



For The Teacher

Middle Primary Years 3 & 4

Week 16

Title: Snack Attack

Theme: Healthy Snack Foods

Overview

Snack foods form an important part of a child's daily energy and nutrient intake. Food choices at snack time vary in their nutritional value. This lesson aims to educate children about the healthiest foods to choose as snacks and the amount and type of activity required to metabolise the energy from snacks.

Time Required

50 minutes

Learning outcomes:

1. For students to be able to develop an understanding of the energy level in snack foods and the amount of activity required to metabolise that energy.
2. For students to be able to examine food intake and make healthier choices.

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, and excessive consumption 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 regulating the types of foods that children 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

Ask each student to document the food and drinks they consumed as an after school snack on the day before the class, and also the type of after school activity they participated in. Swap with a classmate. Use the **Energy Balancer** (on 1Seven website) and work out if the activity their classmate participated in was enough to burn off the energy from their snack. Discuss whether they managed to burn off their snack with the activity. Ask the children to suggest alternative snacks and /or activities to achieve energy balance.

Learning Activity 2: Class List

Ask the students to nominate their favourite and most commonly consumed snack foods. Make a class list. Use the Australian Guide to Healthy Eating poster to determine if the foods should be consumed every day or occasionally.



Learning Activity 3: Healthy Snack

In pairs ask the children to create a healthy snack to consume after school (encourage them to consider achieving 2 fruit and 5 vegetables as a daily nutrition target). Document their ideas using procedural text on the student activity sheet.

Note: while most children might manage to achieve the recommended 2 serves of fruit, it is often harder to achieve 5 serves of vegetables each day. Some suggestions of vegetable based snacks to share with the class are;

- Ants on a log (celery sticks filled with cream cheese and sprinkled with sultanas)
- Vegetable muffins (homemade with grated carrot and zucchini)
- Dry biscuits with dip, sliced tomato and sprinkled with corn

Support materials and references

For Kids

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

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

1Seven article: [Healthy Snacks](#)

For Teachers & Parents

1Seven article: [Downsize me](#)

1Seven article: [Snack foods supply excess fat](#)

1Seven article: [Be a sometimes cookie monster](#)

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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>

Thinking Strategies

Bloom's Taxonomy

Remember	Understand	Apply	Analyse	Create	Evaluate
•	•	•	•	•	•

Gardner's Multiple Intelligences

Verbal/ Linguistic	Bodily/ Kinesthetic	Musical	Logical/ Mathematical	Interpersonal	Visual/Spatial	Intrapersonal	Naturalist
•			•	•	•	•	

Edward De Bono's Six Thinking Hats

White Hat Information	Red Hat Feelings	Black Hat Judgement	Yellow Hat Benefits	Blue Hat Thinking	Green Hat Creativity
•		•	•	•	•