



Lesson 4: Taking Charge of Your Snacks



What’s In Your Snack Plan?

Plan ways to make healthier snacks.



Make healthy snacks easy to get.





Lesson 4

Taking Charge of Snacks

Student Activity Sheet



Mix and Match SNACK GROUPS



Are your snacks “packing” or “lacking” nutrients?

A Nutrition Facts

1. *True or False?* Eating food with lots of sugar is the best way to get energy.
2. *True or False?* If you're active all day, it's better to eat regular healthy meals and snacks throughout the day.
3. *True or False?* High-sugar foods and beverages are the most popular snacks in the U.S.
4. *True or False?* It's okay to skip a meal if you eat a snack instead.

B More Snacking Details

5. Name a snack you usually eat from each food group in the first column. Then name a healthy snack you would eat from each food group in the second column. How do they compare?

FOOD GROUP	SNACK I EAT	HEALTHY SNACK
protein		
vegetable		
fruit		
grains		
dairy		



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Fact Box — Snacks

- Snacks are like mini-meals. They can help you energize quickly after school, physical activities or times when you're hungry between meals. Try to treat snacks like meals by eating foods from the five food groups.
- Plan ahead to have a healthy snack option after school one day. Chop up some vegetables the night before, so they're ready to grab the next day.
- Compare the snacks you have. Which ones are healthy? What nutrients do they provide? If you try to eat snacks that have more nutrients, you'll be eating healthier!

Action Steps

The list below includes action steps for getting more healthy snacks in your diet. Which actions would you be willing to work on? Have your own idea? Let's hear it!

- ✓ Choose plain popcorn instead of chips.
- ✓ Make a fruit yogurt parfait to eat after exercising or sports.
- ✓ Grab a handful of nuts for a crunchy snack.
- ✓ Eat some vegetables with hummus or another bean dip.
- ✓ My idea for adding healthy snacks to my diet (describe):

The Details in Your Diet

Make sure you have an easy way to get healthy snacks. Check out the Worksheet to see how you can keep snacks in easy reach.





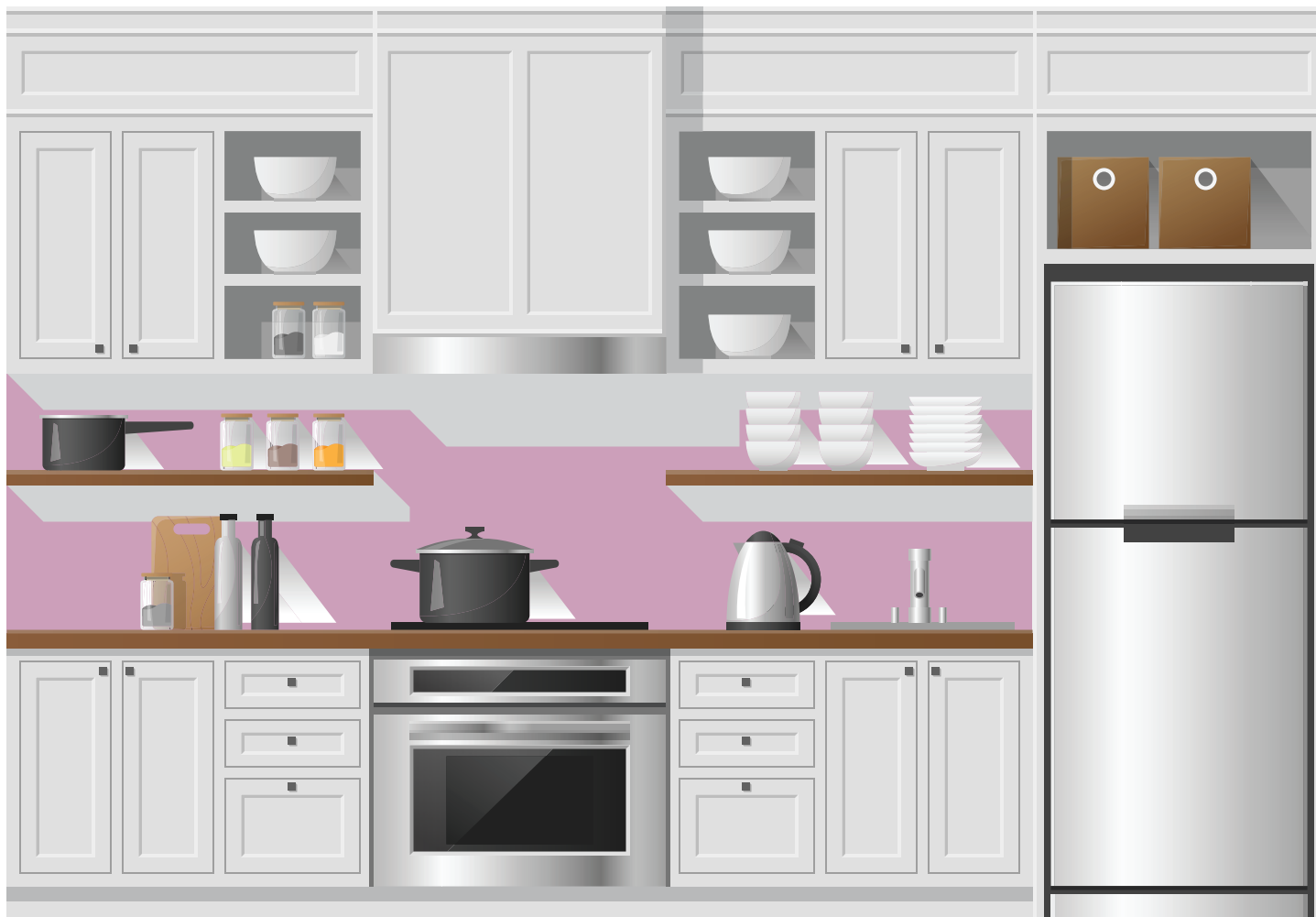
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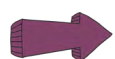
Student Worksheet



The Places to Pack YOUR HEALTHY SNACKS

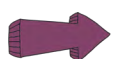


Where do you store your snacks at home?



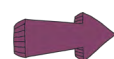
Cupboard

Cupboards are great for any non-perishable foods, like whole-grain bread.



Counter

The counter is great for fresh fruits that don't need to be in the refrigerator, like apples and oranges.



Refrigerator

Always place foods that are perishable in the refrigerator, like yogurt.



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Student Worksheet



SNACKS

Use the nutrition cards to create a list of snacks that you can store in the three main places in your kitchen. Start with simple foods that you can just grab, then list foods that are best mixed with other foods.

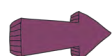
grains

dairy

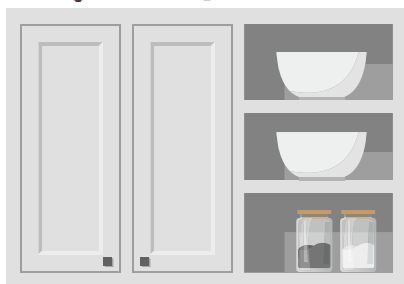
proteins

vegetables

fruit



Cupboard



HEALTHY "GRAB & GO"	NEED TO MIX WITH OTHER FOOD



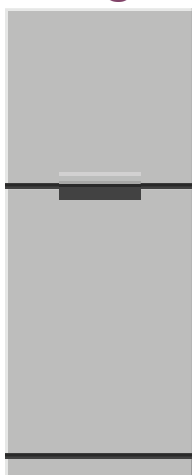
Counter



HEALTHY "GRAB & GO"	NEED TO MIX WITH OTHER FOOD



Refrigerator



HEALTHY "GRAB & GO"	NEED TO MIX WITH OTHER FOOD



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Snack Handout



Mix and Match SNACK GROUPS

START WITH A
FRUIT OR
VEGETABLE

ADD AT LEAST ONE
MORE FOOD GROUP
INCLUDING DAIRY, PROTEIN
OR WHOLE GRAINS

HEALTHY
SNACK
EXAMPLES



Berries



Yogurt & Granola

Yogurt Parfait



*Celery, Broccoli, Carrots
& Grape Tomatoes*



*Hummus &
Pita Crackers*

Hummus Dip Combo

Now it's your turn! Use the nutrition cards to make your own healthy combinations.





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Snack Guide



My Healthy SNACK LIST

proteins

fruit

Which snack foods
give you energy
and are healthy?
Use the nutrition
cards to add
healthy snacks for
each food group.
Then, use the list
to plan for grocery
shopping.

vegetables

dairy

grains