



BACKGROUND

Having the students create their own snacks allows them to have control over what they eat. Healthy snack preparation and habits learned at an early age may become habitual.

OBJECTIVES

Students will

1. Learn healthy snack preparation skills
2. Learn how to change school snack environment

STRATEGIES

1. Building knowledge and capacity to change environment
2. Build asking self-efficacy by reinforcing the children's choice

TIME NEEDED

60 minutes

- Introduction (5)
- Snack Activity (45)
- New Snack (5)
- Review (5)

GETTING READY

1. Soapy water and clean rags/towels
2. All materials needed for each recipe (mixing bowls, spoons, plates, napkins)
3. Poster Board for each group
4. Decorating supplies (markers, crayons, construction paper, tape, glue, etc.).

Module 23: Go Bananas... Go... Go... Bananas!

1. Greeting & distributing nametags.
2. Create Snack Activity. The students will get in their same groups as last week to make their snack. They will also have a chance to taste the snacks from the other groups and vote on their favorite.
3. Review.

Fun on Your Own!

The students can go home and ask a parent help them create new healthy snacks using a fresh fruit or vegetable.

FREQUENTLY ASKED QUESTIONS

1. *What if our snack requires a sharp knife?*
If a recipe requires an adult's help, an adult will help the students with cutting.
2. *What if the class can't decide on a recipe?*
Have the class vote on the top 2 choices and whichever recipe has the most votes wins.

Module 23: Go Banana's... Go..Go.. Bananas!

Activity 1: Create Snack

Objective:

The students will learn how to make a healthy snack and how to market that snack to their school environment.

Materials: Ingredients, mixing bowls, spoons, measuring utensils required for each individual snack.

Time:

Hand out materials (5)

Students make healthy snack (20)

Children try snacks from each group (10)

Vote on Snack (5)

Discussion (5)

Total: 45 min

Procedure:

Carrie will start by handing out each group their recipe and materials needed to make their snack. The students will be given 10 minutes to make the snack. After the 10 minutes is up, each group will be asked to pass out their snack to the rest of the class and have everyone try it. After everyone has had a chance to try their snack, Carrie will ask them to vote only once for the snack they liked best. After one snack has been selected, a class discussion will take place on how to get their snack to be included in their future snack menu.

Follow-up/ Assessment:

Discussion Points

What are some ideas we can get our snack to be included in our future snack menu? (letter to the principal, letter to the lunch crew, etc)

Why did you like certain snacks? Why did you dislike certain snacks?

Modifications:

Module 23: Go Bananas... Go... Go... Bananas!

Introduction

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

This is the twenty-third week of 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. Today, we will make your recipes you created with your HOP’N Champs.

Create Snack

1. Distribute group’s recipe and materials to each group. Say,

You will be given 10 minutes to make the snack. After the 10 minutes, each group will be asked to pass out their snack to the rest of the class and have everyone try it. After everyone has had a chance to try their snack, I will ask you to vote only once for the snack you liked best.

2. Circulate room as students prepare the snacks.

3. Facilitate cleaning up.

4. Allow students to try the recipes all the groups created.

5. Organize and collect votes for the group’s favorite snack. Lead the students in a discussion about what they liked about their recipes and suggestions for preparing the snacks in the future.

Review

1. Remind the students. Say,

Next week, your HOP’N Champs will be back. Be sure to ask them about how their HOP’N Contracts are going. If they are having challenges, you may want to tell them about some of your challenges and successes to help them make changes.

What are some questions you can ask your Champ? Generate a list of questions the students can use next week to interview the Champs.

Also, next week in groups we will make posters with the Champs.

2. Collect nametags.