

## CHEW ON THIS

# Making healthy food choices

**Materials:** Worksheets, healthy snacks (one serving per youth)

**Directions:** Read the worksheet, complete the activity and discuss with the Group.

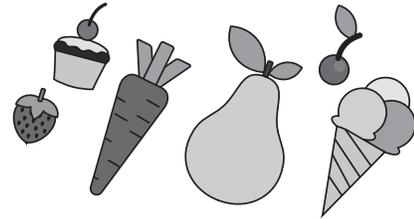
Every day, we're swamped with food choices. From pizza and cereal ads on TV, to the aisles in the grocery store piled high with delicious treats with yummy-sounding names.

Some of these choices are healthy; others aren't. So, how do you know what's healthy and what's not?

Healthy choices depend on the nutritional value in each food. Or, what the food contributes to meet our body's needs.

Learning healthy eating habits will build skills you'll use for a lifetime.

For today's activity, we're going to discuss healthy vs. unhealthy snacks. Then, we'll do a little experiment to "chew" on!



## STEP ONE

Let's look at the calories and fat in two different snacks — a cup of strawberries and a slice of pepperoni pizza.

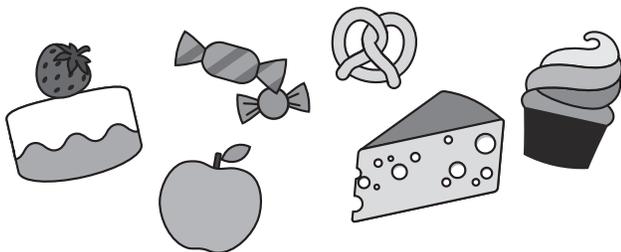


Cup of strawberries:  
47 calories and 0.4 grams of fat



Slice of pepperoni pizza:  
298 calories and 12.1 grams of fat

Which snack do you think is healthier? Why? Raise your hand to share your answers and we'll discuss the answers as a Group.



## STEP TWO

We'll use our snack to practice chewing. Pick up your snack and take a small bite. Chew it until the food has lost its texture.

Next, swallow slowly and wait until your mouth is empty before taking another small bite. Remember: This isn't a competition on who can chew the fastest!

What did you learn about slowly biting into, chewing and swallowing your food? Were you better able to taste it? Did you enjoy it more?

## STEP THREE

You have two assignments for the next week: (1) Practice making healthier snack and food choices; and (2) Chew your food slowly and enjoy each and every bite!

