



[KidsHealth.org/classroom](http://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 interpersonal communication skills to enhance health and avoid or reduce health risks.
- Demonstrate the ability to use goal-setting 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.

National Health Education Standards: [www.cdc.gov/healthyschools/sher/standards/index.htm](http://www.cdc.gov/healthyschools/sher/standards/index.htm)

That jelly donut looks mighty tempting, but doughnuts and other snacks that are high in sugar and fat won't give you the energy you need to make it through your busy day! Use the following activities to help your students make healthy choices when selecting snacks.

## Related KidsHealth Links

### Articles for Kids:

#### When Snack Attacks Strike

[KidsHealth.org/en/kids/snack-attack.html](http://KidsHealth.org/en/kids/snack-attack.html)

#### Figuring Out Food Labels

[KidsHealth.org/en/kids/labels.html](http://KidsHealth.org/en/kids/labels.html)

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

[KidsHealth.org/en/kids/go-slow-whoa.html](http://KidsHealth.org/en/kids/go-slow-whoa.html)

#### Learning About Fats

[KidsHealth.org/en/kids/fat.html](http://KidsHealth.org/en/kids/fat.html)

#### Learning About Carbohydrates

[KidsHealth.org/en/kids/carb.html](http://KidsHealth.org/en/kids/carb.html)

#### Learning About Calories

[KidsHealth.org/en/kids/calorie.html](http://KidsHealth.org/en/kids/calorie.html)

## Discussion Questions

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

1. It's been 2 hours since breakfast, and now the grumbling in your stomach is loud enough for the dog to hear! How do you feel when you're hungry? Do you usually get hungry between meals? What do you do when hunger strikes and it's not time for a meal?
2. Dad's cooking up your favorite dinner, but it's going to take another 30 minutes before it's ready to eat. Do you think you should grab a snack? Why or why not?
3. The cafeteria served your absolute favorite lunch, and you're still feeling stuffed when the bus drops you off at home. But you ALWAYS have a snack while doing your homework. Do you think you should have one today? Why or why not?



## Activities for Students

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

### Dream Snack Machine

#### Objectives:

Students will:

- Identify nutritious snacks
- Learn how healthy snacking can enhance personal health

#### Materials:

- Computer with Internet access
- Art supplies (crayons, markers, colored pencils, etc.)
- “Dream Snack Machine” handout

#### Class Time:

1 hour

#### Activity:

Your mom picked you up after school and dragged you straight to the mall to go shoe shopping. She forgot to pack you an after-school snack and you're starving! Luckily, you see vending machines at the mall's entrance. Armed with a dollar in coins, you scan the contents of the snack machine. What do you see? Row after row of chips, candy, and cookies ... oh no!

You know these are high-sugar, high-fat snacks that are low in nutrition and won't give you the energy you need to survive shoe shopping! You decide to design a Dream Snack Machine to help kids just like you who are on the hunt for a healthy snack. Before you get started, check out the articles at KidsHealth to find out more about healthy snacking. Now you're ready to design your Dream Snack Machine. Grab a copy of the “Dream Snack Machine” handout for the outline of a snack machine. Use art supplies to design what your snack machine will look like. How will you let customers know that your snack machine contains healthy snacks? Once the outside of your Dream Snack Machine is finished, you'll need to decide what goes on the inside! Choose four healthy snacks to stock it with. Draw pictures of these snacks in your Dream Snack Machine, and then write the snacks' names on the lines provided on the handout. Thanks to your Dream Snack Machine, healthy snackers' hunger will be satisfied!

#### Extension:

1. Your Dream Snack Machine has become popular in malls, but you don't want to stop there! You want to place healthy snacks in schools. You decide to write a letter to local school officials, asking them to put your Dream Snack Machine in school cafeterias. In your letter, include the following information:
  - Why your snack machine is better than others that have high-sugar and high-fat snacks
  - Why you think healthy snacks will help kids do better in school



## Healthy Snack Team

### Objectives:

Students will:

- Learn why healthy snacking is important, especially for kids

### Materials:

- Computer with Internet access
- Pen and paper, or word processing program

### Class Time:

1 hour

### Activity:

Alexa loves soccer, and every afternoon, she kicks goals in her backyard net. After all that scoring, Alexa is hungry, but her parents stick to the rule, NO SNACKING BETWEEN MEALS. They're afraid Alexa will eat so many snacks that she won't be hungry when dinnertime rolls around. What can be done to help poor Alexa and her rumbling stomach? Send in the Healthy Snack Team! As a member of the Healthy Snack Team, you need to convince Alexa's parents why she should refuel with a nutritious snack. First, do some research at KidsHealth to learn about healthy snacking. Then write a speech to deliver to Alexa's parents. In your speech, you must include the following information:

- Why active kids like Alexa might need more food than three meals a day
- What Alexa's body does with the healthy snack food
- What might happen if Alexa doesn't get enough to eat

Remember, Alexa's parents are really stubborn about their no-snacking rule, so you'll have to try hard to convince them. But fear not, the Healthy Snack Team will be victorious over between-meal hunger!

## Reproducible Materials

### Handout: Dream Snack Machine

[KidsHealth.org/classroom/3to5/personal/nutrition/healthy\\_snacking\\_handout1.pdf](http://KidsHealth.org/classroom/3to5/personal/nutrition/healthy_snacking_handout1.pdf)

### Quiz: Healthy Snacking

[KidsHealth.org/classroom/3to5/personal/nutrition/healthy\\_snacking\\_quiz.pdf](http://KidsHealth.org/classroom/3to5/personal/nutrition/healthy_snacking_quiz.pdf)

### Answer Key: Healthy Snacking

[KidsHealth.org/classroom/3to5/personal/nutrition/healthy\\_snacking\\_quiz\\_answer.pdf](http://KidsHealth.org/classroom/3to5/personal/nutrition/healthy_snacking_quiz_answer.pdf)

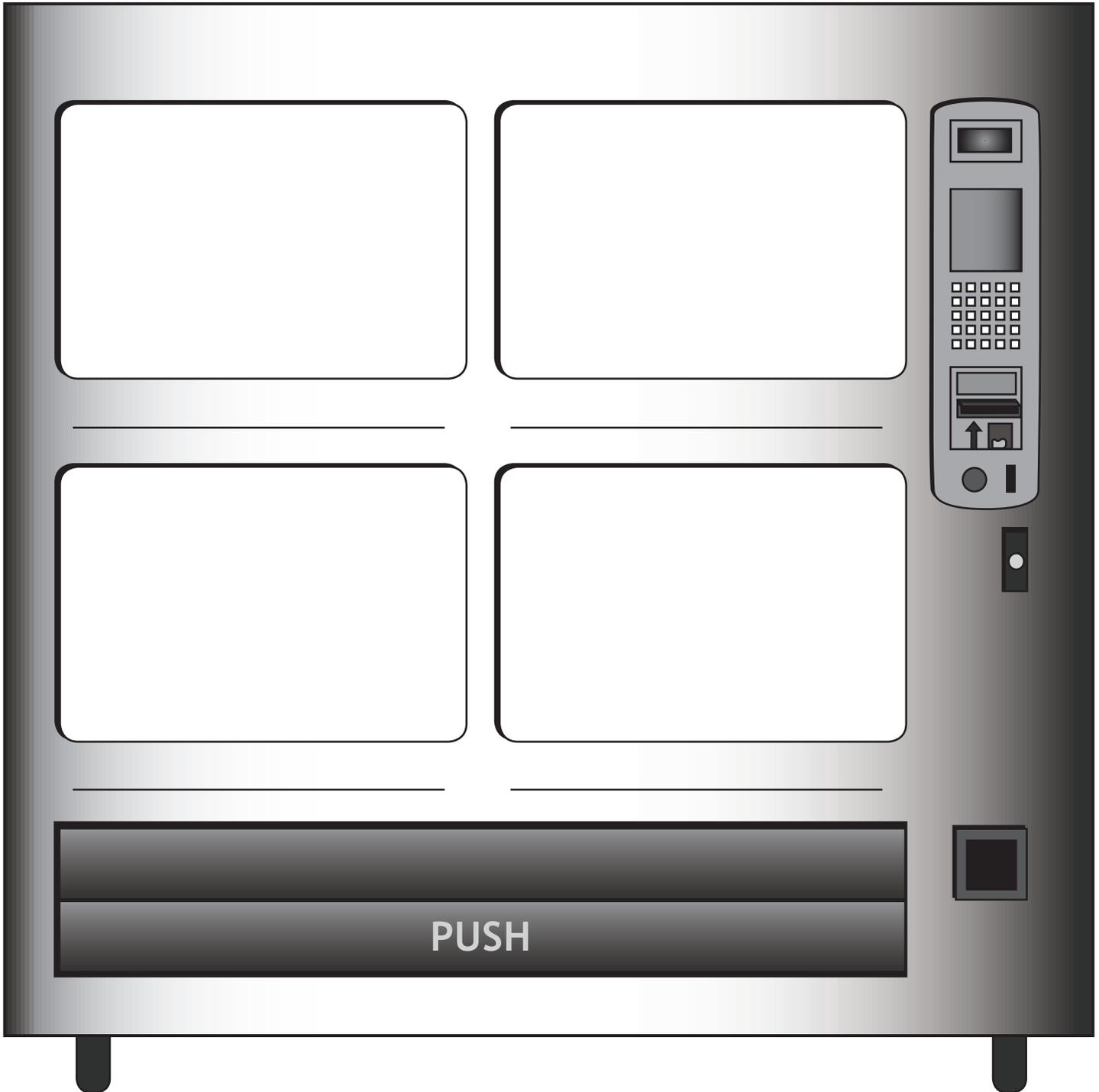


Name: \_\_\_\_\_

Date: \_\_\_\_\_

## Dream Snack Machine

Instructions: Read the KidsHealth articles about healthy snacking, then design a Dream Snack Machine to help kids eat healthy snacks. Draw pictures of four healthy snacks and label them, then decorate your Dream Snack Machine.





Name: \_\_\_\_\_

Date: \_\_\_\_\_

## Quiz

Answer each question.

1. Name two reasons why healthy snacking is a good idea for kids.

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2. List three healthy snack choices.

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3. What does a healthy snack do for your body?

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4. True or false: Foods with whole grains help you feel full.

5. A calorie is a unit of \_\_\_\_\_.

- a. fat
- b. sugar
- c. nutrients
- d. energy

6. True or false: You should only eat a snack when you're hungry.

7. Why might a kid who's really active need more snacks than a kid who plays video games all day?

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8. When you're looking for a healthy snack, you should avoid foods that are high in \_\_\_\_\_.

- a. grains
- b. sugar
- c. vitamins

9. Describe what might happen if you don't eat regular meals and snacks.

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10. True or false: Calories are bad for you.



## Quiz Answer Key

1. Name two reasons why healthy snacking is a good idea for kids.  
*Any two of the following: Kids need energy to be active, so they may need to refuel their bodies more than three times a day. Kids have small stomachs so they eat less than adults, but they may need to eat more often than adults. Kids might get tired and grouchy if they don't have regular snacks.*  
\_\_\_\_\_
2. List three healthy snack choices.  
*Any three of the following: Fruit, nuts, yogurt, vegetables, popcorn, cheese, whole-grain bread (any food that's low in fat and sugar)*  
\_\_\_\_\_  
\_\_\_\_\_
3. What does a healthy snack do for your body?  
*Healthy snacks give your body energy and nutrients.*  
\_\_\_\_\_  
\_\_\_\_\_
4.  True or false: Foods with whole grains help you feel full.
5. A calorie is a unit of \_\_\_\_\_ *energy* \_\_\_\_\_.
  - a. fat
  - b. sugar
  - c. nutrients
  - d. energy
6.  True or false: You should only eat a snack when you're hungry.
7. Why might a kid who's really active need more snacks than a kid who plays video games all day?  
*An active kid burns more calories and might need to refuel more often than a kid who's not active.*  
\_\_\_\_\_  
\_\_\_\_\_
8. When you're looking for a healthy snack, you should avoid foods that are high in \_\_\_\_\_ *sugar* \_\_\_\_\_.
  - a. grains
  - b. sugar
  - c. vitamins
9. Describe what might happen if you don't eat regular meals and snacks.  
*If you don't eat regular meals and snacks, you might get tired or grouchy. You won't have the energy you need to stay active or focused in school, and you might be so hungry that you'll eat too much, or be tempted to grab unhealthy food at the next opportunity.*  
\_\_\_\_\_
10. True or  false: Calories are bad for you. *Calories aren't bad for you. Your body needs calories for energy. But eating too many calories and not burning enough calories through activity can lead to weight gain.*  
\_\_\_\_\_