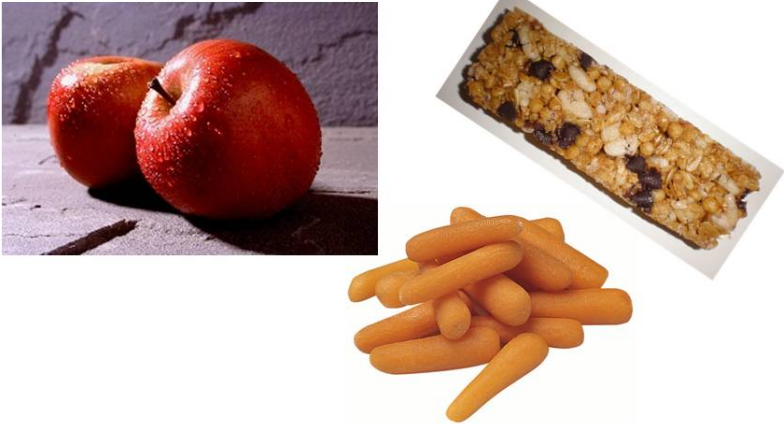


Slide 1


Snacks



Food \$ense Nutrition Education

Slide 2

Common Snacks in America



Snacking has become common in our lives. Most people in America eat at least one snack each day. America's favorite snacks are often high in calories, fat, sugar and salt. If these foods are eaten too often, they can make us unhealthy.

- What is your favorite snack?

Slide 3

Snacks Help You...



Have energy
between meals










Be happy and
not grumpy

- How can snacks help you?
 - Healthy snacks can help your body.
 - Healthy snacks help you from getting hungry between meals.
 - Healthy snacks can help you be happy and not grumpy.

Slide 4

Eat a Variety of Snacks



Use MyPyramid as a tool when selecting nutritious snacks. Choose foods from at least two food groups for each snack. Try to choose foods that will balance the foods you have eaten at meal time.

Choose foods that have less sugar, fat, and salt.

- Who knows what food groups peaches go in? (fruit)
- Broccoli? (vegetable)
- Grapes? (fruit)
- Milk? (Dairy)
- Whole wheat bread? (grains)
- Celery? (vegetable)
- Almonds? (Meat, beans, and protein)

Slide 5

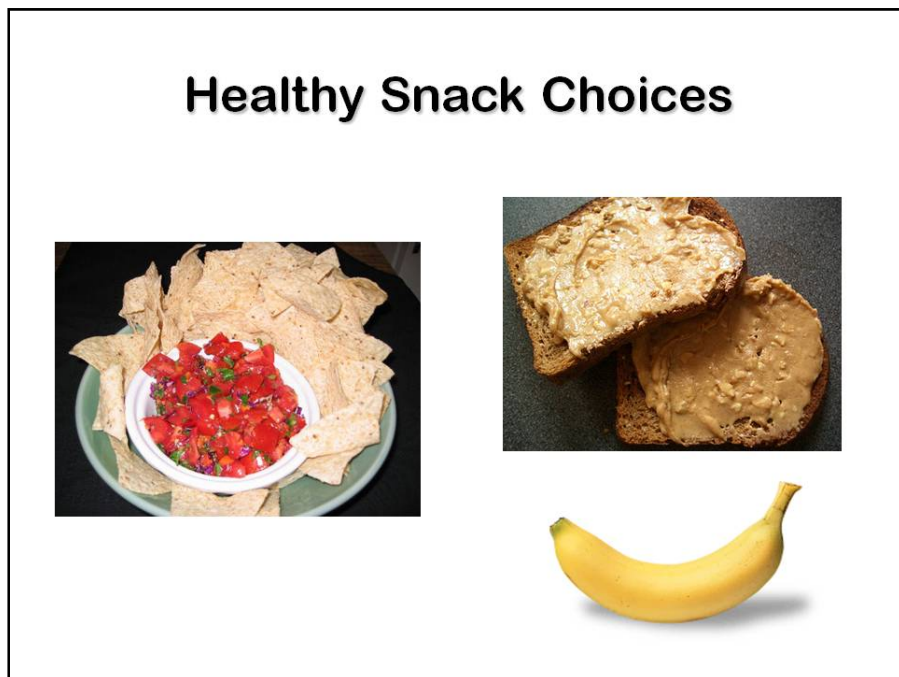


Let's talk about some healthy choices you can make for a snack.

You could mix raspberries from the fruit group and yogurt from the dairy group for a healthy snack.

- What kind of fruit would you like to add to yogurt for a snack? (prompt answers as needed)
 - Blueberries
 - Strawberries
 - Peaches
 - Apples

Slide 6




Fresh salsa with corn chips is a tasty way to eat tomatoes from the vegetable group.


A banana and some bread with peanut butter can give you a balance of fruit, grains and protein.

Slide 7

Nutritious Snack Choices



Low-Fat Milk




Peanut Butter and Jam


Peanut butter and jam on whole wheat bread will give your body protein, and grains. If you drink a glass of milk with your sandwich you will get food from the dairy group too. It is a delicious and healthy snack.

Slide 8


Nutritious Snack Choices



Cheese



Crackers



Carrots

Cheese from the dairy group

Crackers from the grain group

Carrot sticks from the vegetable group

This snack gives your body a good variety of healthy foods

- Do you like white cheese or orange cheese?
- What is your favorite type of cracker?

Take Time to Plan Healthy Snacks

- Buy healthy snack foods at the grocery store



Take Time to Plan.

Plan to buy healthy snack foods at the store. Put healthy snacks on your grocery list.

If you buy healthy snacks at the grocery store, you will save money by not buying snacks at a vending machine.

- Who can name a healthy snack they want on their grocery list? (prompt as needed)
 - Baby carrots
 - Celery
 - Milk
 - Apple
 - Pear
 - Whole wheat crackers

Make Snack Time Enjoyable

- Eat foods that you like and help your body



Make Snack Time Enjoyable.

Snack time is like a mini meal, not a time to eat lots of junk food.

It is an important part of your overall diet.

So, sit down and relax. Learn to enjoy your food.

Slide 11

Use snacks to improve your diet



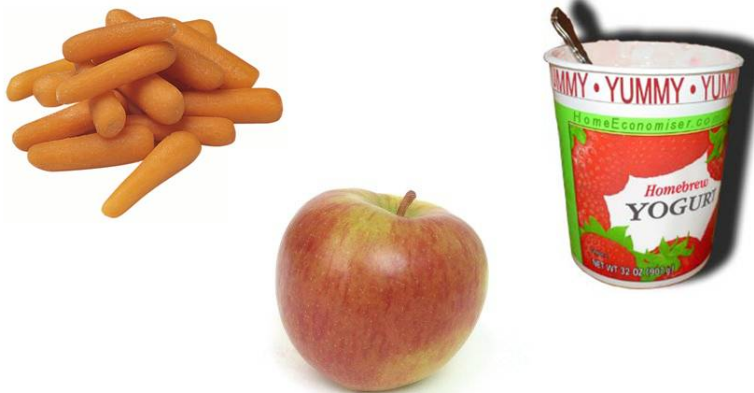
Americans eat too much junk food.

By choosing healthy snacks, like the apple in the picture, you can make your diet healthier.

- What healthy snacks do you like to eat?

Slide 12

What Can I Do?



Eat a healthy snack tomorrow.

- What change can you make because of what you learned today?

Choose a healthy snack to eat tomorrow.

- What healthy snack are you going to eat tomorrow? (remind them of some of the healthy snacks previously talked about)

PACK A HEALTHY SNACK

Color the pictures and cut them out.
You can then pretend to pack yourself a healthy snack in the bag.



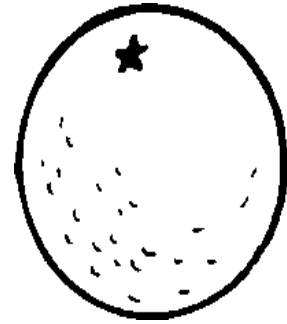
Banana – fruit



Carrot – vegetable



Crackers – grain



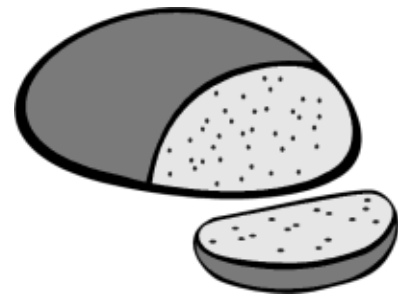
Orange – fruit



Strawberries – fruit



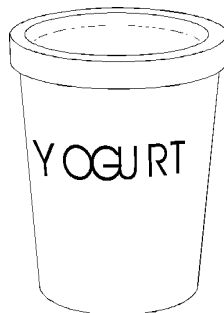
Sandwich – grain & meat



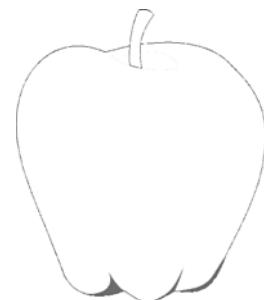
Bread – grain



Cheese – milk group



Yogurt – milk group



Apple – fruit