



SMART SNACKING LESSON

Getting Started

Start with a KWL [Know, Want, Learn] chart with the kids:

- What do you KNOW about eating a healthy snack at recess and after school? What are the benefits? Why do we want to do this? Examples of healthy snacks?
 - What do you WANT to know about eating a healthy snack?
- What did you LEARN about eating snacks? What healthy snack habits are you going to focus on?

Class Discussion Suggested Questions:

What are some things you noticed? What are some things we can have for snacks? Why do you think those foods are good for you? What are some fruits and vegetables we can have during recess and after school? What other healthy snacks can we have? Where can you get those options? How to prepare those options? Who can eat these healthy options with you?

Introduce classroom snack challenge:

Did you eat a healthy snack? [Poster or Personal size - 30 day challenge - Incentive]

30 day challenge: Teacher can keep everyone's scorecard or each student can be given individual cards, where they keep track of their own progress, and at the end of the month teacher does a check in and a review.

Mini Activity

Snacks: Poster Making. Have a child be creative and create a poster of their own promoting healthy snacks.

[FOR ALL GRADES]