



SECOND GRADE LESSON: Choosing a Healthy Snack SC STANDARD: 2.ATO.2

W
WOFFORD

It's your world.

GO, SLOW & WHOA FOODS

OBJECTIVES:

- Focus on healthy snacks (GO snacks) versus unhealthy snacks (WHOA snacks)
- Talk about the difference between GO snacks and SLOW snacks
- Learn how to combine different types of foods to make snacks

LET'S GET STARTED! (10 MINUTES):

- Ask students about the snacks they eat and why it is important to eat snacks
- Discuss the difference between healthy snacks and unhealthy snacks
- Compare GO snacks with SLOW snacks
- Show students how to combine certain foods to make a healthy snack

ACTIVITY (15 MINUTES):

- Each student gets the “Vending Machine” worksheet that will test their addition and subtraction skills

WRAPPING UP (5 MINUTES):

- Remind them why it is important to eat a couple of snacks during the day
- Ask students if anyone remembers some examples of GO, SLOW, and WHOA snacks are
- Review a few of the snack options that can be combined to create a healthy snack

SC STANDARDS:

- 2.ATO.2 Demonstrate fluency with addition and related subtraction facts through 20.

MATERIALS:

- Vending Machine worksheet
- Boss' Backpack Bulletin

LET'S GET STARTED!

- Introduce the topic of healthy snacks by asking the students how many of them eat snacks, what their favorite snacks are, and when or where they tend to eat their snacks

DIALOGUE BOX

- Who eats snacks during the day?
- What are some of your favorite snacks to eat?
- When or where do you usually eat your snacks? (after school, while playing video games, after dinner, in the car, etc.)
- Well, you should have one or two snacks during the day, one before lunch and one in the afternoon.
- Talk about why it is important to eat snacks during the day as well as explaining the difference between healthy snacks and unhealthy snacks

DIALOGUE BOX

- It is important to have snacks during the day because snacks help boost your energy and satisfy your hunger in between meals.
- It is also important to eat healthy snacks because they not only boost your energy, but also provide you good vitamins, minerals, and maybe even some fiber.
- Healthy snacks include fruits, vegetables, yogurt, air popped popcorn, and whole-wheat crackers. Unhealthy snacks include foods like chips, cookies, candies, fruit gummies, etc.
- A lot of healthy snacks are considered GO foods and can be eaten all the time, but most unhealthy snacks are WHOA foods that should not be eaten very often, especially not everyday.
- See if the students have any questions so far, and then move on to comparing GO snacks with SLOW snacks.
- GO snacks are foods we can eat all the time, and have the most vitamins and minerals in them, which keep our bodies happy and healthy!
- Can anyone think of examples of GO snacks?
- There are also SLOW snacks, which should not be eaten all the time, but can be eaten most of the time, like nuts or snacks with peanut butter on them.
- Although SLOW snacks are not bad for you, they can sometimes have a lot of extra fat and calories, which is why they should not be eaten all day every day.
- So, if you have one SLOW snack during the day, you should maybe make your other snack a GO snack.
- Explain how combining foods can make snack time more fun and interesting, and ways to do it

DIALOGUE BOX

- There are ways to combine different foods to make your snacks fun and interesting so that you do not get bored with the same snacks every day.
- Adding a SLOW food to a GO food can make a delicious snack that is also really healthy for you!
- Some examples of this would be putting peanut butter on an apple, cheese with crackers, fruit with some nuts, carrots with hummus, etc.
- Can any of you think of any other snacks that combine a SLOW food and a GO food.
- Before moving on to the activity, ask the students if they have any comments or questions about today's lesson on healthy snacks
- Get students to raise their hands and ask if anyone can name a GO, SLOW, and WHOA snack

ACTIVITY

- Today's activity will get the students to think about addition and subtraction, as well as using a number key
- Pass out a "Vending Machine" worksheet to each student and explain the instructions

TERRIER TASTING

Bringing in some hummus, carrots, and pita chips so students can try some of the healthy snacks we talked about that combine a GO and SLOW food!

DIALOGUE BOX

- I am sure many of you know what a vending machine is and have probably used one before. Many of the snacks in vending machines are unhealthy WHOA snacks, like cookies, candy bars, and chips, which is why they should not be eaten very often.
- For this activity, I will give you each a worksheet with a vending machine on it as well as a number key that tells you what each food in the vending machine is worth.
- You will either add or subtract the foods in each row using the number key on the side of the worksheet.
- When you are finished, go through and circle the GO snacks in the vending machine so Boss knows which snacks are the healthiest ones!
- Go around the class when everyone is finished and ask what GO snacks some of the students circled for Boss to try

WRAPPING UP

- Review why it is important to have snacks during the day, and see if any of the students remember what types of snacks are the best snacks to eat
- Review how combining SLOW foods with GO foods can make a great snack with a couple of examples from earlier in the lesson
- Pass out Boss' Backpack Bulletin with the weekly goal of eating healthier snacks as well as giving them examples of combining GO and SLOW snacks
- Give students a healthy recipe to take home and try out for a snack

DIALOGUE BOX

- This week, Boss' Backpack Bulletin will have a list of GO snacks as well as a list of some SLOW and WHOA snacks.
- Try to eat as many of the GO snacks this week as you can, and highlight or circle the ones you tried if they are on the list.
- There is also a place where you can combine foods from the GO list and the SLOW list to make a healthy and fun snack!
- There is also a recipe for guacamole that you and your parents can try for a healthy snack one afternoon!



BOSS' BACKPACK BULLETIN

Your goal for this week is to eat more healthy GO snacks and stay away from WHOA snacks! I can also try combining a GO food and a SLOW food to make a fun and new snack!

Some of the GO snacks I tried this week:

If I tried combining GO and SLOW foods to make a snack, this is the combination I put together for you:



GO Snacks:

- Any fruit or vegetable
- Yogurt
- Whole wheat crackers
- Rice cakes
- Air popped popcorn
- Pretzels

Combining GO and SLOW Snacks:

- Cheese and whole wheat crackers
- Peanut butter on a banana or apple
- Some yogurt and granola
- A fruit and some nuts
- Carrots and hummus

WHOA Snacks to Look Out For:

- Chips
- Cookies and candy
- Anything fried
- Most crackers, including cheese flavored crackers
- Buttered popcorn
- Fruit gummies
- Ice cream
- Granola bars

BOSS' FIESTA GUACAMOLE

Ingredients:

- 2 ripe peeled avocados, halved and pitted
- ½ cup of salsa
- 1 tablespoon lime juice

Directions:

- Scoop out the inside of the avocado into a bowl and mash with a fork
- Fold in the salsa and lime juice
- Enjoy with some whole wheat crackers, whole wheat tortilla chips, or pita chips

Optional: Homemade Pita Chips

- Buy some whole wheat pita bread from the store (Toufayan is one popular brand)
- Cut bread into 8 triangular pieces
- Put on a baking sheet and brush with olive oil and sprinkle with a little bit of salt
- Bake at 350° for 12-15 minutes, or until they are crisp

VENDING MACHINE HANDOUT

Boss just got out of school and is ready for an afternoon snack! The only place he knows to go is to the school vending machine, but he cannot decide which snacks are healthy and which ones are not.

For each row in the vending machine, there will be four types of snack foods that you will either have to add or subtract from one another. To find out the number that each food stands for, look at the key to the left of the vending machine.

When you are finished, go through and circle all of the GO snacks in the vending machine so that Boss knows which ones to chose!

NUMBER KEY

CHIPS = 2

COOKIES = 4

APPLE = 5

CANDY BAR = 1

CUPCAKE = 7

BANANA = 2

YOGURT = 5

