

growing up **HEALTHY** Wellness Programs for kids

Teachers Guide: Growing Up Healthy with Smart Snacks!



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Growing Up **Healthy** with **Smart Snacks!**

Program Theme & Educational Focus

- Children learn about the importance of eating healthy snacks and making better snack choices.
- Educational focus on USDA *guidelines for what constitutes a healthy snack*.
- Children play the *Healthy Snacks-Food Smart Game* and complete a healthy snacks word search.
- Each program includes three mini-educational modules (1. A teacher led learning session; 2. A class engagement activity; and 3. A Healthy Bites – taste & talk session)

One leader can lead all three mini-modules. However, if possible, it works even better to have different people lead different mini modules ; if there are two teachers/leaders available - have one do the 1st and 3rd mini-modules and the other do the second; if there are 3 co-teachers available - have each do one of the mini-modules.

Step-by-Step Leader Guide – TEACHER LED LEARNING SESSION (~10 minutes)

Introductions (~2 minutes)

- **Do:** Introduce yourself (if new to the class); tell who you are and what you do.
Say (Example): Hi, my name is _____ (fill in the blank). I work as a _____ (chef/ food service manager/ job title) which means my job is to help people learn how to live healthier lives and to eat foods that will make them healthy. I work for ARAMARK at Children's Hospital...
- **Do:** Share some personal information about yourself.
Say (Example): I'm a mom and I have two boys at home that LOVE to eat. One of them loves pizza and the other loves corn on the cob in the summer. My favorite foods are.....
- **Do:** Tell the class what they're going to be doing today.
Say (Example): Today we're going to be learning how to choose healthy snacks that give us energy throughout the day. Eating small, healthy snacks from the 5 different food groups can keep us from feeling hungry between meals and help us focus better in school. We want to teach you how to pick the right snack foods to eat so you can grow up healthy and smart!

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Step-by-Step Leader Guide – TEACHER LED LEARNING SESSION (cont.)

Class Warm-Up/ Ice-Breaker

“Favorite Healthy Snacks”

(~3 minutes)

- **Do:** Ask the children who likes to eat an afternoon snack to raise their hands.
Say (Example): I'd like to get started by taking a few minutes to learn a little about you. Raise your hand if you like to eat a snack after school. Of those that eat a snack after school, what are some of your favorite healthy snacks?
- **Do:** Call on 6-7 children to tell the class what their favorite healthy snack is. Each time you call on a child write down on the board what they like and ask how many other children also like to eat that as a snack.

Growing up Healthy

Educational

“Poster Session”

(side one

~2 minutes)

- **Do:** Transition to a teacher led educational session by uncovering the front of the main Poster (which should be positioned nearby on a ledge or easel).

Say: Did you know that healthy snacks can be found in all 5 food groups!? Can anyone name the five food groups? (wait for children to name them all)

ANSWER: grains, fruits, vegetables, dairy, protein. Great!

It's important to eat more foods from these groups (point to them on the poster and discuss what is shown) when you snack so you feel your best. Eating foods that aren't in these food groups (point to them on the poster and discuss what is shown) can make you feel tired and slow you down, which is why we should eat much less of them. Small healthy snacks a few times a day can help us from feeling hungry and eating too much at meals.

(side two

~5 minutes)

- **Do:** Introduce the children to the concepts of when and why to eat healthy snacks shown on side two of the main poster.

Say: Does anyone know when the best times a day are to eat a snack? (wait for 4-5 children to respond) All good answers!

- **Do:** Turn the main poster over to side two.

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Step-by-Step Leader Guide – TEACHER LED LEARNING SESSION (cont.)

Growing up Healthy Educational “Poster Session”

(side two continued
~5 minutes)

Say (Example): This is a clock that shows us good times to eat a healthy snack throughout the day. Breakfast, lunch and dinner are shown. (point to each one on the poster).

Eating a small snack in the morning (point to the morning snack on the poster) can help you focus better in school before lunch time. (point to the event on the poster after the morning snack) **For older children:** Can anyone tell me around what time this snack is at? (wait for children to respond) Also, what would be a good morning snack? (call on a few children to answer)

Eating a small snack in the afternoon can give you energy for activities before dinner. (point to the event on the poster after the afternoon snack) **For older children:** Can anyone tell me around what time this snack is? (wait for children to respond). Also, what would be a good afternoon snack? (call on a few children to answer)

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Step-by-Step Leader Guide – TEACHER LED LEARNING SESSION (cont.)

Teacher Resource

(Material for teacher to read before class)

- **Do:** For your own personal background information, spend a few minutes reviewing the basics of healthy snacking and the USDA's guidelines for school snacks. <http://www.fns.usda.gov/school-meals/smart-snacks-school> web site. No need to go into detail with the class, but this information should help in answering basic questions that may come up.

USDA Smart Snacks in School Effective July 1, 2014

Any food sold on school campus, during the school day must:

Be a whole grain-rich grain product

Have as the first ingredient a fruit, vegetable, dairy product, or protein food

Be a combination food that contains at least ¼ cup fruit and/or vegetable

Calorie limits: ≤200 calories

Sodium limits: ≤200-230 mg

Fat limits: Total fat= ≤35% of total calories, Saturated fat= <10% of total calories, Trans fat= 0 grams

Sugar limits: Total sugar= ≤35% of weight from total sugars

Beverages: plain water, unflavored low fat milk, unflavored or flavored fat free milk & milk alternatives, 100% fruit or vegetable juice, 100% fruit or vegetable juice diluted with water

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CLASS ENGAGEMENT ACTIVITY (~10 minutes)

Activity Overview:

HEALTHY SNACKS-FOOD SMARTS ACTIVITY

- A class engagement activity to give children the opportunity to think about healthy snacks and snack portions.

Material Needed:

- Healthy Snacks Word Search (1 blank for each child)
- FOOD SMART Game Flash Cards/Pages

Step-by-Step Leader Guide – CLASS ENGAGEMENT ACTIVITY (~10 minutes)

FOOD SMART GAME (~5 minutes)

- **Do:** Tell children about the activity they are going to participate in.

Say: O.K., now we're going to have a little fun together and play the "Healthy Snacks– Food Smarts" game.

- **Do:** Describe how the "Healthy Snacks– Food Smart Game" works.

Say: Here's how it works: When I hold up a picture, I'm going to ask you if you think the food in the picture is a healthy snack or a treat.

If you think it is a healthy snack, you raise your hand. If you think it is a treat that we should be eating less of, you keep your hand down. Then, the next card after will show two portions of the healthy snack or treat. If you think the portion is right, you give me the "thumbs-up." If you think the portion is too big for the healthy snack or treat, you give me the "thumbs down." O.K., let's start (show pictures and have fun with children's reactions).

→ **ANSWERS:** Healthy snacks= almonds, orange, cheese; Treats= chips, ice cream, cookies; (Smallest portion for each is "the right amount")

- **Do:** When you're finished ask the children if anyone got all of them correct?... some of them?congratulate all!

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Step-by-Step Leader Guide – CLASS ENGAGEMENT ACTIVITY (continued)

Healthy Snacks

Word Search (~5 minutes)

- **Do:** Give each child an opportunity to complete a healthy snack word search.

***Say:** Ok. Now we're all going to have the chance to complete a healthy snacks word search. Once you find all of the words, you then will have space to draw or write your favorite healthy snack! We're going to pass around the worksheets and you all will have about 5 to 7 minutes, but don't worry if you need more time you can take the worksheet with you!*

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HEALTHY BITES – TASTE AND TALK SESSION (~10 minutes)

Activity Overview:

HEALTHY BITES - Snacks (Taste & Talk)

- An interactive healthy food experience.
- Children get an opportunity to taste healthy foods and talk about what they like or dislike.
- Chef's or Dietitians serve different types of healthy snacks; Children get to try samples and see which ones they like best.
- Two options to execute for the Taste & Talk portion depending on the operational abilities of the facility.

Option 1: Sample Types of Cheese & Crackers (Material Needed):

- **3-4 different types of low fat cheese cubes/string cheese**
- **1 type of individually packaged whole grain cracker.** (Look for crackers that list whole grain as number one or two on the ingredients list and contain no more than around 10-12 grams of sugar per serving.) * Can either serve the entire individually packaged crackers in tact or portion onto napkins
- Display container such as a large punch bowl filled with ice for placing the cheese samples
- 3-4 serving trays
- Serving gloves
- Small napkins

Option 2: Sample Types of Granola Bars (Material Needed):

- **3-4 different types of individually packaged whole grain granola bars.** (Look for bars that list whole grain as number one or two on the ingredients list and contain no more than around 10-12 grams of sugar per serving.) * Can either serve the entire individually packaged bar intact or portion onto napkins
- 3-4 serving trays
- Serving gloves
- Small napkins

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Step-by-Step Leader Guide – HEALTHY BITES – Snacks (~10 minutes)

Healthy Bites Taste & Talk (~ 10 minutes)

Option 1: Sample Types of Cheese & Crackers:

- **Do:**
 - Place the different types of cheese on napkins on serving trays as well as the crackers to make different tasting stations.
- **Say:** *O.K., now get to try some healthy snacks from 2 different food groups. Can anyone tell me which food group all these different types of cheeses are part of? (wait for response) Good! Can anyone tell me which food group these whole grain crackers are part of? (wait for response) Great!*
- **Do:** Ask the children which type of cheese they like best while they taste, encourage them to talk amongst themselves and say what they think.

Option 2: Sample Types of Granola Bars:

- **Do:**
 - Place the different types of granola bars either individually wrapped or portioned onto napkins on a serving tray in different tasting stations.
- **Say:** *O.K., now get to try some different types of whole grain granola bars. Can anyone tell me which food group they are a part of? (wait for response)*
- **Do:** Ask the children which kind of granola bar they like best while they taste, encourage them to talk amongst themselves and say what they think.

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Program Wrap-up – AWARDING GROWING UP HEALTHY CERTIFICATES

Summary

- Provide each child with a Growing Up Healthy Program Certificate

Material Needed:

- Printed program certificate for each child

Step-by-Step Leader Guide – AWARDING “GRADUATION” CERTIFICATES

- **Do:** Award certificates to all the children

Say: You’ve all done such a great job. If you can all line up on your way out the door, I’d like to award you all with a certificate that says that you’ve successfully completed a GROWING UP HEALTHY Program.

- **Do:** If the individual location decides to provide an appropriate take home gift or prize it would be distributed with the certificates.

Say: Thank you all so much; I really enjoyed our time together and I hope you all make your snack choices super healthy!