



KINDERGARTEN

LESSON: Choosing a Healthy Snack

SC STANDARD: Literacy Standards



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

STORY (15 MINUTES):

- Read the story about Boss learning how to choose healthy snacks at his school vending machine

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

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.

STORY

- Read the story about Boss learning to choose healthy snacks from the school vending machine

Choosing a Healthy Snack

One afternoon when school got out, Boss and his friends were sitting outside at the playground waiting for their parents to pick them up. They were swinging on the swing set, playing basketball, and even played a short game of tag. Due to all of the activity and running around that was going on, Boss was starting to get hungry. He usually brings a snack to school to have when he waits for his parents to pick him up, but he completely forgot today. He asked his friends, "Did anyone else forget their snack? I did and I am about to head over to the cafeteria to get something out of the vending machine! Anyone want to join me?" Even though his friend Ginny already had a snack for after school, she said she would walk over with him to keep him company.

When they got to the vending machine, it was filled with some of Boss favorite snacks: honey buns, cookies, chips, chocolate bars, donuts, and even sodas and sports drinks! There were so many options; he did not know what to choose! So, he asked Ginny, "What do you think I should get out of the vending machine? My favorite is the honey bun, but I like the chips just as much! I am also thirsty and the blue sports drink is my favorite!" Ginny replied, "I don't know, Boss. I try not to eat a lot of these kinds of snacks too often!" A little confused, Boss asked, "Why don't you eat these snacks? Are they not good for you?" Boss friend said, "Well, a lot of the snacks in vending machines, and even snacks you may have at home, are not very good for you. They have a lot of fat and sugar in them that do not do very much for your body to keep it healthy and functioning the way it should! It is the same with sodas and sports drinks too! That is why water is the best thing you can drink because it does not have any fat, sugar, or calories!" Boss

was very interested in what Ginny was saying and continued asking questions, "So, what would be a better snack idea if I should not eat these types of snacks?" and she replied, "There are tons of other foods that you can eat for a snack that are both tasty and delicious! You can have some fruit, like an apple or grapes, some pretzels, nuts, popcorn, carrots, and even some granola bars are good too! All of these healthy foods are great options that you can have for snacks during the day, and you can even find a couple of them at school! See, look, there are both pretzels and a healthy granola bar in the vending machine! Both of these would be a great idea for a snack, and I even have some grapes I can share with you as well! There is also a water fountain over by the bathrooms where you can fill your bottle up instead of getting a sports drink!" Boss replied by saying, "Wow Ginny, I had no idea that most of the snacks and drinks in a vending machine were not very healthy for you! Some of these snacks I even have at home! Thank you for sharing what you know about snacks and helping me chose the healthiest option!"

Boss put his money in the vending machine and got out a small bag of pretzels that he ate when he got back along with a handful of grapes from Ginny. He even filled up his water bottle at the fountain instead of buying a soda or sports drink! When Boss' parents picked him up he told them what he learned today about the snacks and drinks in the vending machines! His parents were very impressed with all he knew, and promised they would take him to the grocery store to pick out more healthy snacks to take to school!

WRAPPING UP

- Review the story about Boss and his friends eating snacks after school and ask what they learned from the story
- If you have already read the story about Go, Slow, and Whoa foods, compare this story to that one, asking if any of the students can think of any Go, Slow, or Whoa snacks