

Snack Attack

Objective of Activity

To have students practice planning healthy snacks.

Teacher Background Information

- Canada's Food Guide
<https://food-guide.canada.ca/en/>
- Snacks for Children
<https://www.albertahealthservices.ca/assets/info/nutrition/if-nfs-snacks-for-children.pdf>
- Healthy Snacking
<https://www.albertahealthservices.ca/assets/info/nutrition/if-nfs-healthy-snacking.pdf>

Material Required

- Pictures of foods from all sections of the food guide.
- “Snack Attack” activity sheet

Instructions

1. Review the concept of snacking with the class. Children need snacks. Snacks help us meet our daily nutrition needs. Choosing snacks wisely means selecting foods from Canada's Food Guide.
2. Using the food pictures, ask a few students to come to the front of the class and make a healthy snack. Remind students that healthy snacks include foods from the food guide.
3. Have the class evaluate the snacks and identify which of the snacks are healthy and balanced.
4. Then provide each student with a copy of the “Snack Attack” activity sheet.
5. Ask students to choose foods from the list to plan healthy snacks for recess, after school and before bed.
6. Ask students to add any snack foods they enjoy that are not on the list. Ensure that the snacks added are healthy snacks that fit into one of the food groups.

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Snack Attack Snack List

Activity: Choose foods from the list below to make healthy snacks during the day. Add any of your own healthy snack ideas in the blank boxes.

Almonds	Hummus	Pineapple
Apple	Kefir	Pita, whole grain
Apricots	Lettuce	Popcorn-air popped
Bagel	Lean meat	Raisins
Banana	Melon	Strawberries
Carrots	Milk	Sunflower seeds
Celery	Mushrooms	Soft tortilla
Cheddar cheese	Naan, whole grain	Tuna
Cherries	Nut butter	Whole wheat bread
Cottage cheese	Orange	Yellow pepper
Crackers	Pancakes, whole grain	Yogurt
Cucumber	Peanut butter	Zucchini
Hard boiled egg	Peppers	

For my recess snack I will eat:

For my after-school snack I will eat:

Before bed I'll snack on: