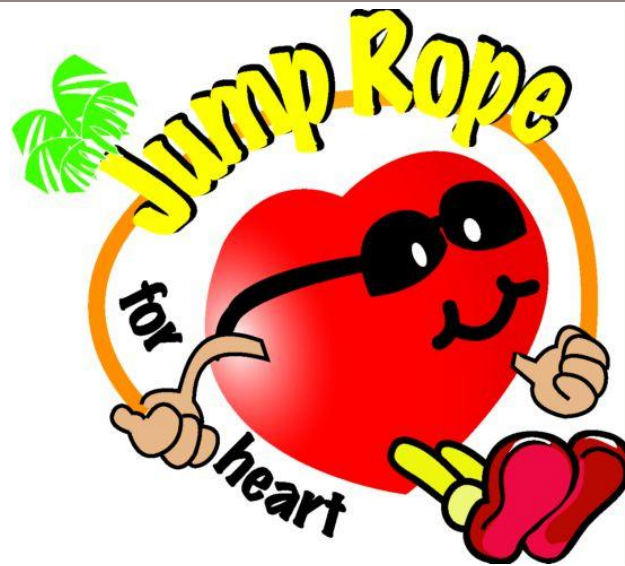


Heart Healthy Children of Today: Promoting Balanced Snack Choices in Elementary School Children through Nutrition Education



By Jessica Mooney

Purpose

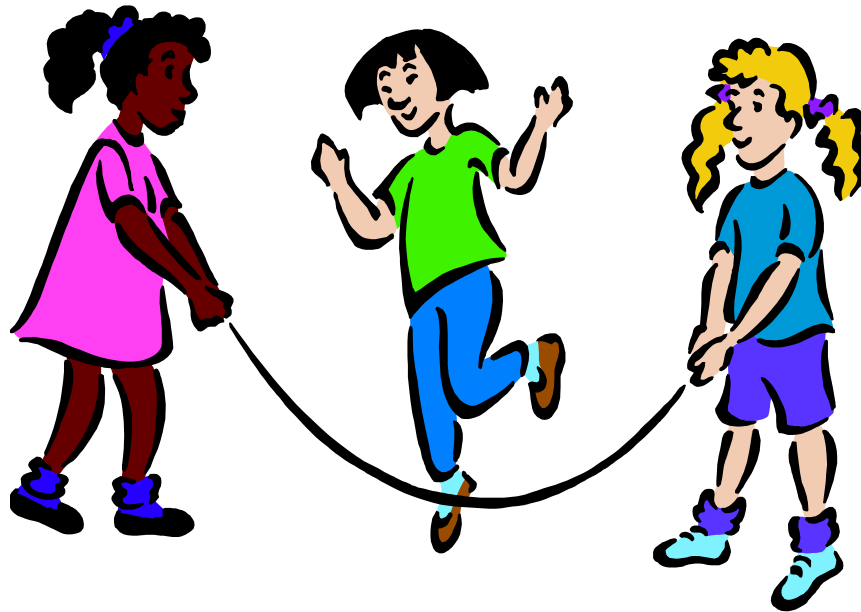
- **Goal:** This nutrition program will encourage children, in the third through fifth grade, to make heart healthy choices, by promoting good nutrition and regular physical activity.
- **Objectives:**
 - 1. 75% of students will be able to name the five components of a balanced snack
 - 2. 60% of students will be able to demonstrate they can put together a balanced snack.
 - 3. 75% of students will be able to name one new food they have learned.

Significance

- Childhood obesity is significant problem in the U.S right now. In order to address this problem teaching nutrition education and encouraging physical activity are important tools in combating this epidemic.
- This proposal addresses the issue of childhood obesity by teaching children how to balance meals and choose healthier options throughout the day.

Target Audience

- Butternut Creek Elementary School in Hillsboro, Oregon
- Third through fifth graders



Facilities and Personnel Required:

- Nutrition Educator
- My Plate Poster or Drawing
- Food List
- Family Handout



Components

- Table 1: Activities and Times

Activity	Time
Introduction	Less than 5 Minutes
Beginning Knowledge Activity	5 Minutes
My Plate/Balance Meals & Snack Activity	10-15 Minutes
End Knowledge Activity/Conclusion	5 Minutes
Time	30 Minutes

Implementation Details

- Introduction
- Beginning Knowledge Activity
- Balanced Diet and Snack Activity
 - My Plate Introduction
 - Portion Size
 - Balancing Snacks
- End Knowledge Activity
- Conclusion

Balanced Snack Activity

Balanced Meals

Fruit	Vegetables	Dairy	Grains	Protein
Banana	Beets	Cheddar Cheese	Whole Wheat Bread	Turkey
Star fruit	Carrots	1% Milk	Tortilla	Eggs
Kiwi	Asparagus	Cream Cheese	English Muffin	Black Beans
Orange	Bell Pepper	Soy Milk	Raisin Bran Cereal	Peanut Butter
Mixed Berries	Celery	String Cheese	Bagel	Tuna
Peach	Fresh Green Beans	Chocolate Syrup	Fruit Loops Cereal	Tofu
Raisins	Zucchini	Yogurt	Crackers	Refried Beans

Using the list from above create at least one balanced snack (Hint: a balanced snack should use 2 to 3 of the different food groups):

Balanced Snack #1

Balanced Snack #2

Balanced Snack #3

Healthier Alternatives: _____

Family Handout

Websites to visit for more recipes:

- Extension.oregonstate.edu
- readyseteat.com
- myplate.gov
- Allrecipes.com
- WIC website
- Epicurious.com



Healthy Snack Recipe:

Serving Size: 2-3

Ingredients:

- 1 flour or wheat tortilla
- 1/2 tablespoon Cream cheese
- 1/4 cup romaine lettuce
- 2 oz sliced turkey
- 1/4 cup shredded carrots
- 1/4 cup minced tomatoes

Directions:

1. Spread cream cheese evenly over the tortillas. Top the cream cheese with lettuce leaves. Arrange the turkey slices in even layers on top of the lettuce. Sprinkle the carrots and tomato over the turkey slices. Roll the tortillas into wraps. Cut the wraps diagonally into bite-sized pieces. Secure with toothpicks.



Allrecipes.com

Beany Mini Pizzas

Serving Sizes: 8

Ingredients

- 8 English muffins
- 1/2 pound Italian pork sausage (mild or hot)
- 1 can (15 oz each) of pork and beans
- 1 can (14.5 oz each) petite diced tomatoes, drained well
- 16 thin slices of pepper jack cheese
- 3-4 green bell peppers, diced

Directions:

1. Preheat oven to 350° F. Split English muffins in half. Place on baking sheet; bake 10 to 12 minutes or until toasted.
2. Meanwhile, cook sausage in large skillet over medium-high heat until crumbled and no longer pink, stirring occasionally; drain. Pour extra sauce off top of pork and beans in can; discard. Add beans and drained tomatoes to skillet. Cook 2 minutes or until hot.
3. Spoon 1/4 cup bean mixture onto each muffin half, along with 1/8 cup bell pepper. Top each with 1 slice cheese. Bake 10 minutes or until cheese melts.

Www.readyseteat.com



Evaluation

- Beginning and End Activity Assessment.
 - Through verbal question, answer response
 - Example of Questions
 - What are the five components of a balanced snack?
 - Who can give me an example of a balanced snack?
 - Who learned of a new food? Can anyone give me an example?
- Noted how many students are capable of creating a balanced snack during the balanced snack activity.

Questions