

## concept

Teach children how to snack healthy and move more.

# Snacking Smart, Moving More!

## goals

1. Children will understand and identify healthy snacks.
2. Children will understand and identify ways to move more.

## objectives

1. Children will learn to ask for and select healthy snacks.
2. Children will participate in activities which make them move more.

## activities

**1** Have children sit in a circle with you. Read the book, *Give Me 5 A Day!* It is important to read the book with great animation to keep the attention of the young children.

Encourage the children to jump and turn around as the fruit and vegetables do in the book. Have the children practice counting from 1 to 5 as done in the book, which includes using their fingers to show 1, 2, 3, 4, and 5.

**2** Have the children stand in a circle together with you, preferably outside on soft ground or inside in a safe area. Review with the children the different movements as shown in the book, while playing the *Give Me 5 A Day!* CD in the background.

You should role model the movements by showing children how to do them with a lot of energy and excitement. The more fun you make this, the more fun the children will have and the more they will want to do it again.



### MATERIALS NEEDED

- *Give Me 5 A Day!* by Reeves, Crosby, Hemphill, and Hoffman
- Music CD *Give Me 5 A Day!* (see references for where to obtain)
- Pictures of various fruits and vegetables (use pictures from magazines, the internet, or other lessons)
- *Smart Snacks* coloring sheet (included)
- Non-toxic crayons

# Snacking Smart, Moving More!

**3** Add a new movement each day or week depending on how long the lesson will be used. Review these movements with the children as many days of the week as possible so they get used to doing them. Children will also have fun repeating the movements.

**4** After reading the book and moving to the CD, have the children sit back down in a circle and show them pictures of fruits and vegetables. While showing a picture of a food, say, "This is a strawberry. Can you say 'strawberry'?"

After the children say strawberry, say, "The strawberry is bright red. It tastes so good and is good for our bodies!"

Rub your tummy with a big smile and say, "Mmm, yummy!"

**5** When possible, serve the fruit and vegetables shown to the children at snack time or at mealtime.

**6** Just as new movements are added to this lesson each day or week, new fruits and vegetables should be added as well. Make sure to review the fruits and vegetables already introduced. Then show pictures of each new fruit and vegetable.

**7** Provide each child with a copy of the *Smart Snacks* coloring sheet and say, "Color the pictures of the foods you think are smart snacks. Remember smart snacks are snacks that are good for your body."

After the children are finished coloring you can say, "Smart snacks are healthy snacks that are good for us and give us lots of energy. The other snacks like donuts and potato chips are not smart snacks. They are for once in a while but they are not everyday snacks."

Praise the children for doing a good job coloring the smart snacks.

Remember to make copies of the parent letter with the take-home activity sheet printed on the reverse side to send home with each child. The community fact sheet is also included for you to copy and display at your center or distribute as appropriate.

for children ages 4½–5

## concept

Teach children how to snack healthy and move more.

# Snacking Smart, Moving More!

## goals

1. Children will understand and identify healthy snacks.
2. Children will understand and identify ways to move more.

## objectives

1. Children will learn how to identify the different fruits and vegetables in the book.
2. Children will recall and name healthy snacks.
3. Children will practice and repeat new movements learned from the lesson.

## activities

**1** Have children sit in a circle with you. Say to the children, "Today we are talking about eating. Let's go around the circle and each of us can say one thing we like to eat."

Give each child a chance to respond.

**2** Then say, "It's important to eat because food gives us energy. We need energy so we can move our arms and legs, read a book with our moms or dads, take a walk with our dog, or play ball in the yard. Some foods give us more energy than others. We eat more of them so we can have more energy."

**3** Next, say, "Today we are also going to talk about moving. What is your favorite way to move? Do you like to do a silly dance? Do you like to run, skip, or jump?"

Encourage the children to talk about their favorite ways to move.



### MATERIALS NEEDED

- *Give Me 5 A Day!* by Reeves, Crosby, Hemphill, and Hoffman
- Music CD *Give Me 5 A Day!* (see references for where to obtain)

## Snacking Smart, Moving More!

**4** Now say to the children, "Let's read the book *Give Me 5 A Day!* to learn about some of the foods we can eat and movements we can do."

**5** Read the book and encourage the children to participate by having them do the activities in the book like jumping and turning around.

**6** After reading the book, review with the children the different movements shown in the book, while playing the *Give Me 5 A Day!* CD in the background (for example, jump, turn around, etc.). Have the children imitate you. Demonstrate the movements while saying, "Not only is eating healthy food important, so is moving and being active! The more you move, the stronger your legs and arms get. Can you show me how strong your arms and legs are?"

Flex your arm and then straighten and bend your leg. Continue by enthusiastically saying, "The stronger your heart gets—da-dum, da-dum (tap on your chest)—the stronger our lungs get!"

Inhale deeply and big for the children to see.

**7** Return to the book and review each different fruit and vegetable in the book. For example, point to the strawberry in the book and say, "This is a strawberry! Strawberries are bright red. When you bite them, they taste sweet on your tongue. They are one of my favorite things to eat at lunchtime or after I go for a walk outside. Would you like to try a strawberry for snack or lunch?"

You can provide strawberries for the children to snack on. Continue by reviewing other foods that are healthy for the children to snack on, such as cheese, yogurt, or different types of raw vegetables.

Each week a new food item can be introduced and you can provide samples for the children to snack on. At least a couple times each week, review the different foods the children have been learning about and have tasted.

**8** To encourage children to eat healthy foods for snacks, involve the children in selecting which foods they want to snack on each week. By letting children help in selecting their own snacks, the children will feel in control and be more likely to eat the healthy food.

**9** Create a list of different movements to do with the children inside or outside in a safe area. Encourage the children to help with the list of different movements. Play music while doing some different movements with the children to trigger them to want to move. For example: march in place, then march in a small circle, and gradually march in a larger circle.

Review these movements as many days during the week as possible so the children can learn the movements and are used to doing them several times a week.

Add at least one new movement each week for the children to learn.

**Remember to make copies of the parent letter with the take-home activity sheet printed on the reverse side to send home with each child. The community fact sheet is also included for you to copy and display at your center or distribute as appropriate.**

## additional activities for either age group

### Make *Snacking Smart, Moving More* a Year-Round Lesson

#### MATERIALS NEEDED

- Coloring sheets from various websites
  - Non-toxic crayons
  - Pictures of fruits and vegetables (use pictures from magazines, the internet, or see other lessons)
  - Simple kid-friendly recipes (included)
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- Each month introduce a new fruit and vegetable and have it be the focus of a snack or meal once each week for that month.
  - Hang pictures of the fruits and vegetables in the classroom so children get to know exactly what they look like.
  - Have the children wear an item of clothing that matches the color of the fruit or vegetable that is the focus for that month.
  - Have the children color pictures of the different fruits and vegetables that have been discussed in class. (see references for websites that offer downloadable coloring sheets)
  - Prepare one of the recipes included with the lesson in class with the children, and enjoy for snack! Make copies of the recipe you prepare in class to send home with the parent letter so children and their parents can enjoy the same healthy snack at home together.

# Which Snacks are **Smart Snacks**?

Color the snacks that are smart to eat.



# Smart Recipes!



## Cool Popsicles



- 4 cups plain yogurt, divided
- 4 6-ounce cans, 100% fruit juice concentrate, frozen, divided
- Put  $\frac{1}{4}$  cup yogurt and 3 tablespoons juice concentrate in a paper cup.
- Mix well.
- Place in freezer.
- When mixture is partially frozen, put a Popsicle stick in the center of each cup.
- Put cups back in freezer until frozen.

Number of Portions: 20

Size of portion:  
approximately  $\frac{1}{2}$  cup

Meal Pattern contribution:  
 $\frac{1}{2}$  meat/meat alternate;  
 $\frac{3}{4}$  cup fruit/vegetable

## Graham Cracker Smackers



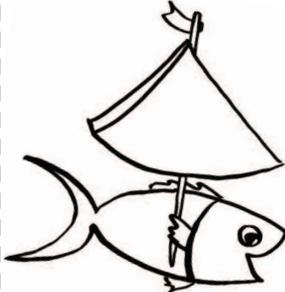
- 40 graham cracker squares
- $1\frac{1}{4}$  cups peanut butter
- 5 cups fruit pieces (bananas, peaches, pears, etc.) sliced, divided
- Spread 2 graham cracker squares with 1 tablespoon of peanut butter.
- Give each child  $\frac{1}{4}$  cup soft fruit such as: sliced bananas, peaches, or pears.
- Let children place the fruit on top of one cracker with peanut butter.
- Show the children how to place the other graham cracker square spread with peanut butter (facing inside) on top of fruit.

Number of portions: 20

Size of portion: 1 smacker

Meal Pattern contribution:  
 $\frac{1}{2}$  meat/meat alternate;  
 $\frac{1}{4}$  cup fruit/vegetable;  
 $\frac{1}{2}$  grain/bread

## Tuna Boats



- 1 6-ounce can tuna, drained
- $\frac{1}{4}$  cup mayonnaise
- $\frac{1}{2}$  pound cheese
- 30 whole grain crackers
- Mix tuna and mayonnaise together in a bowl.
- Cut cheese into 30 triangles.
- Put 1 tablespoon of the tuna mixture in a paper cup.
- Take 3 crackers and 3 cheese triangles. Assemble tuna boats. Spread tuna mixture on cracker and put the cheese on the tuna for a sail.

Number of portions: 10

Size of portion: 3 boats

Meal Pattern contribution:  
1 oz. meat/meat alternate;  
 $\frac{1}{2}$  grain/bread

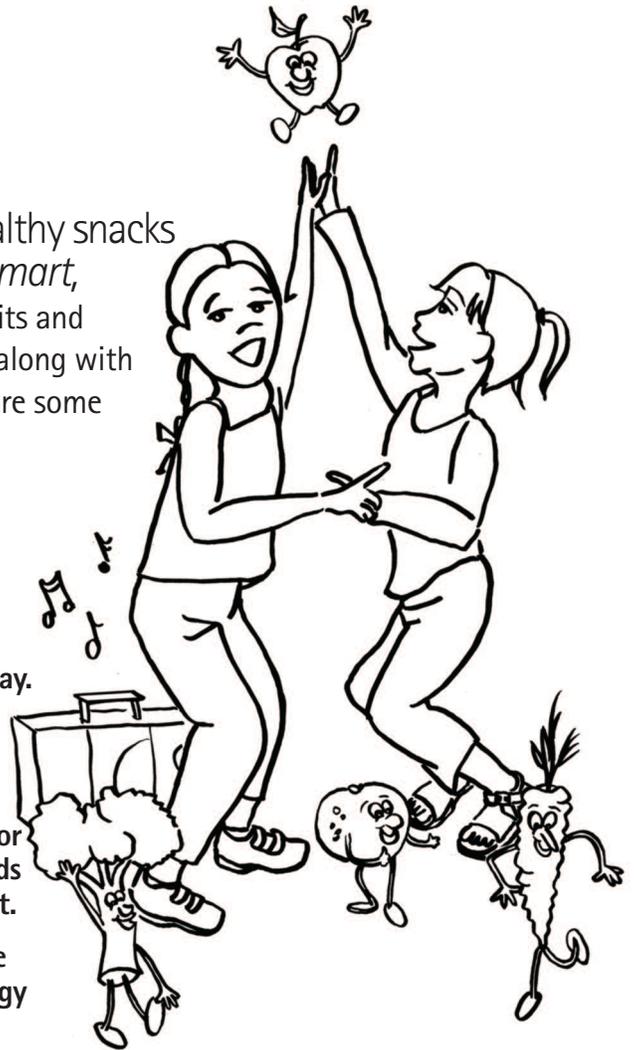


# Dear Parent:

Your child has been learning about eating healthy snacks and being active, from our lesson, *Snacking Smart, Moving More*. We have been focusing on eating fruits and vegetables for snacks and how these and other foods along with physical activity are important for our bodies. Below are some things we have been learning:

## Snacking Smart

- We read the book *Give Me 5 A Day!* It is about fruits and vegetables and why we need to eat at least three servings of vegetables and two servings of fruit every day. We also got to move (like jumping up and down and turning around) and practice our counting while reading this book.
- We have been trying different fruits and vegetables for snacks like strawberries, broccoli, and carrots. When kids come home hungry, have fruits and veggies ready to eat.
- We learned that fruits and vegetables are some of the best foods we can eat because they give us lots of energy and help our bodies be strong.



## Moving More

- We talked about our favorite ways to move and be active. Share your favorite way to be active with your child.
- We stretched and flexed our arms and legs to show how strong they are and then felt our heart beat stronger because we were moving.
- We also made up different movements like marching in place to music.

Ask your child what their favorite way to move is and if they have a "new" snack they would like to try at home. Let your kids be "produce pickers." Help them pick fruits and veggies at the store. They will more likely eat the healthy food you want them to have if they play a part in picking it out. See the back of this letter for an activity you and your child can do to encourage snacking smart and moving more.

Sincerely,

Set a nutrition and physical activity goal with your child, and complete this activity.

Circle two new **Smart Snacks**  
you will eat this week!



Circle two new **Moving** activities you  
will do this week!



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# Snacking Smart! Moving More!



Snacking smart between meals can help provide important vitamins and minerals young bodies need to grow and be healthy. Children that develop healthy snacking habits early will more likely keep them through out their lifetime.

**Be a role model by snacking smart yourself.** Try keeping a bowl of fruit on the kitchen counter or table.

**Keep snack portion sizes small.** Not super sized.

**Keep pre-measured baggies of healthy snacks within reach for little ones.** Keep these snacks on a low shelf in the pantry or refrigerator.

**Moving more** is easier than you think. Children should have at least 60 minutes of physical activity every day and adults should have at least 30. What makes this manageable is that you can break the blocks of time into smaller bits. Here are some ideas for moving more:

**Walk.** Take a walk around the block or to a friend's house, take the stairs when you can, or park your car a little further from the door.

**Go outside.** Wash the car or the dog, play Frisbee with a friend (canine or human), or hop on a swing and fly!

**Garden.** Rake leaves, garden—plant some healthy vegetables in your yard or in pots.

**Dance.** "Silly" dancing is especially fun for younger children—just make up dance steps as you go along.



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Find more helpful tips at:

MYPLATE FOR THE WHOLE FAMILY <http://www.choosemyplate.gov/>

WECAN! Ways to Enhance Children's Activity and Nutrition: <http://www.nhlbi.nih.gov/health/educational/wecan/>

# Snacking Smart, Moving More!

## references and resources

1. Reeves, Crosby, Hemphill, & Hoffman. *Give Me 5 A Day!* Florida Department of Health, 2003. Website: <http://www.floridahealth.gov/programs-and-services/childrens-health/child-care-food-program/nutrition/nutrition-education.html>
2. Music CD *Give Me 5 A Day!* Florida Department of Health. Website: <http://www.floridahealth.gov/programs-and-services/wic/nutrition-materials/5-a-day-cd/index.html>
3. *The Florida Child Care Food Program Cookbook*—Cool Popsicles, Graham Cracker Smacker, and Tuna Boat recipes. Florida Department of Health, Child Care Food Program, 2007. Website: [http://www.floridahealth.gov/programs-and-services/childrens-health/child-care-food-program/nutrition/\\_documents/cookbook/snacks-desserts-extras.pdf](http://www.floridahealth.gov/programs-and-services/childrens-health/child-care-food-program/nutrition/_documents/cookbook/snacks-desserts-extras.pdf)

