

Sometimes & everyday snacks

January Lesson
Claiborne County 4-H
4th Grade

OBJECTIVE:

Students will understand that between meal snacks can be a healthy part of a nutritious diet.

Students will understand that we must exercise in order to get rid of unwanted or extra calories.

Students will understand less healthy snacks can be enjoyed occasionally, but not every day.

Sometimes & everyday snacks

How many folks here have an in-between meal snack at least once a day?

Why do you snack?

When do you snack?

What do you usually eat for a snack?

Do you think that snacking is part of a healthy diet?



Ask the class each question and allow several of them to answer before moving onto the next question.

For the last question, most will answer that snacking is not healthy. The purpose of this lesson is to convince them that snacking can be healthy (and should be, too!).

Sometimes & everyday snacks

Snacking can be a healthy part of our diets, especially youngsters who are still growing!

We need to know a little bit about our bodies' needs and about food in order to make wise decisions about eating in general and snacking in particular.

Who can tell me what 'calorie' means?

A calorie is a measure of the amount of energy contained in the food we eat.

Some foods contain more calories than others.



Which of these pictures shows higher fat foods?



This slide tells the class what calorie means. Most have heard it, but few know what it is. You will get some odd answers on this question.

Then the class will answer as to which of the two foods pictured is the highest in calories. It is the burgers and fries, of course.

Not only do the burgers and fries have more calories, they also have a higher fat content. Fat is another misunderstood term. It is necessary for good health, but many foods contain too much!

Sometimes & everyday snacks

Can anyone guess how many calories we need to eat each day for a healthy diet?

Children from 9 - 10 years old should eat 1,600 to 1,800 calories daily to maintain good health.

What happens if we eat too many calories?

Our bodies store the excess calories as fat OR we increase our level of exercise and burn off those extra calories.

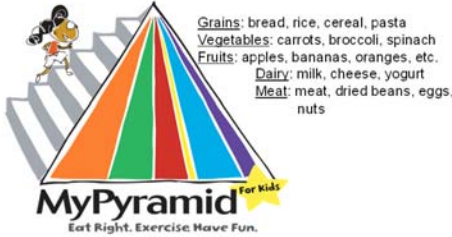


This slide tells what will happen if we eat too many calories. Our bodies either store it as fat OR we get busy and burn off the extra calories through some type of physical exercise.

Ask the class to name some activities that will help us burn off those extra calories. Most will name various sports or riding bikes, but good hard work also burns a lot of calories.

Sometimes & everyday snacks

Now, who can name one of the five food groups?



MyPyramid shows that we need to eat a variety of foods daily for good health.

Ask the class to name the five food groups. Pick a different child to name each one. Remembers that the Fats/Oils/Sweets part of the pyramid is not a food group. It represents those things we should eat 'sometimes' and not 'everyday'.

After the food groups are named, ask the class to name some of the foods that are in each group. They food groups will appear with examples of food AFTER you ask that last question.

Sometimes & everyday snacks

Now, lets get back to talking about snacks.

How many folks like candy bars or chips for snacks?

Are these things bad for you?

No! If we eat things like candy bars and chips every now and then, they are OK. But if we eat them every day they can wreck a healthy diet.

Someone name some healthy snacks.

These are the kinds of things we should be eating for snacks every day.



When you ask the class if candy bars or chips are bad for them, most will answer yes. Point out that these type snacks are only bad for you if eat too much of them or eat them too often.

Ask the class to name some healthy snacks that they enjoy. Pictures of some healthy snacks will appear across the bottom of the slide.

Sometimes & everyday snacks

We are going to do an activity to see if we can identify 'Sometimes Snacks' which may not be the healthiest choice and 'Everyday Snacks' which are healthy.

We are going to go around the room and call on folks. When you are called on, look at the picture and read the description. Then tell the class whether you think the snack shown is an 'Everyday Snack' or a 'Sometimes Snack.'

Then we will ask the class if they agree.

Good Luck!

Explain the activity from the slide. Stress to the class that no one, but the person called on should speak. After that person has stated whether he/she thinks it is an everyday or sometimes snack, ask the class in general if they agree or disagree.

My ruling of 'sometimes' or 'everyday' will appear on screen last.

1 Sometimes & everyday snacks

Ice Cream with toppings

1/2 to 3/4 cup



SOMETIMES

2 Sometimes & everyday snacks

Frozen Fruit Juice Bar

one



EVERYDAY
(if its made from
real fruit juice)

3 Sometimes & everyday snacks

Lowfat Chocolate Milk

8 oz.



EVERYDAY

4 Sometimes & everyday snacks

Corn Chips

1 oz. bag



SOMETIMES

5 Sometimes & everyday snacks

$\frac{3}{4}$ cup Dry Cereal
like Cheerios with
 $\frac{1}{2}$ cup lowfat milk



EVERYDAY

6 Sometimes & everyday snacks

Pretzels

1 oz.



EVERYDAY
(they are baked,
not fried)

7 Sometimes & everyday snacks

Doughnuts

1 or 2



SOMETIMES

8 Sometimes & everyday snacks

Peanut Butter and Crackers

3 or 4 crackers with 'lids'



EVERYDAY

9 Sometimes & everyday snacks

String Cheese
with Salsa



EVERYDAY

10 Sometimes & everyday snacks

Chocolate Candy Bar

1 medium size



SOMETIMES

11 Sometimes & everyday snacks

Lowfat Yogurt
8 oz. carton



EVERYDAY

12 Sometimes & everyday snacks

Apple Juice
6 to 8 oz.



EVERYDAY

13 Sometimes & everyday snacks

Energy Drink
1 can



SOMETIMES,
or NEVER! Energy drinks are never
good for us. They have only empty
calories and an excess of caffeine.

14 Sometimes & everyday snacks

Caramel Popcorn
Rice Cake

One



EVERYDAY

15 Sometimes & everyday snacks

Potato Chips
1 oz. bag



SOMETIMES

16 Sometimes & everyday snacks

Dry Cereal
like Fruit Loops

$\frac{1}{4}$ cup



SOMETIMES

17 Sometimes & everyday snacks

Apple
One



EVERYDAY

18 Sometimes & everyday snacks

Microwave Popcorn
1 bag



EVERYDAY (if popped without butter)
SOMETIMES (if loaded with butter)

19 Sometimes & everyday snacks

Rice Krispie Treat

one



SOMETIMES

20 Sometimes & everyday snacks

Pizza Rolls

4 to 5



SOMETIMES

Sometimes & everyday snacks

Here are some points to remember about snacking:

- Snacking is a necessary part of a healthy diet for young folks
- Developing good eating habits when we are young beats breaking unhealthy eating habits when we get old
- Low calorie, low fat snacks are a great way to beat hunger between meals
- High calorie, high fat snacks are ok once in a while
- Increasing our activity level (more exercise or work) burns off extra calories

REMEMBER: Be Smart, Snack Smart!

Point out these reminders to the class.

Remember to explain next month's contests and give out your ribbons.

Take a few minutes and get your class excited about the demonstration contest. If you can interest a few kids in doing demonstrations, the entire class will have a blast with it next month!

Demonstration Know-How

Next month our contest is demonstrations. Now, giving a demonstration is both challenging and exciting. Think of it as teaching others something that you know how to do.

There are certain steps to follow as you think about giving a demonstration.

1. Select your TOPIC. Choose a topic that you are familiar with and that you are interested about. This will make giving a demonstration much more fun.
2. Research your topic. Make sure that what you tell the class is correct.
3. Keep track of time. Know how much time is allowed for your demonstration and try not to go over that time too much
4. Keep it simple. Don't try to cover all the information related to your topic, just the part you need for the demonstration

No Live Animals

Demonstration Know-How

5. Make an outline. Divide your demonstration into three parts like a speech.
 - A. Introduction
 - B. Body
 - C. Summary
6. Prepare posters or visuals if needed. Keep your messages brief.
7. Make a list of everything you need for the demonstration.
8. Pre-measure your ingredients or prepare all the parts to assemble for your demonstration.
9. Practice – Practice – Practice
10. Come to school prepared. Make sure all of your supplies are ready and together.

Fourth and fifth grade members can participate in a multi-county demonstration contest in May