

# MODULE 4

## GROWING HEALTHY FAMILIES:

### **Snacking**



# FACILITATOR GUIDE FOR MODULE 4

## Growing Healthy Families: Snacking

Timeframe	Purpose	
Activity 1:.....10 minutes Activity 2:..... 15 minutes Activity 3:..... 15 minutes Activity 4: ..... 15 minutes Summary:.....5 minutes Total:.....60 minutes	Snacking is part of our culture. It is also important to young children who may not be able to wait as long as an adult for food. However, it is also contributing to obesity. How can we snack in healthy ways that provide needed nutrients but not too many calories and fat?	
Learning Objectives		
1. Recognize why we snack and what types of snacks are healthiest. 2. Develop a list of healthy snacks that the participants' families would enjoy.		
Activities		
<b>Activity 1:</b> Welcome and Bingo to introduce snack ideas		
<b>Activity 2:</b> Mini-lecture on snacking with Post-It® Notes questions		
<b>Activity 3:</b> Compare food labels for different kinds of snacks.		
<b>Activity 4:</b> Snack idea die game		
<b>Activity 5:</b> Summary		
Room Setup	Activities/Handouts/ PowerPoint	Materials/Equipment
The room should be arranged with several tables so that there are 4-6 people at a table.	1. PPT Slides 2. Bingo sheet for each person 3. Snack bag ideas for each person 4. Food label activity 5. Snack die for each table	<i>Parent Guide and Journal</i> Computer Projector Markers Pens/Pencils Sign-in sheet Post-It® Notes Paper bowls and small plates, plastic spoons

## MODULE 4: SNACKING

### Activity 1: Welcome and Snack Bingo

#### Purpose of Activity:

- Gain an overview of the session
- Have participants mingle and share information about snacks

#### Instructions:

1. Welcome the group and review the objectives.
2. Give the participants a copy of the Bingo handout and a pen or pencil.
3. Ask them to go around the room and find someone who has done one of the things on the Bingo card. Then have that person say his/her name and put his/her initials in the space. Tell the group that one person can sign no more than 2 things.
4. The person that fills up his/her card first is the winner. If time is short, the first person to get a row or column filled could be the winner. Have a healthy snack item as a prize such as an apple, a bag of nuts, etc.
5. Take a few moments and have participants share some of the answers they were given. You may want to discuss the answers.
6. Review PPT #2 Objectives.

#### Facilitator Script:

- *Welcome to our session on snacking!*
- (Share housekeeping rules such as location of bathrooms and sign-in procedures.)
- *Everyone should take a Bingo handout and go around the room finding people that can sign their initials in a block. Each person can sign only 2 blocks!*
- *Snacking is an important way for children to get enough calories and nutrients. Children's stomachs are too small to easily be able to wait for long periods without food. Often children will also eat less during meals, and snacks can be a way to make sure they are eating well.*
- *What are some of the answers people gave you on your Bingo sheet?*
- *Here are our objectives for today (show PPT #2)*

**Time: 10 minutes**

#### Materials:

- Sign-in sheet
- Bingo handout for each
- Pencils or pens
- *Parent Guide and Journal*
- PPT Slide #2

#### Notes:

#### Tips for Trainers!

When you have audiences that may have limited reading levels, be sure to read all of the instructions on games and handouts to them and to provide opportunities for them to ask questions.

## Activity 2: Snacking Information

### Purpose of Activity:

- To inform participants about appropriate snacking

### Instructions:

1. Go over PPT #3, #4, and ask them to write down on 2 Post-It Notes a question or comment they have about the information. Encourage participants to make notes in their journals.
2. Collect the Post-It Notes and answer the questions.
3. Ask participants to discuss at their table why snacking can be good for adults too.
4. How can snacking cause weight gain?
5. Discuss water and drinks (PPT #5, #6)
6. Discuss infant and toddler issues (PPT #7, #8, #9)
7. Snacking guidelines (PPT #10)

### Facilitator Script:

- *Snacking is very important to children (refer to PPTs #3, #4). Write on two Post-It® Notes a question or comment you have about the information and then we can discuss it.*
- *Discuss at your table why snacking can be a good thing for you too!*  
After discussion be sure to mention these points:
  - *Healthy snacks help adults eat fewer calories during the day.*
  - *Healthy snacks keep adults from overeating.*
  - *Several small meals a day or small meals and snacks are metabolized by the body quicker, resulting in fewer calories turning to fat.*
- *But weight gain occurs when we snack too often and choose higher fat and higher calorie snacks. Research shows that children feel fuller eating healthier snacks such as cheese and vegetables and eat fewer calories than when they eat potato chips or other less healthy snack foods.*
- *Did you know that one large cup (32 oz.) of cola has 621 calories? It is easy to add extra calories from things we drink! We are going to discuss these PPTs on healthy drinks (PPTs #5, #6).*
- *Infants and toddlers need different types of snacks (PPTs #7, #8, #9).*
- *Snacks can be an important part of healthy eating if we follow a few guidelines (PPT #10).*

**Time: 15 minutes**

### Materials:

- PPT slides #2 - #10
- *Parent Guide and Journal*
- Post-It Notes

### Notes:

#### Tips for Trainers!

Be aware of changing moods of participants. If they seem to be bored or tired, have them stand up, bend and stretch or begin a new activity!

### Activity 3: How Nutritious Are Common Snacks?

#### Purpose of Activity:

- Match the nutrition information to the item and then compare.

#### Instructions:

1. Provide matching cards of food and food labels.
2. Put a couple of measurable food items such as cereal or chips or juice on each table (with food labels removed from the packages).
3. Have participants measure into the empty bowl what they think is one serving. If they think what you have given them is one portion, leave it there. Do this before looking at the food labels.
4. Give each group the food label match and show PPT #11.
5. Have them match the labels to the food items.
6. Show PPT #12 to see the correct answers..
7. You can also choose to use different items than the ones listed in this manual—you can cut ours or take a picture of the food label for the item you chose and print copies—just leave off these ingredients.
8. Discuss which foods are healthier and why.

#### Facilitator Script:

- *We all have favorite snack items. Sometimes snacks that may seem healthy aren't and vice versa. We also often forget to check labels and don't realize how the amount of calories, fat, sodium or vitamins that are in our snack foods.*
- *We are going to test ourselves and match food to the food labels.*
- *Here are our rules (PPT #11) & (After): answers (PPT #12).*
- *Let's talk about what was different from what you thought.*
- *Which foods do you think are healthier? Why? Did you notice that some are higher in calories, some in fat or sugar?*
- *Did you see unrecognizable ingredients or a lot of high fructose corn syrup or other types of additives? They are not as healthy and have been associated with obesity and weight gain. Sometimes you will find that foods are very similar in calories or high in fat. You may find them similar in fat and other ingredients but high in calories.*
- *Remember, that calories are important because too many result in weight gain. But fat can help keep you full and so you may eat less.. If you will be eating a higher calorie meal later, fewer calories and fat are important. If you are eating much later, something with more fat will be more filling. If you are going to be exercising a higher calorie snack may be needed.*

**Time: 15 minutes**

#### Materials:

- Food items in small bowls as described in the “Common Snack Foods Labels Activity”
- Common Snack Food Labels game for each table
- PPT #11, #12 with answers

#### Notes:

#### Tips for Trainers!

Be aware of changing moods of participants. If they seem to be bored or tired, have them stand up, bend and stretch or begin a new activity!

## Activity 4: Snack Ideas

### Purpose of Activity:

- To develop a list of healthy snacks

### Instructions:

1. Give groups snack die and have them take turns throwing the die and identifying simple and inexpensive snack items in each category.
2. Ask them to write the ideas in the *Parent Guide and Journal* on Page 27.
3. When groups have had a few minutes, ask them to share their best ideas with everyone.

### Facilitator Script:

- *It can be hard to identify healthy snacks that are easy and inexpensive to provide.*
- *Infants and toddlers need different types of snacks (PPTs #7, #8, #9)*
- *We are going to see if we can come up with some healthy options.*
- *I am giving you a die that has different categories of snack items. Each person can throw the die and see if they can identify a snack item in the category that is simple to make or provide and is inexpensive.*
- *If you can't think of something, the group can help you. Then you can write these ideas in your Parent Guide and Journal on Page 27.*
- *(When the groups have had several minutes and seem to be winding down): Now let's share the best ideas in each category with each other!*
- Review PPT #13, #14

**Time: 15 minutes**

### Materials:

- PPTs #13, #14
- One snack die for each table made from instructions in handouts

### Notes:

#### Tips for Trainers!

Always check all of your equipment before the session begins. Be sure you have an extension cord in case it is needed and that your projector works with the computer. Have a copy of your slides handy in case your technology glitches!

## Activity 5: Summary

### Purpose of Activity:

- To summarize the importance of healthy snacks for children and adults

### Instructions:

1. Review PPT #15
2. Challenge them to try one new snack idea this week that they heard today and then report back next week!
3. Tell them you will have a treat for those who can report trying a new snack (something small such as an apple, orange or other healthy treat).

### Facilitator Script:

- *We have talked a lot about snacks today!*
- (Review PPT #15)
- *I would like each of you to try a snack that you heard about today or one that you find that is new and make it for your child or yourself.*
- *How did you do on your goals that you wrote in your journal last week?*

*Who achieved those goals? Let's give them a round of applause!*

*(You can show participants how to clap moving your hands in a circle for a "round of applause.") Please write your next goals in your Journal. Remember, if you can change just one thing a week that results in healthier behavior, you will be helping your family! Report back next week, and I will have something for those who tried something new!*

**Time: 5 minutes**

### Materials:

- *Parent Guide and Journal*
- PPT #15

### Notes:

**Ideas for Expectant Parents:**

It is particularly important for expectant moms to eat healthy food. Too much weight gain or not enough can harm the baby and make delivery much harder. Encourage moms to eat the same healthy snacks we are talking about for children. Also, encourage them to include foods with calcium such as low-fat milk, yogurt and green leafy vegetables as part of their snacks!

**Ideas for Parents of Infants:**

Use the activities but emphasize that with infants, nutrition labels are even more important and that foods should not contain sugar, salt or large amounts of fat. Babies under six months don't need snacks, as feeding them by breast or bottle when they are hungry is enough. When a baby is full and pulls away, don't continue to try to get him to eat. Babies older than six months and toddlers may want finger foods such as chopped fruits and cooked vegetables, small pieces of unsweetened cereal such as Cheerios® or teething biscuits. Babies and young toddlers should not be given large pieces of food, such as a hot dog or a whole apple to bite or chew on as they may get bites that are large enough to choke.

**Notes:**



# HANDOUTS AND ACTIVITIES



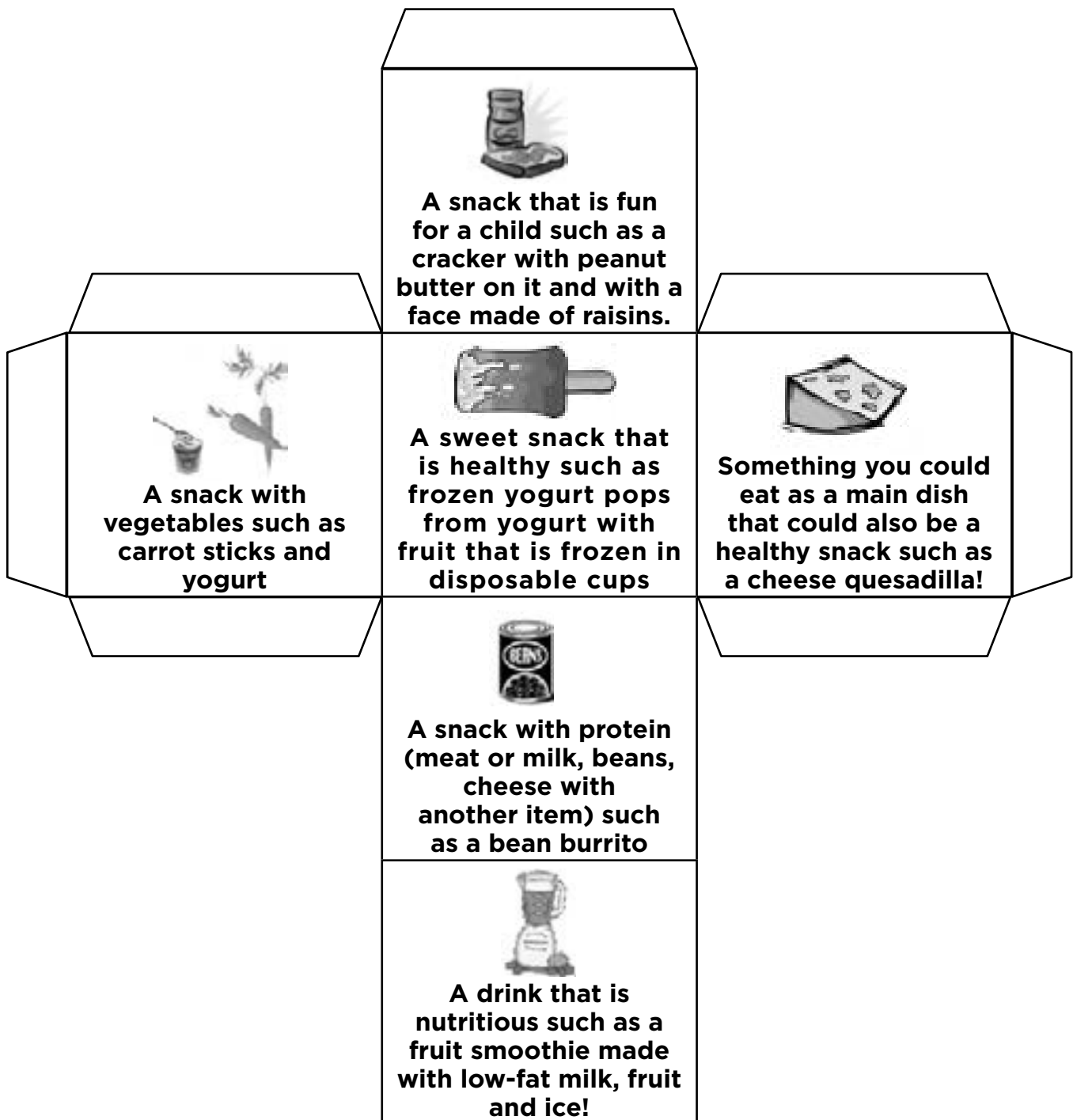
## Snack Bingo

Walk around the room and find someone who can sign their initials in each box. Try to find different people for each box. Ask their name if you do not know it!

<p><b>Someone who has eaten a snack food from another country (and what it is)</b></p>	<p><b>Drinks several glasses of water each day</b></p>	<p><b>Sometimes eats vegetables for a snack</b></p>
<p><b>Eats or gives their children nuts as a snack</b></p>	<p><b>Eats or gives their child yogurt as a snack</b></p>	<p><b>Ate an apple or orange last week</b></p>
<p><b>Drinks or gives children skim or 1% milk</b></p>	<p><b>Can name a healthy snack you could serve on Valentine's Day (and what it is)</b></p>	<p><b>Can name a fun and healthy snack for children (and what it is)</b></p>

## Snack and Roll

Copy this die on cardstock, one for each small group. Fold the flaps, put it together and secure with tape. Let everyone take turns throwing the die and identifying a snack. If they have trouble, others can help. The ideas can be recorded in their *Parent Guide and Journal*. The snacks should have more than one item in them, for example celery and peanut butter.



## Snack Food Label Game

Match the food label with the name of the food! These should be cut into strips and laid at the top of the appropriate food label

<b>1.</b>	LARGE FRENCH FRIES
<b>2.</b>	VANILLA ICE CREAM
<b>3.</b>	PEANUTS
<b>4.</b>	FISH STICKS
<b>5.</b>	BROCCOLI
<b>6.</b>	APPLE JUICE
<b>7.</b>	GRANOLA CEREAL
<b>8.</b>	CARROTS
<b>9.</b>	BEAN BURRITO
<b>10.</b>	WHOLE WHEAT BREAD
<b>11.</b>	BAGEL

1.

Amount Per Serving	
<b>Calories</b> 540	<b>Calories from Fat</b> 230
%Daily Value*	
<b>Total Fat</b> 26g	40 %
Saturated Fat 4.5g	23 %
Trans Fat 0g	
<b>Cholesterol</b> 0mg	0 %
<b>Sodium</b> 350mg	15 %
<b>Total Carbohydrate</b> 66g	23 %
Dietary Fiber 6g	24 %
Sugars 0g	
<b>Protein</b> 8g	
<b>Vitamin A</b> 0%	<b>Vitamin C</b> 35%
<b>Calcium</b> 2%	<b>Iron</b> 8%

\* Percent Daily Values are based on a diet of 2,000 calories.

2.

Nutrition Facts	
Serving Size 1/2 cup (85g)	
Servings Per Container 18	
Amount Per Serving	
<b>Calories</b> 150	<b>Calories from Fat</b> 90
%Daily Value*	
<b>Total Fat</b> 10g	15 %
Saturated Fat 6g	30 %
Trans Fat 0g	
<b>Cholesterol</b> 30mg	12 %
<b>Sodium</b> 30mg	1 %
<b>Total Carbohydrate</b> 14g	5 %
Dietary Fiber 0g	0 %
Sugars 11g	
<b>Protein</b> 2g	
<b>Vitamin A</b> 8%	<b>Vitamin C</b> 0%
<b>Calcium</b> 6%	<b>Iron</b> 0%

\* Percent Daily Values are based on a diet of 2,000 calories.

3.

Nutrition Facts	
Serving Size 1/4 cup (37g)	
Servings Per Container 10	
Amount Per Serving	
<b>Calories</b> 220	<b>Calories from Fat</b> 170
%Daily Value*	
<b>Total Fat</b> 18g	28 %
Saturated Fat 2.5g	13 %
Trans Fat 0g	
<b>Cholesterol</b> 0mg	0 %
<b>Sodium</b> 300mg	13 %
<b>Total Carbohydrate</b> 8g	3 %
Dietary Fiber 3g	12 %
Sugars 2g	
<b>Protein</b> 0g	
<b>Vitamin A</b> 0%	<b>Vitamin C</b> 0%
<b>Calcium</b> 0%	<b>Iron</b> 4%

\* Percent Daily Values are based on a diet of 2,000 calories.

4.

Amount Per Serving	
<b>Calories</b> 250	<b>Calories from Fat</b> 130
%Daily Value*	
<b>Total Fat</b> 14g	22 %
Saturated Fat 2.5g	13 %
Trans Fat 3g	
<b>Cholesterol</b> 20mg	7 %
<b>Sodium</b> 430mg	18 %
<b>Total Carbohydrate</b> 21g	7 %
Dietary Fiber 1g	4 %
Sugars 2g	
<b>Protein</b> 10g	
<b>Vitamin A</b> 0%	<b>Vitamin C</b> 0%
<b>Calcium</b> 2%	<b>Iron</b> 2%

\* Percent Daily Values are based on a diet of 2,000 calories.

5.

Nutrition Facts	
Serving Size 1/2 cup (82g)	
Servings Per Container 1	
Amount Per Serving	
<b>Calories</b> 25	
%Daily Value*	
<b>Total Fat</b> 0g	0 %
Saturated Fat 0g	0 %
Trans Fat 0g	
<b>Cholesterol</b> 0mg	0 %
<b>Sodium</b> 20mg	1 %
<b>Total Carbohydrate</b> 4g	1 %
Dietary Fiber 2g	8 %
Sugars 1g	
<b>Protein</b> 2g	
<b>Vitamin A</b> 20%	<b>Vitamin C</b> 50%
<b>Calcium</b> 2%	<b>Iron</b> 2%

\* Percent Daily Values are based on a diet of 2,000 calories.

6.

Nutrition Facts	
Serving Size 1 FL OZ (34g)	
Servings Per Container 8	
Amount Per Serving	
<b>Calories</b> 120	
%Daily Value*	
<b>Total Fat</b> 0g	0 %
Saturated Fat 0g	0 %
Trans Fat 0g	
<b>Cholesterol</b> 0mg	0 %
<b>Sodium</b> 5mg	0 %
<b>Total Carbohydrate</b> 29g	10 %
Dietary Fiber 0g	0 %
Sugars 27g	
<b>Protein</b> 0g	
<b>Vitamin A</b> 0%	<b>Vitamin C</b> 4%
<b>Calcium</b> 0%	<b>Iron</b> 6%

\* Percent Daily Values are based on a diet of 2,000 calories.

7.

Nutrition Facts	
Serving Size 1/2 cup (81g)	
Servings Per Container 10	
Amount Per Serving	
Calories 280	Calories from Fat 140
%Daily Value*	
Total Fat 15g	23 %
Saturated Fat 3g	14 %
Trans Fat 0g	
Cholesterol 0mg	0 %
Sodium 15mg	1 %
Total Carbohydrate 32g	11 %
Dietary Fiber 6g	26 %
Sugars 17g	
Protein 9g	
Vitamin A 0%	Vitamin C 0%
Calcium 4%	Iron 15%

\* Percent Daily Values are based on a 2,000 calorie diet.

8.

Nutrition Facts	
Serving Size 2/3 cup (89g)	
Servings Per Container 6	
Amount Per Serving	
Calories 40	
%Daily Value*	
Total Fat 0g	0 %
Saturated Fat 0g	0 %
Trans Fat 0g	
Cholesterol 0mg	0 %
Sodium 45mg	2 %
Total Carbohydrate 9g	3 %
Dietary Fiber 3g	11 %
Sugars 5g	
Protein 1g	
Vitamin A 460%	Vitamin C 8%
Calcium 2%	Iron 2%

\* Percent Daily Values are based on a 2,000 calorie diet.

9.

Amount Per Serving	
Calories 380	Calories from Fat 110
%Daily Value*	
Total Fat 12g	18 %
Saturated Fat 4g	20 %
Trans Fat 0g	
Cholesterol 10mg	3 %
Sodium 1100mg	46 %
Total Carbohydrate 55g	18 %
Dietary Fiber 13g	52 %
Sugars 3g	
Protein 13g	
Vitamin A 45%	Vitamin C 0%
Calcium 15%	Iron 15%

\* Percent Daily Values are based on a 2,000 calorie diet.

10.

Nutrition Facts	
Serving Size 1 slice (50g)	
Servings Per Container 15	
Amount Per Serving	
Calories 140	Calories from Fat 30
%Daily Value*	
Total Fat 3g	5 %
Saturated Fat 0.5g	3 %
Trans Fat 0g	
Cholesterol 0mg	0 %
Sodium 340mg	14 %
Total Carbohydrate 24g	8 %
Dietary Fiber 3g	14 %
Sugars 0g	
Protein 4g	
Vitamin A 0%	Vitamin C 0%
Calcium 2%	Iron 6%


\* Percent Daily Values are based on a 2,000 calorie diet.

11.

Amount Per Serving	
Calories 200	Calories from Fat 10
%Daily Value*	
Total Fat 1g	2 %
Saturated Fat 0g	0 %
Trans Fat 0g	
Cholesterol 0mg	0 %
Sodium 380mg	16 %
Total Carbohydrate 36g	13 %
Dietary Fiber 2g	7 %
Sugars 2g	
Protein 7g	
Vitamin A 0%	Vitamin C 0%
Calcium 6%	Iron 15%

\* Percent Daily Values are based on a 2,000 calorie diet.

## Additional Activities

<p><b>Physical activity correlated with theme for parents</b></p>	<p><b>Skating:</b></p> <p>If your workshop is in a non-carpeted room give everyone 2 sheets of paper (recycled is best). Then put on skating music. Turn it on and have them skate around the room. Turn it off every few seconds and have them turn to the closest person and tell them their favorite snack idea of the workshop! If your area is carpeted you can have people slow gallop to music for a bit, turn off the music and have them share and then ask them to hop, and continue with different types of movements.</p>
<p><b>Physical activity correlated with theme for children</b></p>	<p><b>Skating:</b></p> <p>Children in their own class can also skate or do movements and freeze when the music stops.</p>
<p><b>Parent-child activity based on theme</b></p>	<p><b>Fruit Salad:</b></p> <p>Cut several fruits into quarters leaving the skins on and provide them to the parents with a bowl and cutting area, a large plastic knife, two forks and two small plates. Ask the parents to talk with their children about the fruit—what it is, where it comes from, what kinds of things you could make with it. Then ask them to have the children touch, smell and taste (small taste) each fruit. Then have them peel the fruit if needed and with their child helping cut the pieces up into a fruit salad for two!</p>
<p><b>Book and activity for children on theme</b></p> 	<p><b>Book:</b> <i>The Very Hungry Caterpillar</i>, by Eric Carle (Available in Spanish)</p> <p><b>Activity:</b> Show the children pictures of the foods that are described and have them tell you which ones will best help their bodies to grow and run fast! Then ask them which ones might have given the caterpillar a stomach ache. Have them pretend to be a caterpillar and eat through different foods. When you name a snack that is not as healthy ask them to pretend to have a stomach ache.</p>

## Abbreviated Research Summary and Implications for Trainers

(A complete summary can be found at the end of this manual.)

Citation	Findings	Implications for Instructors
Wansink, B., Shimizu, M. & Brumberg, A. (2012)	Children who ate snacks with high levels of nutrients such as cheese and vegetables consumed 72% fewer calories than children who ate non-nutrient dense foods such as potato chips.	Encourage participants to provide children with more than one type of nutrient dense food for snacks such as a fruit and cheese or peanut butter and whole wheat crackers instead of chips, candy, sweets.
Tak, N., te Velde, S., Singh, S., & Brug, J (2010)	Providing more fruits and vegetables at school correlated with more children bringing fruits and vegetables from home for snacks.	Encourage parents to ask their teachers and local schools to emphasize the importance of fruits and vegetables as snacks.
Piernas, C. & Popkin, B. (2010)	Children are having 3 snacks a day. Most calories come from desserts and sweetened drinks, and there has been a substantial increase in salty and candy snacks among young children.	Share this information with parents and brainstorm what children can eat instead and how to help children want to make better food choices.
Ouwens, M.A., Cebolla, A., & van Strien, T. (2012)	The study found that TV viewing and emotional eating are positively correlated.	TV viewing should be mentioned in the workshop as a corollary to emotional snacking habits.
Cross, A., Babicz, D., & Cushman, L. (1994)	Most children snack in the afternoon with taste being the most important factor influencing snacking.	Parents can talk to their children about what types of healthy foods they like that are sweet, savory and salty and then provide these foods.
Wansink, B., Shimizu, M. and Camps, G. (2012)	When children were shown pictures of superheroes and asked, “What would Batman eat?” -- apple fries versus French fries— they chose healthier foods the superheroes ate most often. This resulted in significantly fewer calories and more nutrient density.	Encourage parents to use their child’s favorite superhero or cartoon character when they discuss healthy foods and mention that the character probably eats those foods because they are so strong, happy, healthy, beautiful, etc.