

## **Healthy Snacking.**

### **In a Nutshell.**

#### ***For Kids***

#### **Kids Eat Right Campaign Volunteer Presentation Outline (in place of PowerPoint)**

##### **Introduction (3 minutes)**

Hi, my name is \_\_\_\_\_ and I'm a \_\_\_\_\_ (RD, DTR, intern, etc.). I am a Kids Eat Right campaign volunteer for the Academy of Nutrition and Dietetics (formerly the American Dietetic Association), and I've come to speak to you today about healthy snacking.

Who likes to eat an afterschool snack? Who likes to feel good? Great, well, today we're going to talk about how to snack smart so you feel good all day long!

Who can name some healthy snacks?

##### **Healthy Snacks (10 minutes)**

Did you know that healthy snacks can be found in all food groups?!

Many of the snacks you named were from different food groups. Can anyone name the five food groups that help us to stay strong all day long? Grains, fruits, vegetables, dairy, and protein. It's important to eat foods from these food groups when you snack so you feel your best. Eating foods that aren't in these food groups can sometimes make you feel tired or upset your stomach and can slow you down.

What are some snacks from the grain group that would be good to eat after school? Whole grain crackers, whole grain cereal, pretzels, popcorn.

Fruits? Apples, oranges, bananas, grapes, raisins, even canned fruit like peaches in its own juice would be great to snack on!

Vegetables? Carrots, celery, broccoli, cauliflower, bell peppers—you can make a yogurt dip and dunk 'em, too!

Dairy? Ice-cold low-fat milk, chocolate low-fat milk, yogurt, and string cheese are all snacks that are good for your bones while they are growing tall!

Protein? Peanut butter, tuna fish, and nuts are great snacks because when you eat these for after school snacks, the protein in them helps to fill you up until dinner time—and we all like that, right? Let's talk a little bit more about nuts and the good stuff in them.

##### **What Is a nut? (5 minutes)**

Nuts are of course, a food! Most nuts grow on trees. Nuts are in the protein food group because they have lots of protein to build strong muscles, they have some healthy fats that are good for our skin, and they are high in lots of different vitamins and minerals that help our bodies to move and play and grow. Nuts are used in lots of different recipes and nuts are loved by people all over the world. And, they are yummy!

Who can name some different kinds of nuts? Walnuts, pecans, walnuts, almonds, brazil nuts, cashews, hazelnuts, macadamia nuts, pistachios. Did you know that peanuts are not nuts, they're legumes? Has anyone ever tried pistachios?

##### **Pistachios (2 minutes)**

Pistachios are a nut that are a really cool green color and are fun to eat because you crack open the shell to get to the nut inside. Remember we said nuts are good for us because they have healthy fats?

Well, those healthy fats are good for our skin, great for our heart, and are important for kids to help you grow. So although we do need some healthy fats in our diet, like the fats in nuts, we still have to be

careful not to eat too much. One serving of most nuts is 1 oz, or about ¼ cup, or a small handful. And it's best to eat unsalted nuts. What's great about pistachios is you can have 49 kernels for a serving—that's a lot, and a lot more than most other nuts!

**Optional Activity (10 minutes)**

NOTE: You can do this activity as a class and ask students questions and have them respond. For older grades, you can write down their responses on the board.

At the very beginning of the presentation today we talked about the five food groups. Who remembers what they are? We also named some healthy and tasty snack foods that we can find from each food group. Let's see if you can remember some of those and also name some new ideas! Remember a healthy snack is a small amount of food you eat in-between meals, but not so much that you won't eat your next meal. For example, low-fat yogurt is a great snack, but a big sandwich is probably too much food for a healthy snack. Okay, let's go through each food group and name healthy snacks. Let's start with grains. (Discuss all food groups.)

Great job! Now I'm going to pass out a handout that has all kinds of fun activities on it for you to do and take home to show your family. Remember to snack smart!

Content contributed by:

