



### BACKGROUND

Eating out at fast food restaurants in almost unavoidable with children. If we are able to teach them how to make better choices and to check their environment for healthier restaurants this will carry on through adulthood. Allowing the children to see their own environment will allow them to get a visual for how environments affect health.

### OBJECTIVES

Provide children with the information and opportunity to create a healthy snacks.

Allow children to scan their own environment and how they can change it.

### STRATEGIES

1. Promotion of knowledge of healthy environment
2. Active learning;
3. Self-monitoring fast food choices.

### TIME NEEDED

Total: 60 minutes  
Introduction (10)  
Card Making/ Identifying snacks (20)  
Healthier snack choices (30)

### GETTING READY

Crisco Shortening  
Sugar  
Food packaging  
Plastic Gloves  
Teaspoon  
2 plastic plates  
List of fast food items w/ Fat  
Poster Board  
Glue, Glitter  
Markers  
Scissors  
Colored Paper

## Module 25: Did you Know? The startling truths about your snacks!

1. Greeting & distributing nametags.
2. Truth about Snacks. The students will discuss the snacks offered at their after school program (in their environment). Then using Crisco and sugar, discover how much fat and sugar is actually in those snacks.
3. Create Card for HOP'N Champs. The students will be asked to make cards for their HOP'N Champ because next week is their last time with the group.
4. Review.

### Fun on Your Own!

Encourage the students to talk to their parents about “sometimes” vs. “all the time” snacks.

Go with your parents around your neighborhood and discuss your environment. Is it safe? Does it promote healthy living?

## FREQUENTLY ASKED QUESTIONS



## Module 25: Did you Know? Activity 1: Truth about Snacks

### Objective:

To teach the students that there are healthy and unhealthy snack options.

### Materials:

- Crisco Shortening
- Sugar
- Teaspoon
- 2 Plastic Plates
- Variety of snack items with calories and fat grams
- Gloves

### Time:

Talk about snacks (7)

Crisco activity (10)

Discuss results (5)

Total: ~22

### Procedure:

Have the students list snacks that are served in their after school program. They will probably list milk, fruit, crackers, cereal, cereal bars, bag of munchies, cookies, donuts. Discuss the types of milk and the differences between skim, 1%, and 2% milk. Show the students the difference between healthy and unhealthy snacks (sometime foods) by using the Crisco. What you want to do is:

Take the snack item and divide the total number of fat grams by 5 to determine how many teaspoons of shortening should be used: (have the children guess the number of teaspoons of shortening)

Ex. Applesauce = 0 grams fat  
2% Milk (half pint) = 5 grams fat = 1 tsp. Crisco  
Skim Milk (half pint) = 0 grams fat  
1 Donut = 13 grams fat = 2.5 tsp. Crisco

### Follow-up/ Assessment:

#### Modifications:

You could divide the class into two groups. You group does “healthy” low fat snacks and the other group does high fat snacks.

#### Discussion Points

Discuss the differences of the two plates. The high fat snacks should have a lot more Crisco than the low fat snacks.

How can you make the snacks healthier? (No cheese, mayo, etc)

Talk about how the snacks fall into the GO, SLOW, WHOA categories. Which foods do you think are GO? SLOW? WHOA?

Discuss grocery shopping with mom/dad? What snacks could you buy that are “GO” snacks?



| <b>Snacks</b>                         | <b>Nutrition Information</b> |                    |
|---------------------------------------|------------------------------|--------------------|
|                                       | <b>Calories</b>              | <b>Fat (grams)</b> |
| Cheese String (mozzarella)            | 80                           | 5                  |
| Milk – Skim                           | 85                           | 0                  |
| - 1%                                  | 100                          | 3                  |
| - 2%                                  | 120                          | 5                  |
| - Chocolate 1%                        | 160                          | 3                  |
| Fruit - Banana                        | 105                          | 1                  |
| - Apple                               | 80                           | 0                  |
| - Orange                              | 60                           | 0                  |
| - Strawberries (1 cup)                | 45                           | 1                  |
| - Watermelon (1 cup)                  | 50                           | 1                  |
| Veggies- Carrots (1 cup)              | 45                           | 0                  |
| - Broccoli (1 cup)                    | 45                           | 0                  |
| - Corn (1/2 cup)                      | 80                           | 0                  |
| Pretzels (10 sticks)                  | 10                           | 0                  |
| Crackers - Saltines (4)               | 50                           | 1                  |
| - Cheese Nips (1.25 oz)               | 170                          | 7                  |
| - Animal Crackers (1 oz)              | 120                          | 4                  |
| - Ritz Bitz (1 oz)                    | 170                          | 10                 |
| - Wheat Thins (1 oz)                  | 170                          | 7                  |
| Chips - Regular (1 oz)                | 150                          | 10                 |
| - Baked (1 oz)                        | 110                          | 1.5                |
| - Kettle Cooked (1 oz)                | 150                          | 8                  |
| Cookies – Chocolate Chip (2)          | 180                          | 10                 |
| - Sugar (2)                           | 235                          | 12                 |
| - Oatmeal Raisin (2)                  | 245                          | 10                 |
| Donuts                                | 235                          | 10                 |
| White Piece of Cake                   | 260                          | 12                 |
| Muffin – on average                   | 140                          | 6                  |
| Carrot Cake (w/ cream cheese topping) | 335                          | 21                 |
| Yogurt - nonfat (1 cup)               | 125                          | 0                  |
| - lowfat (1 cup)                      | 230                          | 2                  |
| Ice Cream – Regular (1 cup)           | 240                          | 14                 |
| - Soft serve (1 cup)                  | 375                          | 23                 |
| Sherbert (1 cup)                      | 240                          | 5                  |
| Granola Bars – Nature Valley          | 180                          | 9                  |
| Cereal Bar - Nutrigrain               | 140                          | 3                  |
| Cereal – Frootloops (1 serving)       | 110                          | 0                  |
| - Cap'n Crunch (1 serving)            | 110                          | 3                  |
| - Cinnamon Toast (1 serving)          | 130                          | 4                  |
| - Chex                                | 120                          | 0                  |
| Chocolate Bar (on average)            | 280                          | 14                 |



## **Module 25: Did you Know? The Startling Truth about your Snacks!**

### **Introduction**

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

*This is the twenty-fifth 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 are going to talk about snacks and make cards for our Champs’ last day next week.*

### **Truth about Snacks**

**1. Collect snack wrappers of popular snack foods.**

**2. Have students identify if they eat the foods at home, school, and/ or at an after school program.**

**3. Lead the students in a discussion about the sugar and fat content of snack foods.**

Use granulated sugar and Crisco to visually show students how much fat and sugar is in each product. Take the snack item and divide the total number of fat or sugar grams by 5 to determine how many teaspoons of shortening or sugar. Talk about how the snacks fall into the GO, SLOW, WHOA categories. Say,  
*Which foods do you think are GO? SLOW? WHOA? What snacks could you buy that are “GO” snacks? How can you make the snacks healthier? (No cheese, mayo, etc)*

### **Create a Card for HOP’N Champs**

**1. Provide students with art materials to make a thank you card for his/ her HOP’N Champ.**

### **Review**

**1. Remind the students.** Say,  
*Next week your HOP’N Champs will be back. We will make the winning recipe, you will have a chance to talk to your Champs about his/ her contract, and you can give your Champ the card you made.*

**2. Collect nametags.**