

Session 6

Choosing Appropriate Snacks

Last lesson we discussed the dangers of sugary drinks on our health. Today we are going to look at what types of snacks we eat and what can show if they are unhealthy or if they have some benefit for our bodies. One focus in today's lesson will be nutrients. There are two types of nutrients we will focus on today, nutrients that we want a lot of because they are healthier and nutrients we want less of because they are not so healthy, like sugar that we learned about last time. You will find not so healthy nutrients, like cholesterol, saturated fat and sodium on the top half of the label while you will find the nutrients we want more of, like calcium, vitamin A, vitamin C and iron on the bottom of the label. Today's question to think about is:

What are your three favorite snacks? _____

Session 6 Lesson

Ranking possible snacks

On the next page we have put labels for 6 snacks that you can look at for today's activity. We want you to think about what you learned already about the top half of the label having nutrients we may want less of and they bottom half containing nutrients we may want more of. Use this knowledge to rank the snacks from 1-6 just by simply putting a number on each label. This activity is different for each person and you may even come up with different answers than others. There is not one best way to determine if a food is healthy or not, but it is good to understand more of what nutrients we put in our body.

Session 6 Conclusion

Today you added to your health knowledge by becoming introduced to nutrients and which ones may be good or not so good for us, where to find them on a label and how to decide which snack may be best for you to eat. We want to give you another guide for when you get to make those choices for yourself in the future, such as when you get to choose what side to eat at school or what you want to buy from a snack machine. For when you get to make your own decisions on snacks think about these three options:

Green light snacks – Snacks that have a lot of the healthy stuff and not a lot of the less healthy stuff and these are always a good choice.

Red light snacks – snacks that have a lot of the less healthy stuff and not a lot of the healthy stuff are snacks we should eat rarely.

Yellow light snacks – These snacks are in the middle. They may contain a mix of good nutrients and ones that are not so good, so these snacks we should enjoy only sometimes.

When you decide what snack you will eat, think about those categories and decide wisely. Also remember the three snacks you chose as your favorite? Which of the light categories would those snacks be placed in? Please take some time now to fill out your session 6 line on your “What I Like About me” page.