



# Week 6 Snack Attack

Relates to these subjects:  
Health, PE, Science

## Key Outcome:

Students will learn how to choose healthful snacks and how snacking fits in the daily meal pattern.

## Empowerment Messages:

- Snacking is a great way to fit fruits, vegetables, whole grains and low-fat foods made from milk into your daily food choices.
- Portion sizes are important when choosing snacks.
- Healthy snacking habits learned and implemented at an early age can be continued throughout a person's lifetime.

## To implement this week's activities, do this:

- Use activities on pages 16-17 of the Student Activity Book.
- Present information to students as described in the following pages.
- Purchase food and paper supplies needed for the **EAT SMART** Kids a Cookin' activities.
- Remind students daily to complete their log of fruits and veggies consumed and time spent in physical activity.
- Display the poster *Grab Quick and Easy Snacks*. Two copies are in the PPP kit.

## This week's fruit and veggie jokes:



Q: Why did the man get fired from the orange juice factory?

A: Because he couldn't concentrate!

Q: What do two bananas do when they meet each other?

A: A banana shake!



## EAT SMART – Activities and Materials

### Activity Sheets

Work through the following pages in the Student Activity book:

- *Compare your Snacks!* – page 16 (Manual page 96)
- *Snack Planner* – page 17 (Manual page 97)

### Teacher Information:

Some of the information presented here is from a great kid-oriented website that focuses on health: <http://kidshealth.org>. The page discussing healthy snacks can be found from their homepage by clicking on “Kids”, then “Staying Healthy”, scroll down to the “Fabulous Food” menu and click on the “When Snack Attacks Strike” link.

Snacks have gotten a bad reputation, but the truth is that the right, healthy snack at the right time can be just what a growing child needs. Children have smaller stomachs and so they generally need to eat more often than adults. Many children are also active in sports and other activities that use up their energy and may interfere with their regular mealtimes. While a snack of chips or a candy bar is okay to have once in a while, these types of snacks are not very satisfying, provide little or no nutrients and are often full of fats, sugars and calories. There are plenty of great-tasting, easy and healthy snacks that can provide children (and adults too!) with the energy and nutrients that they need to get through the day. Consider this:

- **Fresh fruits and vegetables** are full of vitamins and fiber. Many fruits and vegetables are also portable and easy to prepare: just wash and eat, peel and eat or slice and eat!
- Snacks that are made from **whole grains**, like some crackers, muffins, and cereals, are also great sources of fiber and complex carbohydrates that help fill you up and stick with you. Whole grains are grain products that contain all 3 parts of the grain kernel: the bran, germ, and endosperm.
- **Low-fat dairy products**, like low-fat yogurt or cottage cheese, come in snack-sized portions and can be a good source of calcium and protein.



### **Some important points to remember about snacking:**

- Remember that just because a food label says “low fat” or “whole grain” doesn’t mean that the snack is healthy. Whole grain cookies may still be loaded with fat and sugar and low fat snacks may still contain a lot of sugar and calories. Check out the labels before you start snacking!

## EAT SMART – Activities and Materials

- Remember that snacks should be big enough to keep you from being hungry, but not so big that you're not hungry at mealtime. Be extra-careful if you eat snacks in front of the television or computer. The distractions from these activities might cause you to overeat since you're not paying attention to how much you eat or to your body's messages that it is full.
- Portion snacks into a bowl instead of eating snack foods directly from the package or a larger bowl. This helps you to see just how much you are eating.

### **Student Discussion:**

- Why are the snacks listed on the activity page “smart”?  
(They are **nutrient dense, which means they have a lot of nutrients in relation to the calories.**)
- What are some other smart snacks?



### **Apple Smiles OR Chicken Feed**

- Instruct students to wash their hands using soap and water.
- Show students the video segment for Apple Smiles
  - The Apple Smiles recipe includes peanut butter. If you have students who are sensitive to this type of product or if a school policy prohibits serving peanut butter, you can prepare the recipe using low-fat spreadable cream cheese or have students prepare the Chicken Feed recipe instead. To make it without peanuts, you can substitute dried fruit or another type of cereal. Note: there is no video segment corresponding to the Chicken Feed recipe.
- You may choose to ask students to bring in a large, clean t-shirt or apron from home to cover their regular school clothes during this activity.
- The recipes are included on pages 27-28 of the Student Activity Book so have students don their chef hats, turn to pages 27-28 and get those Kids a Cookin'!

## EAT SMART – Activities and Materials

### Student Discussion:

- What food groups were included in your snack? (Apple Smiles include the meat & beans group (peanut butter) and the fruit group (apple slices); Chicken Feed includes the grain group (cereal), meat and beans (nuts), and fruit (raisins or other dried fruit).
- Why is this snack better than a candy bar or bag of chips? (Because these snacks have more nutrients than candy bars or chips.)
- What other healthy foods could you include in the Chicken Feed recipe? (Other types of dried fruit, cereal, nuts, pretzels, bagel chips, etc.)
- Do you think you could make this at home? (Try to teach your family how to make these snacks at home!)

### Optional- School-wide Activity

#### “Selling” Snacks



Have students create posters, radio and TV ads to promote their favorite snack products. The advertisements must convince others to eat right and be physically active. The advertisements can be presented in a school-wide assembly.

### Optional- Community Event

#### Taming the Snack Monster... A Workshop for Parents

For complete instructions, refer to the enclosed *Popular Team Nutrition Events* idea book, page 22.



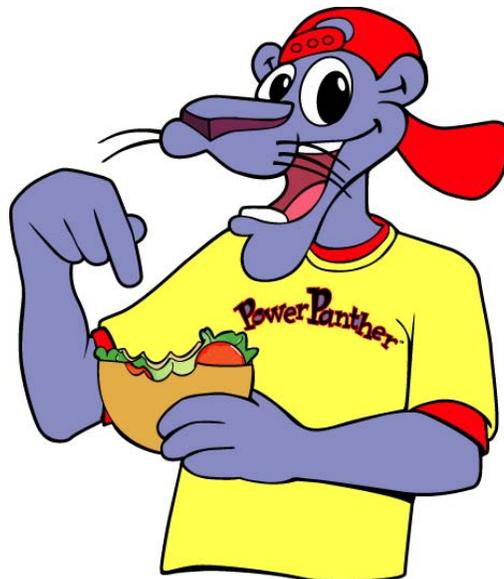
## EAT SMART – Activities and Materials

### 6<sup>th</sup> Grader Extras

#### Fast Food Menu Review

Print out the nutritional information from a number of popular fast-food restaurants (many restaurants make their nutritional information available on their websites). Ask students which restaurants they would like to check out. Have students (either individually or in their teams) compare different selections: calories, fat, saturated fat, vitamins and minerals. Have students determine healthy selections at each restaurant. You may even choose to have students begin an account on [www.mypyramidtracker.gov](http://www.mypyramidtracker.gov) to keep track of their food intake for a few days. Some sample questions include:

- How many calories are in a side salad with a packet of ranch dressing? How much fat?
- How does the fat and calories in the salad compare to a double-cheeseburger?
- How could you make your selections healthier? (*lite or fat-free dressings, no cheese, no sauce or sauce on the side, single burger rather than a double, etc.*)



## PLAY HARD – Activities and Materials

### Walking Challenge

Can students walk a mile in 15 minutes? If they don't know, challenge students to time themselves while walking a mile. One mile is four laps on a standard outdoor track and eight laps on a standard indoor track. Ask your physical education instructor for the number of laps you need to take around your school gym to equal one mile. To ensure that students are walking at an appropriate intensity, you can use the "talk test." Tell students that if they can talk while doing a physical activity, they're probably moving at about the right pace. If they're too breathless to talk, slow down. If they can sing, they may not be working hard enough and need to get moving!



### Snack Line

**Materials needed:** None



Ask students to stand-up if they had a snack yesterday, during the past week, or the past month. Continue until everyone is standing.

Point out a real or imaginary "snack line", long enough for all students to stand on. On one end of the line, students should stand that have this attitude about snacking: I always choose snacks that are good for my health. On the opposite end of the line, direct students that have this attitude: I eat what I like. I don't think about healthful snacking.

Most students will fit somewhere in between. Instruct students to discuss their snacking habits with others and fit themselves in somewhere along the "snack line". (Hint: the facilitator can participate too!)

### Student Discussion:

- How can snack selection be improved?
- Ask the student on the "healthful" end of the snack line to describe what they choose for snacks.
- Where are most snacks consumed and with whom?
- Are students hungry when they eat a snack or is snacking a habit?

## PLAY HARD – Activities and Materials

### Optional- PE Activity

#### Team Nutrition Olympics

For complete instructions, refer to the enclosed *Popular Team Nutrition Events* idea book, page 34.



### 6<sup>th</sup> Grader Extras

#### Feel the Burn!



Using the information from the Fast Food Menu Review activity on page 93, have students determine how much walking it would take to burn off calories from a popular fast-food restaurant meal. You may choose a kids meal option, a “value meal” selection, or have students figure out the math for a meal that they choose themselves. For an individual weighing 130 lbs., it takes about 100 calories to walk one mile. It takes fewer calories for someone weighing less and more calories for someone over 130 lbs. A person only burns about one calorie per minute watching TV or playing video games... about the same amount as you burn when you’re asleep.

- Have students walk a mile... how much of their meal did they burn off? Have students figure out the percentage of their meal that was burned off during their walk.
- Did they burn off all of the calories in their drink? If not, how much further would they have to walk to burn off the calories in their drink?
- How long would it take to burn off the calories for their meal if they sat and watched TV (have students convert minutes to hours)?



It is important to remember that you don’t need to burn off all the calories that you eat in a day by exercising; your body needs calories to maintain normal functions like breathing, heartbeat and brain activity. Eating more calories than your body needs or can use is what leads to weight gain.



# Compare your Snacks!

1. A medium-sized apple contains about 75 calories. A 1.5 ounce snack-size bag of potato chips contains 220 calories. How many apples does it take to get the same number of calories as a bag of potato chips?

\_\_\_\_\_

2. The recipe for “Chicken Feed” is in on page 28 of your Student Activity Book. It is a great, healthy snack that you can make ahead of time and have later (you can even put some in a plastic zip baggie in your backpack!). You’re getting ready to have a birthday party and you are inviting 25 people. You want to make enough “Chicken Feed” so that everybody can have some. The recipe you have in your Student Activity Book serves 10. How much of each ingredient will you need to make “Chicken Feed” for everyone?

Toasted oat cereal \_\_\_\_\_

Peanuts \_\_\_\_\_

Sunflower seeds \_\_\_\_\_

Raisins \_\_\_\_\_

Small chocolate candies \_\_\_\_\_



3. You want to buy strawberries at the grocery store. If you pick them out yourself and put them in a bag, it will cost you \$1.94 for one pound. If you buy a 2 pound container of strawberries it will cost you \$3.79. Which is the better deal? By how much? \_\_\_\_\_

\_\_\_\_\_

4. A large, 32 ounce soda with ice from a fast-food chain contains 310 calories and 86 grams of sugar. It takes about 4 grams of sugar to make one teaspoon. How many teaspoons of sugar are in the soda?

\_\_\_\_\_

5. You are making a fruit salad for your family to eat after dinner. You will need ½ pound of bananas, 1 pound of apples, ½ pound of oranges, 1/3 pound of cherries and 1 pound of grapes. Bananas cost \$0.49 per pound, apples cost \$1.29 per pound, one orange weighs about ¼ pound and each orange costs \$0.66, cherries cost \$2.39 per pound and grapes cost \$1.89 per pound. How much will it cost to make the fruit salad?

Bananas \_\_\_\_\_

Apples \_\_\_\_\_

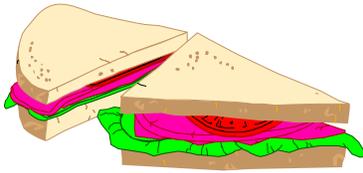
Oranges \_\_\_\_\_

Cherries \_\_\_\_\_

Grapes \_\_\_\_\_

Total Cost for all ingredients: \_\_\_\_\_





# Snack Planner

Every day you make choices about what you eat. Options are all around you---at home, at school, at your favorite hangouts. Even when you're "starving", you have choices!

Look around and find what options you really do have when choosing snacks! As you make choices, list each food under its MyPyramid food group.

	Bread Group	Veggie Group	Fruit Group	Milk Group	Meat & Beans Group	"Combo" Foods
<b>At School...</b>						
Cafeteria						
Vending machine						
School store						
<b>At Home...</b>						
Refrigerator						
Freezer						
Cabinet						
<b>Other Places...</b>						
Fast food place						
Convenience store						
Friend's house						
Other						

Circle the snacks you choose most often.

Put an "X" next to the foods you **SHOULD** choose most often.





## Compare your Snacks!

1. 1. A medium-sized apple contains about 75 calories. A 1.5 ounce snack-size bag of potato chips contains 220 calories. How many apples does it take to get the same number of calories as a bag of potato chips? **Almost 3 (2.93) apples!**

2. The recipe for “Chicken Feed” is in on page 28 of your Student Activity Book. It is a great, healthy snack that you can make ahead of time and have later (you can even put some in a plastic zip baggie in your backpack!). You’re getting ready to have a birthday party and you are inviting 30 people. You want to make enough “Chicken Feed” so that everybody can have some. The recipe you have in your Student Activity Book serves 10. How much of each ingredient will you need to make “Chicken Feed” for everyone?

Toasted oat cereal **5 cups**

Peanuts **2 ½ cups**

Sunflower seeds **1 ¼ cups**

Raisins **1 ¼ cups**

Small chocolate candies **2 ½ cups**



3. You want to buy strawberries at the grocery store. If you pick them out yourself and put them in a bag, it will cost you \$1.94 for one pound. If you buy a 2-pound container of strawberries it will cost you \$3.79. Which is the better deal? By how much? **Buying the 2-pound package is the better deal. Buying 2 pounds of strawberries that you pick out and bag yourself would cost \$3.88. You would save \$0.09 buying the 2-pound package.**

4. A large, 32 ounce soda with ice from a fast-food chain contains 310 calories and 86 grams of sugar. It takes about 4 grams to make one teaspoon. How many teaspoons of sugar are in the soda? **21 ½ teaspoons of sugar!**

5. You are making a fruit salad for your family to eat after dinner. You will need ½ pound of bananas, 1 pound of apples, ½ pound of oranges, 1/3 pound of cherries and 1 pound of grapes. Bananas cost \$0.50 per pound, apples cost \$1.29 per pound, one orange weighs about ¼ pound and each orange costs \$0.66, cherries cost \$2.40 per pound and grapes cost \$1.89 per pound. How much will it cost to make the fruit salad?

Bananas  $\frac{1}{2} \text{ lb} \times \$0.50/\text{lb} = \$0.25$

Apples  $1 \text{ lb} \times \$1.29/\text{lb} = \$1.29$

Oranges  $2 \text{ oranges} = \frac{1}{2} \text{ lb. } 2 \times \$0.66 = \$1.32$

Cherries  $\frac{1}{3} \text{ lb} \times \$2.40/\text{lb} = \$0.80$

Grapes  $1 \text{ lb} \times \$1.89/\text{lb} = \$1.89$

Total Cost for all ingredients: **\$5.55**



K-STATE RESEARCH & EXTENSION  
FAMILY NUTRITION PROGRAM



# Apple Smiles

A snack that keeps you grinning!

Level: Easy

Makes: 8

## Kids' Tool Kit

apple corer  
paring knife  
cutting board  
table knife

## Chef's Choice

Apple Smiles  
Graham crackers  
Low fat milk

### Ingredients:

- 1 medium red apple, cored and sliced
- 3-4 tablespoons peanut butter
- 32 miniature marshmallows



### Directions:

**Remember to wash your hands!**

1. Wash, core and cut apple in half. Cut each half into 8 slices.
2. Spread peanut butter on one side of each apple slice.
3. Place 3 or 4 mini-marshmallows on top of peanut butter on one apple slice. Top with another and press together to make one "smile."
4. Continue assembling remaining apple slices.



**Helpful Hints:** For this snack, choose a crunchy, red apple for the lips and cut each half into 8 slices. To make sure the "teeth" stay in place, use plenty of peanut butter to stick the marshmallows to the apple "lips." Let each child assemble his snack and eat before the apple darkens. Don't focus too much on the end result or the mess. It doesn't matter if the apple has missing or crooked teeth! The important thing is to laugh and have fun!



**Safety Tip:** Young children may need adult supervision when coring and slicing the apple. Or, an adult can do this task while kids spread peanut butter on each apple slice.

Nutrition Facts	
Serving Size 1 Smile (28g)	
Servings Per Container 8	
Amount Per Serving	
<b>Calories 50</b>	Calories from Fat 30
% Daily Value*	
<b>Total Fat</b> 3g	<b>5%</b>
Saturated Fat 0.5g	<b>3%</b>
<b>Cholesterol</b> 0mg	<b>0%</b>
<b>Sodium</b> 30mg	<b>1%</b>
<b>Total Carbohydrate</b> 6g	<b>2%</b>
Dietary Fiber less than 1 gram	<b>4%</b>
Sugars 4g	
<b>Protein</b> 2g	
Vitamin A 0%	Vitamin C 2%
Calcium 0%	Iron 0%
*Percent Daily Values are based on a diet of 2,000 calories. Your daily values may be higher or lower depending on your calorie needs.	
	Calories: 2,000 2,500
Total Fat	Less than 65g 80g
Saturated Fat	Less than 20g 25g
Cholesterol	Less than 300mg 300mg
Sodium	Less than 2,400mg 2,400mg
Total Carbohydrate	300g 375g
Dietary Fiber	25g 30g
Calories per gram:	
Fat 9 • Carbohydrate 4 • Protein 4	

For more information about this recipe and other fun recipes: contact your county extension office in Kansas visit the website at [www.kidsacookin.ksu.edu](http://www.kidsacookin.ksu.edu), or e-mail [kidsacookin@ksu.edu](mailto:kidsacookin@ksu.edu).

This institution is an equal opportunity employer. This material was funded by USDA's Food Stamp Program through a contract awarded by the Kansas Department of Social and Rehabilitation Services. The Food Stamp Program provides nutrition assistance to people with low income. To find out more, contact your local SRS office or call 1-800-221-5689.

K-STATE RESEARCH & EXTENSION  
FAMILY NUTRITION PROGRAM



# Chicken Feed

A snack to take along on a hike!

Level: Easy

Serves: 10, 1/2 cup each

### Kids' Tool Kit

Large mixing bowl  
Measuring cups  
Paper cups or bags

### Ingredients:

- 2 cups toasted oat cereal
- 1 cup peanuts
- 1/2 cup sunflower seeds
- 1/2 cup raisins
- 1 cup small chocolate candies (such as M&M's®)



### Chef's Choice

Chicken Feed  
100% juice box



### Directions:

**Remember to wash your hands!**

1. Combine all ingredients in a large mixing bowl and stir gently.
2. Serve in paper cups or small bags.



**Helpful Hints:** Individual bowls of ingredients can be set up, and children can take one spoonful of the ones they want to eat in their cup. They may go through the line again after everyone has been through once.



**Safety Tips:** Don't give whole peanuts or raisins to children under age 3 or children at risk for choking. Use a variety of cereal in the mix instead.

Source: *Book Cooks*, Creative Teaching Press

Suggested book with this cooking activity: *Rosie's Walk* by Pat Hutchins

Nutrition Facts	
Serving Size 1/2 cup (55g)	
Servings Per Container 10	
Amount Per Serving	
<b>Calories 270</b>	<b>Calories from Fat 140</b>
% Daily Value*	
<b>Total Fat 15g</b>	<b>23%</b>
Saturated Fat 4g	21%
Cholesterol 5mg	1%
Sodium 75mg	3%
<b>Total Carbohydrate 29g</b>	<b>10%</b>
Dietary Fiber 3g	13%
Sugars 19g	
<b>Protein 7g</b>	
Vitamin A 2%	Vitamin C 2%
Calcium 4%	Iron 15%
*Percent Daily Values are based on a diet of 2,000 calories. Your daily values may be higher or lower depending on your calorie needs.	
Calories: 2,000 2,500	
Total Fat	Less than 65g 65g
Saturated Fat	Less than 20g 25g
Cholesterol	Less than 300mg 300mg
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Fat 9 • Carbohydrate 4 • Protein 4	

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