On poster board, include the title - Pack a Snack! - and make a drawing that shows snacks from home going into a backpack. The look of the poster is up to you, but be sure to include two short lists to help drive home the message:

1. Bring a healthy snack from home for: energy (list four or more benefits)
2. Steer clear of junk food that can make you: overweight (list four or more problems)

Extensions:

1. Are the snacks at school healthy? Unhealthy? Maybe a little of both? In a paragraph, tell what you think about the snacks at school. If you think that school snacks could be healthier, be sure to note which things should go and name some health foods that the school might use to replace them.
2. Some students might not have healthy snack foods at home. In a paragraph, explain a few ways that you think kids could change that.



Your Snack-Shopping List

Objectives:

Students will:

- Identify environmental barriers to healthy eating, such as access to healthy foods
- Take a fresh look at their snacking habits, which may be deeply ingrained at home and at school
- Identify how changes in snacking behavior can affect their health
- Give critical assessments of snack foods available to them every day

Materials:

- Pen or pencil
- Snack-Shopping List Handout (available at: KidsHealth.org/classroom/personal/nutrition/healthy_snacking_handout1.pdf)

Class Time:

30 minutes

Activity:

If you want to eat healthy snacks, you have to have healthy snacks. Unfortunately, you don't do the food shopping! Complete the Snack-Shopping List handout to find out what healthy snack foods you need to get ready for each week, and then pass the information along to a parent or tag along on the next shopping trip.

Extension:

1. Try out the shopping list for a week. In a paragraph, talk about whether the change made a difference for you. Did you have energy? Did you eat less junk food or spend less money on food? Did this change the way you snack at home?

Reproducible Materials

Handout: Snack-Shopping List

KidsHealth.org/classroom/6to8/personal/nutrition/healthy_snacking_handout1.pdf

Quiz: Healthy Snacking

KidsHealth.org/classroom/6to8/personal/nutrition/healthy_snacking_quiz.pdf

Answer Key: Healthy Snacking

KidsHealth.org/classroom/6to8/personal/nutrition/healthy_snacking_quiz_answers.pdf



Name: _____

Date: _____

Snack Shopping List

Instructions: Answer these five questions about your snacking habits and what you like to eat. When you're done, use your answers to make a shopping list at the bottom. Tear it off and send it with a parent, or tag along and shop for snacks yourself. Remember: If the snack has a few ingredients, list them all. And don't worry about the cost – healthy foods aren't any more expensive than unhealthy ones.

1. Pack a snack! Instead of buying sugary or fatty snacks at school or the store, put a healthy snack in your backpack every morning. What healthy snack would you like to pack?	Backpack snack:	How many (or how much) will you need for 5 school days?
2. Do you snack after school? If so, what healthy snack would you like to eat after school?	After-school snack:	How many (or how much) will you need for 5 school days?
3. Do you eat dessert after dinner? If so, what healthy dessert would you like?	Dessert:	How many (or how much) will you need for 1 week?
4. Don't forget the weekend! Think about what you'll be doing – playing sports, watching TV, hanging out with friends – and if you'll be eating some snacks. What healthy snacks would you like to have on the weekend?	Weekend snacks:	How many (or how much) will you need?
5. To pack or store a snack, you might need some containers. For your snacks, will you need anything like a plastic bag or reusable plastic container?	Containers:	



Shopping List:

_____	_____	_____
_____	_____	_____
_____	_____	_____
_____	_____	_____
_____	_____	_____
_____	_____	_____
_____	_____	_____



Name: _____

Date: _____

Quiz

Instructions: Answer each question.

- Whole grain foods are high in fiber and nutrients. Which of these is not a whole grain:
 - whole wheat
 - white flour
 - corn
 - oatmeal
 - brown rice
- The nutrition label tells you how much food you ought to eat, such as 1 cup of cereal, 2 cookies, or 5 pretzels. This is called the:
 - recommended daily allowance
 - portion
 - serving size
- How do you know if a packaged food is fattening?
 - check the label to see how many calories it has
 - check to see if it says “all natural” on the front
 - make sure it’s organic
 - look for the words “fat-free” in the package
- It’s best to limit how much _____ you eat.
 - protein
 - complex carbohydrates
 - bread
 - sugar
 - total fat
- An easy way to steer clear of junk food snacks is to:
 - never eat between meals, no matter how hungry you get
 - hope that there’s something healthy wherever you go
 - pack a healthy snack from home
 - carry a crate of oranges with you at all times
- True or false: If you snack right, you’re never hungry – even at mealtimes.
- True or false: Kids also have small stomachs, so they may need to eat more often than adults.
- True or false: When people don’t get regular meals and snacks, they may get tired and grouchy.
- True or false: It’s OK to snack because you’re bored, watching TV, or want to reward yourself for finishing your homework.
- True or false: It’s OK to have a candy bar or chips once in a while, just not every day.



Quiz Answer Key

- Whole grain foods are high in fiber and nutrients. Which of these is not a whole grain:
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