



## For The Student

### Middle Primary Years 3 & 4

#### Week 16

#### Title: **Snack Attack**

#### Theme: **Healthy Snack Foods**

#### Introduction

Snack foods are an important part of everyday eating. They are a great way for an energy top up in between meals, during recess, after school and before sport. However, some snack foods can be high in fat, salt and sugar. Foods that are high in fat and sugar can contain too many kilojoules (energy), and eating them too much over time can lead to diseases such as obesity, diabetes, and heart disease. High kilojoule, fat and sugar foods take longer to burn off with everyday activity.

While most schools now have guidelines as to the types of foods that students can bring, or buy at school, children can still tend to have inappropriate snack foods. These may be consumed after school or on weekends, either as a treat or reward from parents, at home, or purchasing from the shops on the way home from school.

#### Learning Activity 1: Energy Balance

In the table below, document the food and drinks you consumed as an after school snack yesterday, and also the type of after school activity you enjoyed.

Food you ate	Quantity you ate	Activity you participated in	Duration of the Activity

Swap with a classmate. Use the **Energy Balancer** (on the 1Seven website) and work out if the activity your classmate participated in was enough to burn off the energy from their snack.

Did they burn off their snack with the activity? If not, suggest an alternative snack and activity so that your classmate can achieve energy balance with their after school snack and activity.

#### Learning Activity 2: Class List

As a class, discuss and list your favourite and most commonly consumed snack foods. Use the Australian Guide to Healthy Eating poster to work out if the foods you have listed should be consumed every day or occasionally.





### Learning Activity 3: Healthy Snack

With a partner create a healthy snack to consume after school. Think about including fruit and vegetables, as we should all aim to eat 2 fruits and 5 vegetables each day. Don't forget to give it a crazy and exciting name! Write your ideas in the space below:

Healthy Snack name:

Ingredients:

Method:

### Support materials and references

#### For Kids

1Seven article: [Think about eating](#)

1Seven article: [Energy to Burn](#)

1Seven article: [Healthy Snacks](#)

The Australian Guide to Healthy Eating (AGHE) can be found at:

<http://www.health.gov.au/internet/main/publishing.nsf/Content/health-publth-strateg-food-guide-index.htm>

