

Dippin' Into Healthy Snacks

Upper Elementary Nutrition Education Program

Target Audience: 4th and 5th grade students at Springwood Elementary

Duration of Lesson: 35-45 minutes

Goals and Objectives

Goal 1: To educate fourth and fifth grade students about nutrition guidelines represented by MyPlate.

- SMART Objective: By the end of the lesson, 75% of students will be able to correctly identify the five MyPlate food groups.

Goal 2: To teach fourth and fifth grade students how to identify healthy snack choices.

- SMART Objective: By the end of the lesson, 75% of students will be able to list a healthy snack.

Goal 3: Fourth and fifth grade students will try a healthy snack.

- SMART Objective: 90% of students will participate in tasting fresh fruit dipped in a homemade mint yogurt dip.

Procedure

Introduction:

Presenter 1: Hello everyone, I'm _____ and this is _____, we are dietetic interns with the Florida Department of Agriculture and we would like to talk to you today about how to make healthy snack choices.

Presenter 2: Before we begin, we will have each of you fill out a quick questionnaire (*Pass out pre-test*).

Body:

Part A: Discussion of MyPlate and Healthy Snacking

Presenter 1: Have any of you heard of MyPlate? (Show MyPlate poster- *Wait for response*). Who can tell me one of the five food groups? (*Call on students who raise their hand, allow them to identify all five before moving on*) Great job everyone! The five food groups are fruits, vegetables, grain, protein and dairy.

Presenter 2: MyPlate was developed as a visual guide for how to build a healthy and well-balanced meal. Half your plate should be fruits and vegetables and the other half should include whole-grains and lean protein. Don't forget to include a serving of dairy!

Presenter 1: To build a well-balanced snack, we want to choose an item from two different food groups. At least one of the items should be from the fruit or vegetable group. It's also important to keep portion size in mind (show visual representation of healthy snack portions).

Presenter 2: When talking about snacks, we also need to think about "sometimes" foods. These foods are often high in calories, fat and sugar and do not give our bodies proper fuel to grow. They should only be eaten occasionally. Raise your hand if you can name a food that should only be eaten "sometimes"? (*Wait for response*)

Presenter 1: Right! These foods can contain a lot of empty calories that do not provide us with the nutrients we need. Some of these foods are chips, ice cream, cookies and candy (*show visual examples*).

Presenter 2: Does anyone know why we eat snacks? (*Wait for response*). Great! Healthy snacks help keep us energized between meals and help us get all the nutrients our body needs each day!

Part B: MyPlate Sorting Activity

Presenter 1: Now let's test your knowledge and play a MyPlate game! Let's count off by 5's and then get into groups with the same number as you.

Presenter 2: I am passing out a picture of a food for each member in your group to place into the correct category on MyPlate. Work together as a team to get them all right!

(Play game until every team has the items in the correct categories).

Part C: Trying Fresh Fruit Dipped in Low-Fat Mint Yogurt Dip

Presenter 1: To end this lesson, let's try a tasty snack! We brought fresh strawberries and tangerines for you all to try with a special mint yogurt dip we made. Has anyone tried mint before? (*Wait for response, pass out samples.*)

Presenter 2: Who can tell me which food group yogurt is in? (*Wait for response*) That's right! Dairy contains many important nutrients like calcium, phosphorus and vitamin D that help us build and maintain healthy bones and teeth. Who can tell me which food group the strawberries and tangerines are in? (*Wait for response*) Correct! They are both in the fruit group and are an important source of vitamins A and C, these vitamins help keep our skin, gums and immune system healthy.

Presenter 1: Thumbs up if you like it, thumbs sideways if it's just okay and thumbs down if it's not your favorite.

Conclusion

Presenter 1: Did everyone enjoy this lesson today? Great! Let's do a quick review of what we learned.

1. There are 5 food groups: fruits, vegetables, grains, protein and dairy
2. MyPlate can be used as a guide to help us visualize a healthy plate
3. Healthy well-balanced snacks include small portions of foods from two or more of the food groups, and you should try to make one of those foods a fruit or vegetable.
4. We eat healthy snacks for extra nutrients and to fuel our body.
5. It's best to limit snacks high in sugar and fat, like chips, cookies, cakes, and candy.
6. Fruit paired with a low-fat yogurt dip is a tasty snack that is packed with lots of nutrients like calcium, potassium, vitamins A, C and D!

Presenter 2: Thanks for being such a great group today! We hope you enjoyed our lesson and that you will try making your own healthy snacks at home. We are now going to pass out another questionnaire to see what you learned! (*Pass out post-test*)

Literature Cited

<http://www.choosemyplate.gov/>

<http://www.eatright.org/resource/food/nutrition/dietary-guidelines-and-myplate/make-yogurt-fun>

Pre-Test

1. What are the five MyPlate food groups?
 - a. Fruits, Vegetables, Meat, Eggs, Dairy
 - b. Fruits, Vegetables, Bread, Meat, Dairy
 - c. Fruits, Vegetables, Bread, Cheese, Milk
 - d. Fruits, Vegetables, Grains, Protein, Dairy

2. Which of the following is a healthy snack choice?
 - a. Carrots and hummus
 - b. Low-fat yogurt with fruit
 - c. Chips and juice
 - d. A and B only

3. Strawberries are a good source of:
 - a. Omega 3's
 - b. Vitamins C
 - c. Vitamin D
 - d. Iron

4. True or False? Chips, cookies, cakes and candy are "sometimes" foods.

5. True or False? Fiber can help keep you fuller for longer.

Post-Test

1. What are the five MyPlate food groups?
 - a. Fruits, Vegetables, Meat, Eggs, Dairy
 - b. Fruits, Vegetables, Bread, Meat, Dairy
 - c. Fruits, Vegetables, Bread, Cheese, Milk
 - d. Fruits, Vegetables, Grains, Protein, Dairy

2. Which of the following is a healthy snack choice?
 - a. Carrots and hummus
 - b. Low-fat yogurt with fruit
 - c. Chips and juice
 - d. A and B only

6. Strawberries are a good source of:
 - a. Omega 3's
 - b. Vitamins C
 - c. Vitamin D
 - d. Iron

3. True or False? Chips, cookies, cakes and candy are "sometimes" foods.

4. True or False? Fiber can help keep you fuller for longer.

5. Did you like the mint yogurt dip you tried today? YES NO

Recipe: Fresh Strawberries with Low-fat Mint Yogurt Dip

Ingredients:

1 quart low-fat vanilla Greek yogurt
1 tablespoon fresh mint, minced plus extra for garnish
1/4 teaspoon lemon rind, grated
2 to 3 tablespoons honey
Fresh whole strawberries and tangerine slices for dipping

Directions:

1. Whisk the yogurt, mint, lemon rind and honey until blended.
2. Garnish with mint leaves, if desired.
3. Serve with fresh strawberries and tangerine slices.