

CHOOSE WISELY

Eat healthy vs. unhealthy snacks

Materials: Worksheets, snack templates, pencils, timer

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

Raise your hand if you like to snack.

EVERYBODY likes to snack. But sometimes, it's hard to know which snacks are healthy and which snacks are unhealthy, because they all taste so good!

Let's think about healthy snacks you can eat often and less healthy snacks you should eat only once in awhile. When we say GO, write down as many snacks as you can think of in 3 minutes on your snacks template.

When we say STOP, put your pencils down. Then, we'll talk about the snacks you wrote down and decide if they're healthy or unhealthy and why.

The time starts now. GO!

(Set the timer for 3 minutes.)

STOP and put your pencils down.

What did you write down? Raise your hand and everyone will have a turn.

Take your list home and read it when you're hungry. It will help remind you why it's better to reach for a juicy, fresh apple or crunchy carrots every day!



