

Lesson B

Everyday Smart Snacks!

Objective

Children who participate in this activity will be able to:

- Identify a variety of *everyday* healthy snacks.
- Prepare an easy, healthy snack.

Participants

Kindergarten, first, and second grade

Time

20 minutes

Materials

- Decorate the learning area with the United Tribes Technical College *Eat Smart. Play Hard.*™ poster and *MyPyramid of Kids* poster.
- Gather ingredients and utensils for making a simple snack: baby carrots, whole-wheat crackers, 8 ounces plain low-fat yogurt, one package dry soup mix, mixing spoon, bowl, and napkins.
- Three inexpensive (flimsy) paper plates per child. Plates will be used for the snack and for the movement activity.
- A sound system and a recording of Native American music.

- Make copies of the family handout *Nurturing Our Families With Food - Snacks.*

Tips for Leaders

- Snacks count as part of the total calories consumed in a day. They can also be a source of good nutrition. Snacks are a normal part of a healthy diet for growing children.
- Snacks are a good way to get children to eat fruits and vegetables, whole grains, and lowfat and fat-free milk and milk products.
- Examples of some fun, quick, and easy snacks:
 - ❖ Whole-grain crackers and lowfat cheese
 - ❖ Snack-size lowfat yogurt or pudding
 - ❖ Pretzels or unbuttered popcorn
 - ❖ Cut-up fruit in lowfat or fat-free yogurt
 - ❖ Fruit smoothies
 - ❖ Vegetable sticks with a lowfat yogurt dip
 - ❖ Frozen fruit "pops" made from 100% juice
 - ❖ Peanut butter on celery topped with raisins
 - ❖ Strawberry-flavored lowfat milk and graham crackers

- ❖ Peanut butter on whole-grain toast.
- For more snack ideas, refer to the family handout in this lesson.
- Children should wash their hands before the lesson since they will touch the food.

Attention Grabber

- Challenge students to name as many snacks as they can in one minute. Write these on the board.

Linking Native Culture

- Now ask children to think what their great-great-grandparents did when they needed a snack.
- Traditional foods of Native American people included:
- Berries (e.g. chokecherries, wild plums, and buffalo berries) were eaten fresh in season or dried for later use during the winter months. For a treat, they made wojapi (a sweetened chokecherry gravy or sauce served with bread).
- They hunted buffalo and used all the parts of the animal for food, clothing, utensils, and shelter. Dried buffalo provided energy for hunting and gathering.

Buffalo Wasna (Pemmican) was a favorite treat made with dried buffalo, berries and tallow (fat).

- Water and wild teas (spearmint, peppermint, and licorice) were their beverages of choice.
- Traditional Native American Indians, regardless of the Tribe or Nation, all believe that food was a gift from the Creator to be eaten respectfully and in balance.
- Native Americans took from Mother Earth only the food that was needed at one-time.

Teaching Activity

1. Introduce *everyday* and *sometimes* foods.

- **Say:** Today we are talking about snacks.
- **Say:** Do you know there are *everyday* snacks and snacks that are to be eaten only *sometimes*?
- **Ask:** What do you think is a healthy *everyday* snack? (pretzels, crackers and low-fat and/or fat-free cheese cubes, raw vegetables and lowfat and fat-free yogurt dip, fruit)
- **Ask:** What are *sometimes* snacks? (soda pop, potato

- chips, candy bars, cake, doughnuts, sugared cereals)
- **Ask:** When you eat a healthy snack how does it make you feel?
- A variety of fruits, vegetables, whole-grain, and lowfat dairy foods make great *everyday* snacks.

2. Make an *everyday* snack to enjoy together.

- In a medium-sized bowl, have one or more children mix one package of dry soup together with an eight-ounce container of lowfat yogurt.
- Serve with baby carrots and whole-wheat crackers with the dip for each child to taste.

3. Talk about healthy snacks.

- **Ask:** What other vegetables would be fun to eat with this dip?
- **Ask:** What other foods would make good snacks?
- Encourage children to continue to make healthy food choices and be physically active everyday!

Movement Activity

- **Ask:** How many of you play hard everyday?

- **Say:** Because you are so active, you need to keep your energy level up. Everyday smart snacks (fruits, vegetables, and whole-grain foods) can fuel you up for the things you like to do.
- Now let's get movin'.
- **Round Plate Dancing.** This activity is easy!
- Ask children to form a circle. Give each child two paper plates. Ask children to hold a paper plate in each hand and "follow the leader", using the plates as an active part of the dance movements.
- The leader demonstrates a round dance step as Native American music is played.
- **Dance step** -dancer steps sideways with left foot on the drumbeat and the right foot slides to meet the left foot on the drumbeat, repeat steps until song is finished.

Activity Review

- Review by asking children to draw pictures of *everyday* smart snacks.
- Pictures can be drawn on the plates used for round plate dancing.

At-Home Activities

- **Give each child** the family handout *Nurturing Our Families With Food - Snacks*.
- **Read about healthy snacks**...Visit the library together to find children's

books about healthy snacking.

- *Tricky Treats* by Georgia Perez.

Useful Resources

- Additional Eat Smart. Play Hard. ™ Resources:
www.fns.usda.gov/eatsmartplayhard
- From Team Nutrition's Nibbles for Health:
Newsletter 22, "Why Snacks?"
Download: www.fns.usda.gov/tn/Resources/Nibbles/why_snacks.pdf
- From Team Nutrition: Fruits & Vegetables Galore:
Helping Kids Eat More
Download: www.fns.usda.gov/tn/Resources/fv_galore.html
- From the Food and Nutrition Service/USDA:
After School Snack Program:
www.fns.usda.gov/cnd/Afterschool/default.html
- From the Food and Nutrition Information Center/USDA:
Child Nutrition and Health Web site:
www.nal.usda.gov/fnic/etext/000008.html

These materials were adapted from the Eat Smart. Play Hard. ™ Campaign, an educational program of the Food and Nutrition Service, USDA. For more information on the USDA initiative, go to www.fns.usda.gov.

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