

## **Snack Attack!**



**Use the ideas and resources in this booklet to take action for wellness.**

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### **For your convenience, copy ready handouts are included!**

*Great for parent nights, health fairs, and more!*

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**Classroom:  
Grade Level  
6-8**

## **Activity Idea: Snack Attack – What Is In it for Me?**

### ***Snack Attack!***

**Description:** Kids will look at food ads and identify things that influence a greater intake of higher fat and sugar snacks.

**National Health Education Standards:** 1, 4, 5, 6, 7, 8

#### **Materials needed:**

- Magazine or newspaper ads for high sugar, high fat, and other foods



#### **Activity:**

1. Talk and rank in order of the greatest impact, the influencers that make higher fat and sugar snacks popular, e.g., media (TV ads, store displays), availability and ease of eating.
2. Look at ads for high fat and high sugar foods (i.e., candy, soda, chips, and snack cakes). Talk about why these ads make the food appealing.
3. As a group, identify several examples of snacks that fit healthy guidelines of less than 5 grams of fat or 5 grams of sugar per serving (for example: fruits, pretzels, or string cheese). Discuss how ads could make these snack choices more popular.
4. As individuals or in smaller groups, ask kids to create an ad to “sell” a healthy snack choice. Suggest they use adjectives and adverbs that make the food desirable and think of healthy and visual ways food can be served to increase food desirability.  
Examples of different ideas to suggest food appeal:
  - Serve a banana with a small amount of low-fat chocolate dip.
  - Top unsweetened fruit cocktail with a spoonful of low-fat pudding and chopped kiwi.
5. Post the kids’ food ads on bulletin boards and in the cafeteria.
6. *Optional:* Have kids hypothesize and then survey their peers to identify the impact of the influencers they identified in #1. Graph and report the results in a school newsletter. With results posted in the newsletter, include one or more of the student-created food ads.