

Lesson Plan: Healthy Snacks and Writing a Classroom Snack Policy

Goal: In this two-part lesson students will learn to identify healthy snacks and will use their knowledge to come up with a 'policy' to remind them about making health snack choices.

Part 1

Objectives:

- Students will be able to define 'snack'.
- Students will be able to determine which snacks are healthy.

Lessons that meet these objectives (attached):

A Healthy Snack, Actions for Health, Grade 3

Sensational Snacks, Reading Up the Food Guide Pyramid, Lesson 7

As an extension of the lesson, make a class list of 'smart snacks' (as they are referred to in the *Actions for Health* lesson) or 'always foods' (from the *Reading Up...* lesson).

Part 2

Objectives:

- Students will understand why we need to eat healthy snacks.
- Students will participate in the creation of a classroom snack policy.
- Students will be empowered to ask their families to support the snack policy.

Introduction:

If people run in the hallways, could that cause problems? What could happen?
(*People could fall and get hurt, the noise could disrupt classes*)

What is it called when grown ups give you directions to follow? They make a... (*Rule*)

Policy is another word for rule.

Why do we have them? (*To solve problems, to keep us safe*)

So, it is the school policy or rule that there is no running in the hallway, so that no one gets hurt, and the classrooms are quiet so students can do their best learning.

Today, we will try to solve another problem so that students can do their best at school. What do students bring to school for snacks? I see chips, and sodas, and candy. We just did a lesson on snacks and students know which snacks are smart choices. But, the problem is that some students are still bringing in a lot of 'sometimes' foods. The other problem is that I see students who fall asleep in class and students who do not have energy to play at recess. We will use what we learned about healthy snacks to help us solve this problem.

Procedure:

I. Discussion on the importance of healthy snacks:

Who is your favorite athlete? *(Take a few answers)*

If Michael Jordan or Shaq ate a bunch of candy or chips and soda before they played a game, how would they feel? Could these snacks cause any problems in their bodies? *(They might get a stomachache, they might have energy at first, but could tire or 'crash' during the game, if they eat a lot of these snacks each day, they could get diseases like diabetes, heart disease, etc.)*

What do *sometimes* snacks like candy, soda and chips have in them that might cause the problems for our bodies? (Sugar, fat, and salt)

Let's say that Michelle Kwan, the figure skater, is getting ready to skate at the World Championship, what kind of snacks do you think she would eat? *(Snacks to help her maintain her energy like fruits, vegetables, and other snacks from the list class made in Part 1 of the lesson)*

How do these *smart* or *always* snacks help our bodies? *(Give us energy and nutrients like vitamins and minerals to build our strength, keep us from getting sick, and help us grow)*

So, athletes need healthy snacks in order to play and perform well. Because that is their job, to do their best to help their team. If they do not do well, they could lose their job.

What about kids, what is your job (at school)? *(To be students, to do your school work and homework, to be a good teammate)*

What do you like to do or play at recess? (List on board)

What kind of work do your teachers ask you to do in class? (List on board)

So, if kids ate a lot of candy and soda each day, would they be ready to do all that hard work? *(No)*

Could those foods cause problems for their bodies? *(Yes, they may feel tired, have stomachaches, may be weak...)*

What can we do to make it so that students are ready to learn and are able to use their brains during class and be ready to use their muscle to play at recess? *(Choose healthy snacks)*

What did we say was done to solve the problem of running in the hallway? *(A rule was made.)*

Let's use our healthy snack list to help us write what is called a *policy or rule*, which will remind us, and our families which snacks will help us do our best at school.

II. Create a snack policy

Use the policy format below to create a poster that can be hung in the classroom.

Policy Format

WHEREAS :(e.g. Classroom 14 knows that healthy snacks will help us do better at school.)

WHEREAS: (e.g. We believe the following snacks should only be eaten once in a while.)

WHEREAS: (e.g. Students have more energy to play at recess if they eat healthy snacks.)

THEREFORE IT BE RESLOVED: (e.g. That Room 14 brings snacks from home that are from the following list of foods...)

FURTHER BE IT RESOLVED: (e.g. For classroom celebrations we will choose foods...)

BE IT FURTHER RESOLVED: (e.g. Room 14 will encourage our friends, teachers and families to eat healthier snacks and limit the amount of soda and unhealthy snacks.)

Extensions and Adaptations for Other Grade Levels:

Primary Grades:

- Bring in magazines and have students make a healthy snack book.
- Send home the list of healthy snacks to the students' homes to encourage healthy snacking.
- Students can draw their favorite healthy snacks.
- Refer to snacks as *always foods* and *sometimes foods*.

Upper Grades:

- Students can do a "quick write" snack list, use that list to identify healthy snacks and compile into a class list.
- PARENT LETTER: Have the children write a letter to their parents. Let the children express their feelings about healthy snacks, with an appeal to have healthy snacks available at home and to bring to school. Let each child include his/her name along with the sentence(s) he/she wrote. Make copies of the letter to parents and include a copy of

the Healthy Snack List to be sent home with students. Let the children report later in the week about the healthy food choices they make when they eat snacks.

- **INTERVIEW:** Assign each student to interview an adult they admire; the cafeteria workers, the school secretary, the principal, student advisor, etc., about snack foods they enjoy.

Background for Teachers

TERMS: Snack – a very small meal; food eaten between meals.

Snacks are an important source of nutrition for growing children. Many children and adults feel hungry between meals. Snacks can provide the needed energy required by our bodies. If snacks are healthy food choices, the child will be adding substantially to his/her daily nutritional requirements for nutrients, vitamins, minerals. Many families eat large amounts of cookies, cake, and chips as snack foods, and do not provide more nutritious foods for their children to select. Be sensitive to the children who come from these homes, because they may not have a choice about what is available to eat.