
LESSON WIC CF-000-06
Smart Snacking for Children

OBJECTIVES:

Participants will be able to:

- Name or list several healthy snacks they can feed their children.
- Name or list ways they can provide healthy snacks to their children.

MATERIALS FOR THE LESSON:

Videotape program: "Smart Snacking for Children" (Produced by the Altshul Group Corporation, 1-800-421-2363, in English or Spanish (approx. 12 minutes.). To obtain copies, contact the State WIC office. Summary: Two mothers show ways to feed children healthy snacks by interacting with their children in the kitchen and at the playground. The program motivates viewers to feed their children healthy snacks by showing fun, colorful, and easy recipes throughout the program.

TV/VCR

Chalkboard/Chalk, or Flip chart, or Magnetic board

Magnetic foods

Pictures of food from magazines

Discussion Questions (attached)

Optional Activity

Recipe Handouts

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TEACHING TIP: Encourage participants to share their experiences concerning snacks by using open-ended questions. Open-ended questions begin with words like "why," "how," and "what," and require more than a simple yes or no answer.

Choose from Ice breaker #1 or #2 to begin your class.

ICE BREAKER #1: The purpose of this activity is to get participants interested in the topic of healthy snacks through interaction.

Supplies needed:

paper plates

magnetic foods arranged on a table or pictures from magazines that include all kinds of snack options, healthy and non-healthy.

Activity:

- First, have participants pick up a paper plate as they walk in.
- Then, have the participant or their child pick a food that resembles a snack they ate that day the day before. Encourage parents of older children to let their child pick out the snack.
- To start a short discussion on snacks, have each person tell a partner why their child ate that snack. As a wrap up and oral evaluation, you will be asking participants to evaluate their snack choice at the end of the lesson.

ICE BREAKER #2: Have each person share with a partner their child's favorite snack. At the end of the lesson, you will use the "Put Snacks Into Action" (page5) as the evaluation for the lesson.

Learning Activities:

1. **Say something like:** As we know too well, we're tempted every day to snack on different kinds of foods that sometimes are not healthy. What are some ways that we're tempted?
 - TV commercials
 - Vending machines
 - Fast food restaurants
 - Shopping at the grocery store on an empty stomach.
 - Samples of foods in the grocery store.
 - Mood swings.
 - Watching other people eat.
 - A co-worker who brings morning goodies!

2. **Say something like:** What's important is that parents set a good example by choosing healthy snacks for their children so that they learn to choose healthy snacks.

"Let's talk about snacks. Why are snacks so important for children?"

- They have smaller stomachs so they get hungry more often.
- They are more active so they get hungrier.
- Kids are growing rapidly, so they need more calories than they get during mealtimes.

3. **Say something like:** "Today's video shows ways that snacks can be healthy, fun, and easy. Let's see what ideas we can get from watching it." **SHOW THE VIDEO PROGRAM:** "Smart Snacking for Children."

4. **Say something like:** "In the video they spoke about what makes a snack healthy or the "right type" of snack for young children. Give some examples of the "right type" of snack that you would choose for your child. (Write examples on a chalkboard, magnetic board, or flip chart)

Add the following if they are not discussed:

- plate of sliced fruit
- plate of raw vegetables with a healthy dip
- bag of pretzels, carrots, or box of raisins

5. **Say something like:** "Remember, children under 4 years of age can choke on raw vegetables like carrots, and foods like raisins and grapes until they learn to chew better. Watch children during meals and snacks to make sure they:"

- Sit quietly
- Chew food well before swallowing
- Eat slowly
- Eat small portions at one time

Refer participants to the list of foods that can cause choking included with the recipes.

6. **Say something like:** "What about foods like chips, candy, and cookies?" Allow a short discussion before adding the following statement:

Even though we know that these foods are high in fat and sugar, it's hard not to offer these at times. As long as it's not an everyday snack and other healthy snacks are offered throughout the day, you can still teach your kids to eat healthy.

7. **Say something like:** "How can you tell when your child needs to eat more food during the day?"

Add the following if they are not discussed:

- They may get fussy.
- They may not have enough energy.
- They will want to eat something that is not healthy.

8. **Say something like:** "Let's talk about planning healthy snacks by listing some of the tips included in the video."

List the following ideas on the chalkboard, magnetic board, or flip chart:

- Write out a menu for 3-4 days.
 - Let your children help with planning the snacks and meals.
 - Schedule regular times for meals.
 - Pack a snack in case you are out for a long period of time. For example, doctor appointments, WIC appointments, and even the grocery store.
 - Make snack time fun by offering it right after kids play.
 - Have a plate of snacks ready for your kids to eat.
9. **Say something like:** "Regular exercise and healthy eating habits can help prevent health problems and obesity. Snacks aren't bad if you choose foods from all of the food groups and teach your children how to make snacks a healthy habit."

Evaluation: If you used **Icebreaker #1**, have participants continue to discuss the snack they chose by asking each other questions, or if the group is small the instructor can ask the questions.

Say something like: "Look at the snack on your plate and discuss the following:

1. "What makes the snack on your plate healthy?"
2. "What is one thing you will do to change the snacks your children eat?"

If you used **Icebreaker #2**, use the "Put Snacks Into Action" worksheet as an evaluation. It can be done orally by creating the chart on the magnetic board and filling it out as a group, or individually. When participants have completed their activity, have them discuss one thing from the handout.

Say something like: "Let's look at the chart called "Put Snacks Into Action" and think about what you learned in the video."

- First, write down the snacks that your children had to eat yesterday.
- Next, look at that snack and decide if it is healthy.
- Think about other foods that you can offer that give your child energy.
- Write the action you will take to offer more of these snack foods to your children.

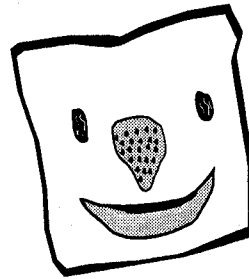
Put Snacks Into Action

"Yesterday's Snacks"	Was it a healthy snack?	What I will do to plan snacks?
<p>(EXAMPLE)</p> <p>Snack: bag of potato chips from a vending machine.</p>	<p>yes or no</p>	<p>Take along crackers, popcorn, or fresh fruit.</p>
<p>Snack:</p>	<p>yes or no</p>	
<p>Snack:</p>	<p>yes or no</p>	
<p>Snack:</p>	<p>yes or no</p>	

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Funny Face

1 slice of wheat or white bread
1 Tbsp. of peanut butter
Raisins (eyes)
Strawberries (nose)
Peaches (mouth), fresh or canned



Let your children:

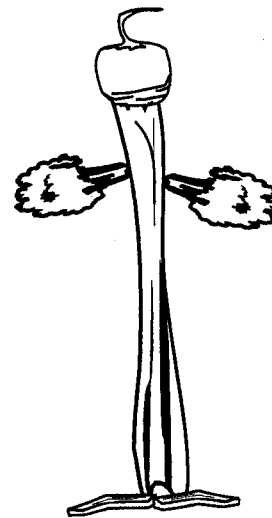
- Wash the strawberries and peaches
- Take the bread out of the bag
- Spread peanut butter on the bread
- Place the raisins, strawberries, and peach slices to make a funny face



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Veggie Man

Radishes (head)
Celery sticks (body)
Broccoli (arms)
Zucchini slices (feet)



Wash all the vegetables and cut off the tip of the radishes, slice the zucchini into long slices not round, cut the stems off the broccoli, and cut the celery sticks to five inch lengths.

Let your children:

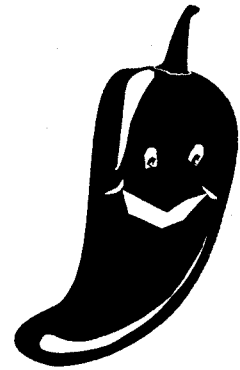
- Wash the radishes, celery sticks, broccoli, and zucchini
- Place the vegetables on a plate to form the body
- Try the veggie body with the salsa or yogurt dip



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Salsa Dip

- 1 fresh green chili pepper or canned chili pepper
- ½ of medium green bell pepper
- 3 medium tomatoes
- ¼ cup chopped onion
- ¼ cup of cilantro
- 1 clove of garlic



Wash and chop chili peppers, bell pepper, tomatoes, onion, cilantro, and garlic. Pour into a blender and blend until smooth. Pour into a small bowl and serve with raw vegetables. Makes 2 cups of salsa.

Let your children:

- Wash the tomatoes, and cilantro
- Pour the dip into a bowl



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Yogurt Dip

- 1 6oz. or 8oz. container of plain yogurt
- 1/8 tsp. curry powder
- 1/8 tsp. garlic powder
- 1 Tbsp. green onions



Chop green onions and mix with plain yogurt. Sprinkle curry and garlic powder on the yogurt. Spoon into a bowl and serve with raw vegetables.

Let your children:

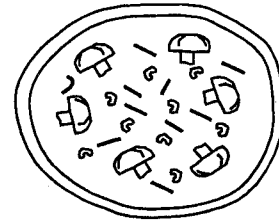
- Sprinkle the curry and garlic powder
- Stir the yogurt
- Pour the dip into a bowl



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Mexican Snack Pizzas

Corn or flour tortillas
Tomato sauce
Skim mozzarella cheese
Kidney beans (dried or canned)



Optional ingredients:
Mushrooms, bell peppers, onions
Pita bread, pizza crust, and English muffins

If using dried beans, follow cooking directions on package then chop or use whole. For canned beans, chop or use whole without heating. Spoon tomato sauce and beans on the tortilla. Sprinkle with cheese, and place in the oven at 325°F until cheese melts.

Let your children:

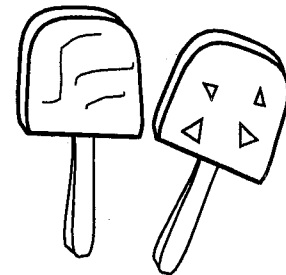
- Spoon the sauce and beans on the tortillas
- Sprinkle the cheese



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Fruit Juice Pops

100% fruit juice (WIC juices) canned or frozen
Ice trays (regular or different shaped)
Foil paper
Ice cream sticks



Optional ingredients:
Chopped strawberries or banana slices

For frozen juices, follow directions on the can and pour into ice trays. Cover ice tray(s) with foil paper and put ice cream sticks through the foil, then place in the freezer for 2-4 hours or until frozen.

Let your children:

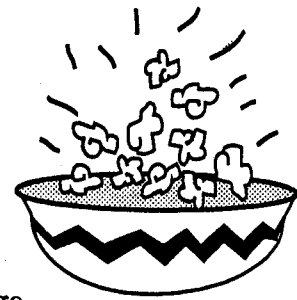
- Decide what kind of juice they want to use
- Decide what kind of fruit they want to add to their juice
- Pour juice into ice trays
- Stick ice cream sticks through foil



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Chili Popcorn

1 bag of "Lite" microwave popcorn
Chili powder
Garlic powder (not garlic salt)



For microwave popcorn follow directions on the package.
Sprinkle chili and garlic powder on the popcorn for desired taste.

Let your children:

- Sprinkle the chili and garlic powder on the popcorn



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How to make foods safe for young children:

- Cut food such as carrots into short strips instead of round pieces.
- Cut grapes, cherries or berries into quarters, without pits or seeds.
- Feed chopped meat or mashed hamburger instead of hot dogs or pieces of tough meat.
- Slice cheese into strips instead of chunks.

Possible choking foods for infants and children under the age of 4 include:

- hot dogs or sausages
- whole grapes, berries, or cherries
- hard- to- chew or large pieces of meats
- peanuts or other nuts and seeds
- hard candy
- marshmallows
- popcorn
- chunks of cheese
- fish with bones
- chewing gum
- peanut butter (okay for children 3 and older)
- raw vegetables (green peas, string beans, celery, carrots)
- cooked or raw whole corn kernels
- hard pieces of raw fruit

