## Lesson Overview:
Snacks are an important part of a kid’s day! They bridge the gap between mealtimes, providing kids with the energy they need to do their best. However, it is important to choose snacks that are going to fit within Canada’s “Eat Well Plate”. This lesson gets students thinking about snacking while introducing them to healthy snack options that they may have not considered.

## Learning Outcomes:
Students will:
- Students will be able to identify a nutritious snack

## Materials:
- Flipchart or whiteboard
- Markers, pencil crayons, glue, scissors
- Grocery store flyers, food magazines
- White paper 8.5” x 11” or index cards
- Projector, computer

## Optional Materials:
- Print out recipe template (See Appendix)

## Instructions

### Activating Discussion:
- What is a snack?
- How is a snack different than a meal?
- When do you eat snacks?
- What foods do you like to eat for a snack?
- How do you know if a snack is nutritious?

### Learning Plan:
1. Present the video “Eat Well Plate: Healthy Snacks”: [https://youtu.be/UbjOyKSOgTs](https://youtu.be/UbjOyKSOgTs)
2. Brainstorm - what are some examples of nutritious snacks? Compile a list of nutritious snacks. The snacks should follow the “Eat Well Plate” guidelines. Examples:
   - Fresh, canned, or dried fruit (apple, banana, grapes, berries, raisins etc.)
   - Cut up vegetables (cucumber, carrot, celery, peppers, cherry tomatoes, etc.)
   - Whole grain crackers
   - Nuts, seeds
   - Yogurt, granola
   - Nut butters (peanut, wow, sunflower, etc.)
   - Plain popcorn
- Oatmeal
- Hard-boiled egg
- Hummus
- Half of a sandwich

3. Read aloud “Why healthy snacks are good for you” and “3 ways to practice healthy snacking” from the Healthy Snacks webpage. https://food-guide.canada.ca/en/tips-for-healthy-eating/healthy-snacks/

**Activity Options:**

**Option 1: Healthy Snack Collage**

Using the compiled list, students design a healthy snack collage. Students cut out images of nutritious foods that could be had for snacks from flyers or food magazines. Then, students paste the images together to create a “picture of healthy snacking”. Alternatively, students could draw the collage or create a “word-splash” using the compiled list.

**Option 2: Classroom Snack Ideas Booklet**

Students select one snack item from the compiled list and create a one-page information sheet on the snack. The information sheet should include the name of the food/recipe and a picture. Once completed, the snack information pages should be collected and:

- Copied and bound for each student to take home, or
- Copied and posted on their online portal, or
- Laminated, bound, and available for students to sign-out and take home to share with family.

**Option 3: Classroom Snack Recipe Book**

Students select one snack item from the compiled list and create a one-page recipe using the simple recipe template as a guide. The recipe should include the name of the food/recipe, an image, the ingredients, and the method. Once completed, the recipe book should be collected and:

- Copied and bound for each student to take home, or
- Copied and posted on their online portal, or
- Laminated, bound, and available for students to sign-out and take home to share with family.

**Appendices:**

- Recipe Exemplar
- Simple Recipe Template