Healthy Snacks Quick Activity

Point out to students that most people enjoy snacking. Explain that snacking is not necessarily bad if we do it in moderation and if we usually choose healthful foods. Ask students to make a list of healthy snacks on the chalkboard. The list might include fruits, raw vegetables, low-fat cookies and crackers and plain popcorn. Discuss what makes these healthy snacks. (In general, they are low in saturated fat, salt and sugar and high in vitamins and fiber.)

Then ask students to develop a recipe for a healthy snack. Have them prepare their snack in home economics class or at home and evaluate it for taste and nutritional value. Students can also have a "snack exchange" in which they share their snacks with classmates, who offer their opinions on the snacks' taste and nutritional value.

Now ask students to imagine that they are going to market their snacks. What would they call them? How would they package them? How would they advertise them? Encourage students to design packaging and an advertising campaign for their snacks.