WHAT'S A SNACK?  
(Lesson Idea)

Objectives
- Understand that eating a variety of foods keeps us healthy.

Prepare
- Download and print Choose a Heart-Healthy Snack! Coloring Activity Sheet

Materials
- Choose a Heart-Healthy Snack! Coloring Activity Sheet

Explore
1. Distribute Choose a Heart-Healthy Snack. Have children identify the foods and ask them what this group of foods is. Help them conclude that the foods are snacks. Name each snack and ask children whether they have ever eaten that snack and whether they liked it. Then ask them to name other snacks they eat at home or at school.

2. Suggest that children make a variety of healthy snacks at school or at home. As they eat their snacks, discuss what makes the snacks healthy choices.

3. Ask children to color their activity sheets for display.

¿QUÉ ES UN “SNACK”? (SPANISH)

Objectives
- Understand that eating a variety of foods keeps us healthy.

Materials
- ¡Escoge un “snack” saludable para el corazón!

Explore
1. Display “¡Escoge un “snack” saludable para el corazón!” Have children identify the foods and ask them what this group of foods is. ¿Qué alimentos ven en esta tarjeta? ¿Cómo se podría llamar este grupo de alimentos? Help them conclude that the foods are snacks. Todos estos alimentos son “snacks.” Name each snack and ask children whether they have ever eaten that snack and whether they liked it. ¿Han comido alguna vez ese “snack”? ¡Les gustó? Then ask them to name other snacks they eat at home or at school. Vamos a mencionar otros alimentos que comemos como “snacks” en casa o en la escuela.

2. Suggest that children make a variety of healthy snacks at school or at home. Vamos a preparar varios “snacks” saludables. (Preparen en casa varios “snacks” saludables.) As they eat their snacks, discuss what makes the snacks healthy. ¿Por qué son saludables?

3. Ask children to color their activity sheets for display.