



Cooking Club Lesson Plan

Healthy Snacks

Grades 6-12

I. Lesson Objectives:

- A. Students will identify tips for choosing healthy snacks.
- B. Students will list healthy snack food options.
- C. Students will prepare and sample a healthy snack.

II. Behavior Outcomes:

- A. Choose healthy snacks.

III. Pennsylvania Educational Standards:

- A. 11.3 Food Science and Nutrition
- B. 1.6 Speaking and Listening
- C. 10.1 Concepts of Health
- D. 10.2 Healthful Living
- E. 10.4 Physical Activity

IV. Materials

- A. Handouts- copies of recipe
- B. Optional Handouts – *“Healthy Snacking Tips”* may be printed and used as a handout or printed on larger paper to use as a visual in class; *“Snack Bites”* handout from Learning Zone Xpress
- C. Additional Activities- *“Healthy Snack Shifts”* worksheet, *“Healthy Snacks Word Search”*
- D. Reinforcement that conveys the appropriate nutrition message
- E. Hand wipes, gloves, hairnets/head coverings, aprons, tablecloth
- F. Food and cooking supplies needed for recipe
- G. Paper products needed for preparing and serving recipe (i.e. plates, bowls, forks, spoons, serving utensils, etc.)
- H. Ten Tips Sheet: *“MyPlate Snack Tips for Parents”* or *“Enjoy Your Food but Eat Less”*; Instructor can determine the most appropriate sheet for the audience. If using *“Enjoy Your Food but Eat Less”* explain to the students that these tips also apply to snacking and relate back to the SNACK acronym.

V. Procedure: *Text in italics are instructions for the presenter, non-italicized text is the suggested script.*

A. Introductory

1. Lesson Introduction

- a. *Introduce yourself and the nutrition education program/organization presenting the lesson.*
- b. *Review previous lesson.*
- c. *Briefly introduce the lesson topic and recipe that will be prepared.*

B. Developmental

1. Discussion of lesson topic
 - a. *Ask students the following questions about snacking and discuss their responses.*
 - i. *What are your favorite snacks? Make a list of their choices on a board, if available.*
 - ii. *Where do you get your snacks? If needed, prompt with ideas and ask students to raise their hands for the options that apply to them. Possible responses may include: from home, corner store/convenience store, grocery store, restaurant/fast food, vending machine.*
 - iii. *When do you eat snacks? If needed, prompt with ideas. Possible responses may include: during school, after school (between lunch and dinner), in the evening (after dinner).*
 - iv. *Where do you eat your snacks? If needed, prompt with ideas. Possible responses may include: at home- in the kitchen or dining room, in front of TV or computer/tablet; at school; at a restaurant; on the go.*
 - b. *Ask students to tell you their definition of a “snack”. Discuss their responses.*
 - i. *A snack is a small amount of food that you eat in between meals.*
 - ii. *It is meant to provide you with energy and nutrients to hold you over until your next meal. It is not as big as a meal.*
 - c. *Ask students if they think snacks are part of a healthy eating style. Discuss responses. Snacks can be part of a healthy eating style as long as you choose the right foods. Everything you eat and drink matters, and choosing a variety of foods can help to meet daily calorie and nutrient needs. When chosen wisely, the right snacks can help us to get a wider variety of important nutrients. We’ll take a look at how to make healthy snack choices throughout the rest of the presentation.*
 - d. *Healthy Snacking Tips (S.N.A.C.K.S. acronym) Instructor may write the SNACKS acronym on the board, distribute the “Healthy Snacking Tips” handout, or display the “Healthy Snacking Tips” as a visual for students to see.*
 - i. *We can use this acronym for the word SNACKS to help us make healthier snack choices.*
 - ii. **S-** *Smaller Portions. Snacks are meant to be a small amount of food to provide enough energy to hold you over until the next meal. If you eat too much for a snack, you might not get enough nutrient-dense foods at your next meal.*
 - iii. **N-** *Not in front of the TV. Eat snacks away from distractions like the television, computers, tablets, or other electronic devices. People tend to overeat and not pay attention to how much they are eating when they are distracted.*

- iv. **A-** Am I really hungry? What are other reasons someone might eat besides being hungry? Sometimes people eat when they are bored or out of habit (like while watching TV). Make sure that you are actually hungry when you are snacking, and if you're snacking for other reasons, like being bored for example, try doing something to keep you busy- like getting some physical activity!
- v. **C-** Choose nutrient-dense foods from MyPlate. Choosing foods from the MyPlate foods groups is a good way to make sure you are getting nutrient-dense snacks. Combine foods from different food groups to get a variety of nutrients.
- vi. **K-** Kitchen is a good place to eat. This is another reminder to eat your snacks away from distractions, whether it's the kitchen, dining room, or somewhere else, just make sure you are aware of what and how much you are eating.
- vii. **S-** Sit down, slow down, savor and enjoy! Take your time when eating. It is important to eat slowly and enjoy your food. It takes an average of 30 minutes for your brain to tell your body it's full. If you eat too quickly, you will eat more than your body needs before the message can be sent.
- e. We can make simple shifts in our snack choices to limit our calories from added sugars and saturated fats and reduce sodium intake. *Remind students that MyPlate guidelines recommend limiting calories from added sugars and saturated fats to less than 10% of daily calories for each.* Some examples of healthy shifts include:
 - i. Shifting from soda to water to reduce calories from added sugars.
 - ii. Shifting from full-fat cheese or whole milk to low-fat cheese or milk to reduce calories from saturated fat.
 - iii. Shifting from potato chips to unsalted nuts to reduce sodium intake.
- f. *Ask students:* What healthy snack ideas can you think of for each food group? *Discuss their ideas. Examples are listed below.*
 - i. Fruits: Any whole or cut up fresh fruit; frozen, dried, or canned fruit (without added sugar)
 - ii. Vegetables: Cut up raw veggies with low-fat dip/dressing
 - iii. Protein: Peanut butter or other nut butters; hummus; nuts or seeds; hard-boiled egg
 - iv. Grains: Whole grain crackers; granola/cereal bar; baked tortilla or pita chips; air popped popcorn
 - v. Dairy: low-fat/fat-free yogurt; string or sliced cheese; low-fat or fat-free milk

2. Cooking Activity

- a. *Distribute copies of recipe to students. Suggested recipes are provided but may be altered as needed. When selecting a recipe, choose recipes that have ingredients from at least three food groups and can be prepared within the allotted time.*
- b. *Review the ingredients and instructions for preparing the recipe.*
- c. *Remind students of food safety guidelines and proper cooking equipment use.*

- d. *Involve students in food preparation and cooking. Choose volunteers and assign each student a task or have groups of students take turns assisting.*
 - e. *Discuss the following points while cooking:*
 - i. *Have students identify in which food group each ingredient belongs.*
 - ii. *Grades 9-12: Discuss the nutrients that are found in the ingredients.*
 - f. *Provide each student with a sample sized portion of the recipe to taste.*
3. *Additional activities: may be used with students who are not participating in cooking or as a follow-up activity*
- a. *Healthy Snack Shifts (Grades 6-8 or 9-12)*
 - i. *Distribute copies of the worksheet to students. Students may work alone or in pairs to complete the activity by thinking of healthier alternatives for the snack foods shown on the worksheet.*
 - ii. *After students complete the worksheets, ask several students to share the healthier options they thought of for each snack food.*
 - iii. *Review that we want our snack choices to be nutrient-dense foods that are low in saturated fat, added sugars, and sodium.*
 - b. *Healthy Snacks Word Search (Grades 6-8 or 9-12)*
 - i. *Distribute copies of “Healthy Snacks Word Search” to students.*
 - ii. *Students may work alone or in groups to find the healthy snacks in the puzzle.*
 - iii. *When students are finished, review the healthy snack options and ask if they can think of additional healthy snack foods.*

C. Conclusion

- 1. Review take-away messages from lesson.
 - a. *Ask students to summarize the healthy snacking tips. We want to choose nutrient-dense foods that are low in added sugars, saturated fats, and sodium for snacks.*
 - b. *Ask students to name a few examples of healthy snack choices.*
- 2. Distribute the reinforcement, read the message and/or explain the reason why they are receiving the reinforcement.
- 3. Distribute Ten Tips Fact Sheet (or other appropriate fact sheet) and encourage students to share it with their families.
- 4. Thank the students for their participation and answer any question they may have.



This material was funded by USDA's Supplemental Nutrition Assistance Program (SNAP) through the PA Department of Human Services (DHS). This institution is an equal opportunity provider.

Hummus

Serving size: 2 Tablespoons

Yield: 16 servings

Time: 10 minutes

Ingredients:

- 1 15-oz. can garbanzo beans, rinsed and drained
- 3 tablespoons tahini* (sesame seed paste)
- 2 cloves garlic, peeled and crushed
- ¼ cup fresh lemon juice
- ¼ teaspoon black pepper
- 2 tablespoons olive oil
- Water, as needed
- ¼ teaspoon paprika

*You can find tahini in the ethnic foods section of most grocery stores

Instructions:

1. Measure all ingredients and place in a food processor or process in batches in a blender, until smooth.
2. Add more water, 1 tablespoon at a time, if needed to soften.
3. Sprinkle paprika on top.
4. Serve with sliced red peppers or celery sticks.

Nutrition Facts:

Calories: 59

Total Fat: 3g

Cholesterol: 0mg

Saturated Fat: 0g

Carbohydrates: 7g

Dietary Fiber: 1g

Sodium: 82mg

Protein: 2g

Source: adapted from the Produce for Better Health Foundation

http://www.fruitsandveggiesmorematters.org/?page_id=35&iRID=925



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Banana in a Blanket

Yield: 1 serving

Preparation time: 5 minutes

Ingredients:

- 1 (6 inch) whole wheat tortilla
- 1 tablespoon apple butter
- 1 medium banana
- 1 teaspoon maple syrup or honey
- 1 tablespoon granola or crunchy, nutty nugget cereal

Instructions:

1. Lay tortilla on a plate.
2. Spread apple butter evenly on the tortilla.
3. Sprinkle cereal over apple butter.
4. Peel and place banana on the tortilla and roll the tortilla.
5. Drizzle maple syrup or honey on top.
6. Optional: garnish with more cereal on top.

Nutritional Information per Serving:

Calories: 263	Carbohydrates: 69g
Total Fat: 4.0g	Cholesterol: 0mg
Saturated Fat: 0.4g	Dietary Fiber: 9g
% of Calories from Fat: 13.6%	Sodium: 306mg
Protein: 9g	

Adapted from: <http://www.fruitsandveggiesmorematters.org/recipe?iRID=131>



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Healthy Snacking Tips

S.N.A.C.K.S Acronym

S: Smaller portions

N: Not in front of the TV

A: Am I really hungry?

C: Choose nutrient-dense foods from MyPlate

K: Kitchen is a good place to eat your snack

S: Sit Down, Slow Down, Savor and Enjoy!



Healthy Snack Ideas

Fruits	Veggies	Grains	Protein	Dairy
Whole or cut up fresh fruit	Cut up veggies w/ low-fat dip or dressing	Whole grain crackers	Peanut butter or other nut butters	Low-fat/fat-free yogurt
Dried fruit	Salsa	Granola/cereal bar	Hummus	String or sliced cheese
Unsweetened applesauce	Veggie salad	Baked tortilla or pita chips	Nuts or seeds	Low-fat or fat-free milk
100% fruit juice	100% vegetable juice	Air popped popcorn	Hard-boiled egg	Low-fat cottage cheese



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Healthy Snack Shifts

Directions: For each of the foods shown below, think of a healthier alternative and write it on the line.



Cheese Curls





Candy





Nacho Chips





Cookies





Fries





Water Ice





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Healthy Snacks Word Search



B A K E D C H I P S N A P O A R G A
 S A L A D W I T H D R E S S I N G A
 O P I F R U I T S M O O T H I E E R
 K P M P A A K I S B C E L D T N D E
 A L H B E S D S E R P A D T I R E G
 P E T A U A B I T T O U S I S T L R
 R S I N L D N H L D P T S A E A I A
 E L W D A E L U T E O T S W L R O N
 T I L J Y R A R T C S U C M B S B O
 Z C A E A S R A I S I N S C A H D L
 E E E S P P L R N B E S Y E T S R A
 L S R U L O P O T A T O P D E K A B
 S R E K C A R C L A M I N A G L H A
 G S C O D E S H C S C B N C E T H R
 B A H E U A L F Y R K H L C V V N G
 K C I T S E S E E H C R N M L L A T
 T R U G O Y H I R A D M C R P A C S
 D C C R I A M U I Y A A I P I C E A
 P S A N D K N H A R C R S E L T I G

- | | | | |
|---------------------|-------------------|---------|--------------|
| salad with dressing | fruit smoothie | yogurt | apple slices |
| baked potato | dried apricots | raisins | vegetables |
| hardboiled egg | chocolate pudding | salsa | cheese stick |
| animal crackers | granola bar | peanuts | pretzels |
| celery | cereal with milk | popcorn | baked chips |
| PB and J | | | |



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Healthy Snacks Word Search

ANSWER KEY

B	A	K	E	D	C	H	I	P	S	N	A	P	O	A	R	G	A
S	A	L	A	D	W	I	T	H	D	R	E	S	S	I	N	G	A
O	P	I	F	R	U	I	T	S	M	O	O	T	H	I	E	E	R
K	P	M	P	A	A	K	I	S	B	C	E	L	D	T	N	D	E
A	L	H	B	E	S	D	S	E	R	P	A	D	T	I	R	E	G
P	E	T	A	U	A	B	I	T	T	O	U	S	I	S	T	L	R
R	S	I	N	L	D	N	H	L	D	P	T	S	A	E	A	I	A
E	L	W	D	A	E	L	U	T	E	O	T	S	W	L	R	O	N
T	I	L	J	Y	R	A	R	T	C	S	U	C	M	B	S	B	O
Z	C	A	E	A	S	R	A	I	S	I	N	S	C	A	H	D	L
E	E	E	S	P	P	L	R	N	B	E	S	Y	E	T	S	R	A
L	S	R	U	L	O	P	O	T	A	T	O	P	D	E	K	A	B
S	R	E	K	C	A	R	C	L	A	M	I	N	A	G	L	H	A
G	S	C	O	D	E	S	H	C	S	C	B	N	C	E	T	H	R
B	A	H	E	U	A	L	F	Y	R	K	H	L	C	V	V	N	G
K	C	I	T	S	E	S	E	E	H	C	R	N	M	L	L	A	T
T	R	U	G	O	Y	H	I	R	A	D	M	C	R	P	A	C	S
D	C	C	R	I	A	M	U	I	Y	A	A	I	P	I	C	E	A
P	S	A	N	D	K	N	H	A	R	C	R	S	E	L	T	I	G

salad with dressing

fruit smoothie

yogurt

apple slices

baked potato

dried apricots

raisins

vegetables

hardboiled egg

chocolate pudding

salsa

cheese stick

animal crackers

granola bar

peanuts

pretzels

celery

cereal with milk

popcorn

baked chips

PB and J



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