

Snacks

Session Objectives

1. Participants will engage in 45 minutes of physical activity.
2. Participants will use the Nutrition Facts Label to determine the serving size and amounts of key nutrients.
3. Participants will classify snack examples as go, slow, or whoa.
4. Participants will verbalize the importance of healthy snacks.
5. Participants will prepare a healthy snack.

Supply List

Whole grain English muffins

Tomato sauce (no salt added)

Low fat mozzarella

Vegetables for pizza toppings

Snack attack worksheet

Physical Activity *45 minutes*

Lead by PARCS student. Older teens (15+) can use the fitness facility.

PowerHouse Activity

Part 1: Group Check-in *5 minutes*

1. Handout participant journals and folders.
2. Participants will write down 1-2 things that they felt went well with their goal this week.
3. Give participants an opportunity to share about their goals/goal progress this week.
4. Participants will turn in tracking sheets.
5. Draw one tracking sheet for a prize. Encourage continued food and activity tracking.

Part 2: Reading labels *15 minutes*

Participants will use the Nutrition Facts Label to determine whether the snack examples they chose are go, slow, or whoa using a worksheet to help them work through the label. If groups are interested, have them compare baked vs. regular version of their snack/chips.

1. Divide participants into groups of 4-5 people.
2. Have participants choose 3-4 examples of packaged snack foods.
 - a. Step 1: Serving size vs portion size
 - i. Read the label to determine the serving size and count out that amount (*1oz=10-15 chips*).
 - b. Step 2: Calories
 - i. Have participants read the label for the number of calories per serving.

- ii. Aim to keep packaged snack foods to about 100 calories per serving.
 - c. Step 3: Total fat
 - i. Have participants read the label for the total grams of fat per serving.
 - ii. Aim to keep packaged snack foods to about 3 grams or less of total fat per serving.
 - d. Step 4: Sodium
 - i. Have participants read the label for the amount of sodium per serving.
 - ii. Aim to keep packaged snack foods to less than 140 mg of sodium per serving.
 - e. Step 6: Fiber
 - i. Have participants read the label for the grams of fiber per serving.
 - ii. Calculate the amount of fiber in the typical amount of chips.
 - iii. Aim for 25-35 grams of fiber per day.
3. After they have worked through the steps of reading a label, have groups classify their snack as go, slow, or whoa on the stop light.
4. If snack is “whoa”, brainstorm ways to move it towards “go”.

Part 3: Make a healthy snack 30 minutes

WHOLE GRAIN ENGLISH MUFFIN PIZZA

Ingredients

- 4 Thomas' Multi-grain English muffins
- 1/2 red onion, diced
- 1 yellow pepper, diced
- 2 tomatoes, diced
- Fresh basil (optional)
- Pizza sauce (with no added sugar)
- 1 oz. Reduced fat shredded mozzarella cheese

Directions

1. Preheat oven to 400°
2. Top 1 English muffin with 1-2 Tbsp. sauce, and whatever veggies you love (use as much as you like – the more veggies, the more fiber and nutrients are on your pizza!)
3. Top with 1 oz. (sprinkle on) of the mozzarella cheese
4. Bake for 8-10 minutes or until cheese begins to slightly brown

Shared Meal 30 minutes

Focus on building relationships with families.

Snacks

Session Objectives

1. Participants will engage in 30 minutes of physical activity.
2. Participants will demonstrate the ability to evaluate a snack food based on the Nutrition Facts Label.
3. Participants will verbalize the importance of including fruits and vegetables with snacks.
4. Participants will create a list of healthy snack ideas.

Supply List

Participant journals

Food and activity tracking sheets

Tracking incentive

Chips

Plastic plate

Snack food example pictures

Healthy Snacks handout

Physical Activity *30 minutes*

Lead walking group. Participants may choose to walk outside or use equipment in the fitness facility.

Power House Activity

Part 1: Group Check-in *5 minutes*

Participants will review goal progress and set goal(s) for the next week.

1. Have participants turn in tracking sheets.
2. Handout participant journals. Participants will reflect on goal progress and set goals for the upcoming week.
3. Ask participants to share about goal progress.
4. Return tracking sheets with feedback.
5. Encourage continued food and activity tracking.

Write positive feedback on tracking sheets while participants are setting goals for the next week.

Part 2: Measure it out *15 minutes*

Participants will use the Nutrition Facts Label to determine the calories, fat, sodium and fiber in a typical portion of chips and one serving of chips.

1. Use the Nutrition Facts Label to evaluate chips.
 - a. Step 1: Serving size vs portion size
 - i. Put the amount of chips on a plate that a typical person would eat for a snack.

- ii. Read the label to determine the serving size and count out that amount (*1oz=10-15 chips*).
 - iii. Determine how many servings are on the plate.
 - b. Step 2: Calories
 - i. Read the label for the number of calories per serving.
 - ii. Calculate the amount of calories in the typical amount of chips.
 - iii. Aim to keep packaged snack foods to about 100 calories per serving. Discuss how chips compare to this recommendation.
 - c. Step 3: Total fat
 - i. Read the label for the total grams of fat per serving.
 - ii. Calculate the total grams of fat in the typical amount of chips.
 - iii. Aim to keep packaged snack foods to about 3 grams or less of total fat per serving. Discuss how chips compare to this recommendation.
 - d. Step 4: Sodium
 - i. Read the label for the amount of sodium per serving.
 - ii. Calculate the amount of sodium in the typical amount of chips.
 - iii. Aim to keep packaged snack foods to less than 140 mg of sodium per serving. Discuss how chips compare to this recommendation.
 - e. Step 6: Fiber
 - i. Read the label for the grams of fiber per serving.
 - ii. Calculate the amount of fiber in the typical amount of chips.
 - iii. Aim for 25-35 grams of fiber per day. Discuss how chips compare to this recommendation.
2. Discuss findings as a group.

Part 3: Reading labels 15 minutes

Participants will use the Nutrition Facts Label to determine the calories, fat, sodium and fiber in a variety of snack foods. They will use knowledge obtained in Part 1 to evaluate snack choices.

1. Divide participants into groups of 3-4 people.
2. Provide each group with a variety of examples of snack choices.
3. Participants will read the Nutrition Facts Label to evaluate each snack example.
4. Participants will decide if snacks are “Go, Slow or Whoa”.
5. Discuss findings as a large group.

Part 4: Healthy snack ideas/behaviors 10 minutes

Participants will create a list of healthy snack foods. Participants will discuss habits that can help promote healthy snack behaviors. Participants will try a snack prepared by their kids.

1. On a piece of poster board, label one half “healthy snack ideas” and the other half “healthy snack habits”.
2. Participants will write their ideas for healthy snacks and healthy behaviors on post-it notes and stick them on the poster board.
3. Discuss ideas as a large group.
4. Use participant ideas to create a handout.

Encourage participants to include fruits and vegetables in their snack ideas.

*Facilitator's Reference:*Healthy Snack ideas

- 1 tablespoon peanut butter and celery or an apple
- Ants on a log (celery sticks, 1 Tbsp peanut butter, and ¼ cup raisins)
- ½ cup of fat free Greek yogurt with berries
- Carrots, celery, or edamame and 2 Tbsp hummus
- Low fat string cheese with 1 cup of cherry tomatoes
- 10 Almonds with ½ cup fresh cherries
- Vanilla and banana smoothie- 1/3 banana with ¼ cup non-fat vanilla Greek yogurt. Add ice and blend until smooth
- 1 whole grain waffle topped with ¼ cup mixed berries
- ½ cup low-fat Cottage cheese topped with chopped bell pepper and tomato
- Sliced cucumber and 2 Tbsp low-fat cream cheese
- Snack size bag (100 kcal) of microwave popcorn and a cutie tangerine
- 1 cup of frozen grapes
- 2 Tbsp of light guacamole and celery/cucumber
- 1 light Babybell cheese wheel melted over 1 cup of broccoli cooked in the microwave
- 1 hard-boiled egg and bell pepper strips
- English muffin pizza
- Wrap with lean deli meat and veggies

Healthy Snack Habits

- Structured snack times
- Eat at a table
- Put food in dish
- Eat without distractions
- Include fruits and vegetables
- Consider using hunger scale
- Have alternative activities available

Shared Meal 30 minutes

Focus on building relationships with families.



Yield: 8 English Muffins
Pizza Halves
Serving Size: 2 halves

Whole Grain English Muffin Pizza

Team: K2M

Directions

Preheat oven to 400°.

Place foil on baking sheet.

Split English Muffins and place on foil, cut-side up.

Spread 2 tablespoons of pizza sauce over each muffin.

Dice bell pepper into small pieces.

Top each English Muffin with bell pepper, mozzarella cheese and garnish with basil.

Bake for 5-8 minutes or until cheese is melted.

Top with Parmesan cheese and enjoy.

Ingredients

4 100% whole wheat English Muffins
1 orange bell pepper
1 jar pizza sauce
3/4 cup low fat grated mozzarella cheese
Chopped basil (optional)
1/4 cup Parmesan cheese

