

★ A la Cart™ Snack Attack Lessons ★

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Activity 2: Healthy Snack'n Habits

Materials Needed:

- MyPyramid Poster (www.mypyramid.gov)

Directions:

1. Talk about how the "Couch Potato's" definition (above) sometimes gives snacks a BUM RAP, yet snacks are actually a "healthy" thing to do! It is the unhealthy how–what–where–when choices we sometimes make about snacks that give them a bad name! Discuss the healthy **Snack'n Habit Tips** below:

HOW: Plan *how* by including healthy snack foods on your family's grocery list

WHAT: Choose good balance! All foods fit in a healthy diet with good balance of physical activity and eating choices with a "sprinkling" of high sugar or high fat foods.

WHERE: Turn off the TV during snack time. Snack time without TV time helps make it possible to enjoy the TASTE of foods more!

WHEN: Plan snack time at the same times each day (just as you plan meal times), to give you a boost in energy! Having snack time because there isn't anything else to do leads to unhealthy habits!

2. Continue the discussion by talking about the "WHAT"!

Look at MyPyramid and ask:

- Which foods are not found in any of the food groups? (items with sugar and no other nutritional value – sugar, syrups, soft drinks, fruit drinks, and candies)

Explain: MyPyramid teaches that within each group, foods that are high in fat and sugar are placed at the very tip-top of the food group. For example, a baked potato is placed at the bottom of the Vegetable group (the green stripe) vs. potato chips which would be at the very tip of group. For healthy balance, we should eat less of those high fat and/or high sugar foods at the very top of each food group.

Ask:

- What happens when we eat too many of those foods that are at the very top of food groups or outside of the Pyramid, like soft drinks, sugared fruit drinks (i.e., Fruitopia), cookies, candies, cupcakes, fruit pies, ice cream potato chips, corn curls, or corn chips? (Answer: We tip our Pyramid over!)

Ask students

- "What can we do to make sure we keep the Pyramid healthy?" (Answer: Choose more of the foods lower in fat and sugar, e.g. closer to the base of the Pyramid!)

