

Nutrition Education: Balanced Snack Class Outline

General Time Outline:

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

Introduction:

- Introduce self (who I am, where I am from, etc)
- Introduce balanced snack theme

-Hello I am Jessica I am a dietetic intern from OHSU and am working with Jump Rope for Heart to see what you guys know about nutrition! Today we will be learning how to make a balanced snack. Eating meals that have a variety of different food groups can help to live a healthier life.

Beginning Knowledge Activity:

- Question Answer Response to see how much the class knows about balancing snacks
 - Raise hand when they think the answer is correct

- To start things off today we are going to play a game so that everyone can show me how much they know about balancing snacks. I am going to ask a series of questions. When you think you hear the correct answer stand up. The answers to the questions will be given at the end of the class.

- For example if the question was:

The educator teaching this class is from:

- OHSU
- Jump Rope for Heart
- All of the above

After I read out the question and answers I will then go back through and read each answer separately. If you think c is the correct answer then you would stand up when I ask who thinks c is correct.

-Any Questions?

- If you are not sure of the answer make your best guess. Let's Begin:

1. The five different food groups of my plate/my pyramid are fruit, vegetables, grains, protein, and juice

- True
- False**

Answer: False the five different food groups are fruit, vegetables, grains, protein, and dairy

2. A balanced snack could have an apple, and peanut butter

- True**
- False

Answer: True a balanced snack should have 2 to 3 of the different food groups

3. Cheese is considered to be in what food group?

- a. Grain
- B. Dairy**
- c. Vegetable

Answer: b

4. Which of the following would be the healthiest choice for a snack?

- a. A whole large pizza
- b. A pop tart
- c. A small quesadilla with bell peppers on it**

Answer: c. a small quesadilla with bell peppers because it has 3 of the five food groups and is the correct portion size

5. A portion of milk is 1 gallon:

- a. True
- b. False**

Answer: b. False a portion of milk is 1 cup.

Balanced Snack Activity:

-My Plate Introduction (if necessary)

- Portion size introduction

- Balanced Snack Activity

- My Plate is the newest version of my pyramid tool. My Plate is a tool that can be used to estimate the proportion of the different food groups. The five different groups that are shown are fruit, vegetable, protein, grain, and dairy. My plate poster shows how every meal should look. For snacks the plate would be smaller than regular meals (2 minutes).

- With each different group there are different portion sizes. (Show food models for different food groups) Food models will be the same as those on the balanced meal activity sheet.

- Children from 7-10 years old should get between 5-6 servings of grains, 4-5 servings of vegetables, 3 servings of fruit, 3 servings of dairy, and 2 servings of protein (2 minutes).

- Now that we have learned what the different food groups and portion sizes are for each food group let us try to put together a balanced snack using the foods that are in front of you on this activity sheet. Using the foods below circle the foods that you would like to create your balanced snack. I will give you some time to do this and then we can come back with the class and talk about our snacks and how we could make each snack healthier.

-Discussion (5 minutes):

What kind of snacks did everyone come up with?

Do these look like foods that you would typically eat throughout the day?

What is the same about them?

What is different about them?

What is a typical snack that someone eats?

How could you make those snacks healthier (change one food option)?

Maybe with a more nutritional dense food (more vitamins and minerals for the calories)

How many think they could use these tips to make healthier options throughout the day?

End Knowledge Activity

-Now we are going to test your knowledge to see how much you have learned. We will ask the same question as the ones at the beginning of class and will answer in the same manner. When you think you hear the correct answer stand up. After I read out the question and answers I will then go back through and read each answer separately. If you think c is the correct answer then you would stand up when I ask who thinks c is correct.

-Any Questions?

- If you are not sure of the answer make your best guess. Let's Begin:

1. The five different food groups of my plate/my pyramid are fruit, vegetables, grains, protein, and juice

a. True

b. False

Answer: False the five different food groups are fruit, vegetables, grains, protein, and dairy

2. A balanced snack could have an apple, and peanut butter

a. True

b. False

Answer: True a balanced snack should have 2 to 3 of the different food groups

3. Cheese is considered to be in what food group?

a. Grain

B. Dairy

c. Vegetable

Answer: b

4. Which of the following would be the healthiest choice for a snack?

a. A whole large pizza

b. A pop tart

c. A small quesadilla with bell peppers on it

Answer: c. a small quesadilla with bell peppers because it has 3 of the five food groups and is the correct portion size

5. A portion of milk is 1 gallon:

a. True

b. False

Answer: b. False a portion of milk is 1 cup.

Conclusion:

-Now that you have learned how to balance a snack your assignment is to go home and teach someone else at home how to balance a snack. Balancing snacks and meals is a great way to keep your body healthy.

-Handout family take-home sheet

-Thank you for having me in your class room. I hope you all enjoyed the nutrition education.

