



BACKGROUND

It is important for children to have positive role models in their lives, whether it be at home, school or in the community. Learning about healthy snacks as youngsters will help put them on the right path to adulthood.

OBJECTIVES

1. Identify environments that lead to healthy and unhealthy behaviors.
2. Give the children an opportunity to learn about different healthy snacks they can create.

STRATEGIES

1. Build leadership and self-efficacy through a community member.
2. Learning how to prepare and choose a healthy snack.

TIME NEEDED

Total Time: 60 minutes
Introduction (10)
CHAMP activity (22)
Recipe Creation Activity (22)
Review (6)

GETTING READY

1. Recruit 1 CHAMP per 4-6 children
2. Divide children into groups w/ CHAMP
3. Paper
4. Pencils
5. Cameras

Module 22: Meet your HOP'N CHAMP!

1. Greeting & distributing nametags.
2. Introduction. The instructor will introduce the HOP'N CHAMP's. The instructor and the students will tell the CHAMPS about HOP'N.
3. Get to know your HOP'N CHAMP Activity. The students will sit with their CHAMP and play the game they learned in Module 21.
4. Healthy Snack Recipe Creation Activity. Each group will be asked to make their own fun recipe that they will be making in next week. The only catch is they have to use a banana in their recipe. The instructor can guide the groups for ideas to incorporate the banana in the recipe. Each group will be asked to write down all ingredients needed for the recipe and give the list to the instructor. Each group should make enough snack for the entire group to try.
5. Review.

Fun on your own!

The students can go home and find a fun healthy snack recipe to make with their parents.

FREQUENTLY ASKED QUESTIONS

1. What is a healthy snack recipe?
A healthy snack would be anything that is low in fat and calories and includes a fruit or a vegetable.

Module 22: Meet your HOP’N CHAMP!
Activity 1: Get to know your HOP’N CHAMP

Objective:

The students will get to know their HOP’N Champ and learn about their current environment.

Materials:

Time:

Gather into Groups (2)

Individual group discussion (20)

Total: 22 min

Procedure:

The students will sit in groups with their adoptee to learn about their environment and should ask questions. The groups will play the getting to know you activity. The groups will talk to the CHAMPS about HOP’N, the goals, and the picture assignment.

Follow-up/ Assessment:

Discussion Points

Discuss how everyone’s environment is different.

People have different jobs, homes, and food available to them.

Modifications:

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Module 22: Meet your HOP’N CHAMP!
Activity 2: Healthy Snack Creation

Objective:

The students will learn how to create a recipe for a snack they will be preparing next week.

Materials: Paper
Pencils
Sample Recipe

Time:

Gather into Groups (2)

Create Recipe (20)

Total: 22 min

Procedure:

Each group will meet and try to create their own recipe. Remind the students that when they are creating their recipe they should think about “GO, SLOW, and WHOA” foods. The only catch is they have to use the secret ingredient. The secret ingredient is “BANANA!” They can use any ingredients they want and create any type of snack. They should include enough of the ingredients for the entire group to try. The groups should write down all the ingredients needed and how much of everything. The groups will give the recipe to Carrie who will check the recipe to make sure it is feasible. After all groups have submitted their recipe they will be able to share what their recipe is with the group.

Follow-up/ Assessment:

Discussion Points

What are some ways to incorporate a banana into your recipe.

What goes good with bananas? (peanut butter, yogurt, etc)

Modifications:

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HOP'N
After School

CHAMP



HOP'N
After School

CHAMP



HOP'N
After School

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HOP'N
After School

CHAMP

Module 22: Meet your HOP’N Champ!

Introduction

1. Welcome students back to HOP’N Club. Say,

This is the twenty- second week of HOP’N Club. We are pleased to have visitors with us today. Let’s tell our guests about HOP’N club. What is HOP’N Club? HOP’N Club is a once a week club where we focus on four healthy goals. What are the four HOP’N Goals? Be Physically Active everyday. (Great. How many minutes should we try to get at least? 60 minutes And how many minutes after school? 30) Eat fruits and vegetables at every meal or snack. Cut back on T.V. and video games. (Does that mean never watch T.V.? No, but we should try to limit our T.V. to 2 hours a day.) Drink less soda and juice drinks. (Does that mean never drink soda and juice drinks? No, but we should try to limit our soda and juice drinks to less than one glass a day.) What does HOP’N stand for? Healthy Opportunities for Physical Activity and Nutrition. We will spend some time today getting to know each other. Your champs took pictures like you did. They will show you their pictures and you will help them make a contract like the Club members made a couple weeks ago. You will also have an opportunity to create a snack with your HOP’N Champ using a secret ingredient.

Get to Know your HOP’N Champ

1. Arrange the groups with their adoptee to learn about their environment. Say,

You will play the getting to know you activity. After you are finished with the game you can ask your Champ questions and look at their pictures.

2. Circulate the room helping groups as needed.

3. Distribute HOP’N Contracts. As groups finish getting to know each other, handout the HOP’N Contracts. HOP’N club members can help their Champs fill out contracts.

Healthy Snack Creation

1. Say,

Each group will meet and try to create your own recipe. When you are creating your recipe you should think about “GO, SLOW, and WHOA” foods. The only catch is you have to use the secret ingredient.

The secret ingredient is “BANANA!”

What are some ways to incorporate a banana into your recipe? What goes good with bananas? (peanut butter, yogurt, etc) You can use any ingredients they want and create any type of snack. You should include enough of the ingredients for the entire group to try. Write down all the ingredients needed and how much of everything.

After all groups have submitted their recipe they will be able to share what their recipe is with the group.

Review

1. Remind the students. Say,

Thank you Champs; it was so nice to meet you. Next week, we will try all the recipes and vote the winning recipe we will make on the Champs last day.

2. Collect nametags.