What's a Snack? Lesson Idea

Objective
- 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 might be called. 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 the snack. Then ask them to name other foods that they eat as snacks at home or at school.

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

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

What's a Snack? Lesson Idea (Spanish)

¿Qué es un “snack”?

Objective
- 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 might be called. ¿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 the snack. ¿Han comido alguna vez ese “snack”? ¿Les gustó? Then ask them to name other foods that they eat as snacks 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 healthful snacks either 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 healthful choices. ¿Por qué son saludables?