

PLANNING, SELECTING, STORING, PREPARING & SERVING FOOD TO MEET NUTRITIONAL NEEDS

Planning and Selecting Food to Meet Nutritional Needs

Grade Levels: 7-8

Concept: Nutritious Snacking

Comprehensive Standard: 6.3 Demonstrate planning, selecting, storing, preparing and serving of foods to meet nutritional needs of individuals and families across the life span

Technical Standard(s): 6.3.2 Select, store, prepare and serve nutritious and aesthetically pleasing foods that meet the health and wellness needs of family members based on available resources

LESSON COMPETENCIES

- Select appropriate snacks using the MyPyramid
- Prepare nutritious snacks

Anticipated Behavioral Outcomes:

- Students plan and prepare nutritious snacks using the MyPyramid as part of their daily food choices.

Resources Needed:

- Copies of handouts for all students
- Copies of snack recipes

References for teachers and students:

Team Nutrition, a program developed by the USDA to promote healthy eating and physical activity has several resources appropriate for middle school students. These include a Student Activity Guide and Teacher's Guide with several activities called *yoursSELF*. One activity called "Try it" with an accompanying poster "Snack Attack" provide hints for choosing snacks and two word puzzles on snacking; this can be found in the student workbook. Several can be downloaded for free from the teachers guide at their website or ordered at the site. The address is

<http://teamnutrition.usda.gov/Resources/yourself.html>

Smart Snacks, an article available at the NcKinley Health Center website at www.mckinley.uiuc.edu/Handouts/snacks_smart.html

Byrd-Bredbenner, C. (2007). *Adventures in Food and Nutrition*. Goodheart-Willcox Publishing, Tinley Park, IL Available for purchase at www.g-w.com Chapter 14 When You're on the Go

Easy, healthy snack ideas are included in the *Healthy Snack Guide* fact sheet from the Food and Health Communications; available for purchase at the website at www.foodandhealth.com; additional resources are available as free downloads.

NEW The Nebraska Cooperative Extension Service has an excellent, very current brochure entitled *It's Snack Time!* Link to it directly at

www.ianrpubs.unl.edu/epublic/pages/publicationD.jsp?publicationId=475

NOTE TO TEACHER: remember these snacks are for all ages and some are high calorie and contain added sugar.

NEW – the Kids Health website (<http://kidshealth.org>) has an article, *Smart Snacking*, with tips for choosing healthy snacks for teens.

NEW – The Smart-Mouth website (<http://cspinet.org/smartmouth/index1.html>) is a fun website with snacktoid facts, recipes, video clips and games.

NEW A great site for snack ideas and recipes is found at the website, *Iowa State University Cooperative Extension Service* (www.extension.iastate.edu/healthnutrition) in several publications, *Snack and Act Ideas* (www.extension.iastate.edu/food/snackandact/index.htm) with nutritious snack recipes for every week of the year, the site also has list of ideas for including fruit and fruit recipes as snacks, *Shake Up Your Snacks* (<http://www.extension.iastate.edu/food/shakeup/>).

Background Information:

Snacks can be an important part of a healthful diet especially for children and adolescents. Well-chosen snacks can help them manage weight, hunger, health and energy needs.

Snacking should be planned to complement other food choices. Rather than thinking of them as “extras”, snacks should be chosen to contribute to food-group servings from MyPyramid.

The *American Dietetic Association* (2006) (www.eatright.org/cps/rde/xchg/ada/hs.xsl/home_8377_ENU_Print.htm) offers the following smart snacking tips:

- Plan ahead. Bring fruit, vegetables or other healthful snacks with you.
- Snack consciously. Paying attention to what you are eating can help you avoid overindulging. Try to eat a snack without doing anything else.
- Choose nutrient-rich foods such as fruits and vegetables. They contain the most nutrients, bite for bite.
- Watch for fat and calories. Read snack food labels to make sure you are not eating more calories and fat than you think.

Learning Activities:

Middle School Level

- Ask students to make a list of their favorite snacks. Identify where each snack fits on *MyPyramid* (www.mypyramid.gov). Is the “shape” of their snack pyramid similar to that of *MyPyramid*?

NOTE TO TEACHER: You could draw a large *MyPyramid* on the board and ask students to write the names of their favorite snacks in the appropriate food group; check to see if the class choices indicate a balance from the food groups.

- Review the guidelines for healthy snacking from the *American Dietetic Association* (www.eatright.org/cps/rde/xchg/ada/hs.xsl/index.html) (see background info) and/or review the snacktoid tips found on the “Snack Attack” poster from the Team Nutrition materials (see reference list).
- Make posters of snacking tips for children, adolescents and parents to post at the school, the library, day care centers, etc.
- Individually or in groups of two, ask students to complete the [Snack Attack Planning for Healthy Snacking](#) activity. When students have completed their choices, discuss why they chose the snacks and where they would fit in *MyPyramid*.
- Prepare simple nutritious snacks. Have students make a nutrition label for each snack using resources provided. A sample is included, [“Berry Good Smoothie”](#)

Extended Learning Activities

- **Snack Attack Recipe Book** – Compile a recipe book with recipes for low fat, nutritious snacks from MyPyramid that are quick and easy to prepare. Include nutrition information for each recipe and identify how the snack fits into the *MyPyramid* (www.mypyramid.gov). Distribute to parents of elementary school children. **NEW** Include a “nutrition facts” panel for each recipe by using the *What’s In the Food You Eat?* (www.ars.usda.gov/Services/docs.htm?docid=12096) tool or the *Nutrition Analysis Tool* (<http://nat.crgq.com/>) NOTE TO TEACHER – you can download this tool on your computers if you desire.
- **FCCLA Snack Store** – As part of an entrepreneurial project or fund raiser, open a Snack Attack Shop that features healthy snack choices from *MyPyramid* (www.mypyramid.gov/) such as skim or 1% milk, string cheese, whole grain crackers, whole grain pretzels, rice cakes, lean jerky, dry roasted or raw almonds, dry roasted soy nuts, whole dill pickles, fresh fruits or cut up veggies such as carrot and celery sticks, single-serve fruit or yogurt. FCCLA members should research to include foods that meet the schools wellness policy
- **Snack Attack Corner** – Submit a snack attack idea each week to the school newspaper, community newspaper or newsletter for parents of young children with ideas for healthy snacking and recipes for nutritious snacks.

Snack Attack

Plans for Healthy Snacking

Name _____

Directions: For each of the situations listed below, offer at least 3 suggestions for snacking that follow the guidelines for healthy snacking discussed in class. Also, consider how to package snacks to make them easy to pack.

1. **The Smith Family** – Rob and Katie Smith are planning a road trip to the Black Hills of South Dakota for this year’s family vacation. They plan on saving money by packing food for snacks and meals. The Smith’s have 2 children, Emily, age 5 and Patrick, age 3. They want to keep the car reasonably clean and therefore, avoid sticky foods. They have a small cooler for the car to pack with snacks.

Your suggestions:

2. **Meghan Moore** – Megan Moore is 16 and on the high school volleyball team. She has practice every day at 4:30 p.m. after the JV team finishes their practice. After school, she studies in the library or hangs out with friends until practice. Meghan is usually hungry when school gets out and wants to bring some snacks with her in her backpack to eat after school.

Your suggestions:

3. **Linda and Derek Jones** – Linda Jones is a single mom who works as a receptionist at the local real estate office. Her son, Derek, is 13. After school, he comes home and works on homework or at his computer until his mom gets home at 5:15 p.m. Linda often gets hungry mid morning and mid afternoon. She walks in the morning every day before work and again after supper but she is watching her weight. Derek is always very hungry when he gets home from school but Linda doesn’t want him to spoil his appetite before supper.

Your suggestions:

“Berry Good Smoothie”

Yield: 2 servings

Ingredients:

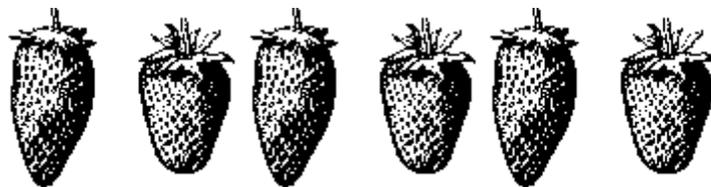
1 cup strawberries, whole frozen, unsweetened
1 cup nonfat blueberry yogurt
2 tsp. sugar
½ cup water
7 ice cubes (or more if you like it thicker)

Procedure:

Place all ingredients in blender and blend until smooth.

Nutrition Analysis (per serving):

Calories	103 calories
Carbohydrates	20 grams (77% of total calories)
Protein	5.5 grams (21% of total calories)
Fat	0.28 grams (2% of total calories)
Saturated fat	0.00 grams
Iron	.85 milligrams
Vitamin C	44 milligrams
Calcium	200 milligrams
Food Guide Pyramid: ½ fruit and ½ milk per serving	



Recipe Connecticut's Team Nutrition Program website www.team.uconn.edu/recipeMonth.htm

Unit III—Planning, Selecting, Storing, Preparing and Serving Food to Meet Nutritional Needs

Lesson 7 Nutritious Snacking

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