

Lesson Title: Snacks

Learning Objectives:

- Identify healthier snack options
- Recognize balanced snacks with adequate carbohydrates, fat, and protein

Opening:

Ask students to share out what snack, if any, they have in their bags for today. They could also share what snacks they are most likely to buy if they have access to a vending machine.

Essential Content:

- Snacking provides extra nutrients and keeps students energized throughout the day.
- Snacks can also help prevent overeating at meal times.
- Processed snacks, though convenient, are packed with extra calories, fat, and sodium. An increased consumption of processed snacks will lead to weight gain.

A balanced snack has a mix of carbohydrates, protein, and fat. When choosing a snack, aim for the following macronutrient composition:

School Guidelines:

Under 200 Calories

Less than 35% sugar by weight

Less than 35% total calories from fat

Under 200 mg sodium



Apple + 1 Tablespoon Peanut Butter

Activity:

Guided Practice: Students will create a balanced snack. Using the handout provided, ask the class how they would create a balanced snack with the information provided. They should state that for a balanced snack, they must pick one food item from the protein/fat column and one item from the carbohydrate column.

Independent Practice: Students will use the handout to pick one food item from the protein/fat column and one from the carbohydrate column. Have each student briefly explain why they chose the foods they did. Encourage students to think of other, similar foods they could pair together to create a balanced snack.

Closure:

What do you currently have in your fridge at home that could serve as a balanced snack?