

PICK ME!

Reach for a healthy snack

Materials: Worksheet copies, samples of packaged pretzels, cookies and whole grain cereal (one healthy choice, two unhealthy choices), pens or pencils

Directions: Read the worksheet, complete the activity and discuss as a group.

Some processed foods contain additives and preservatives. Many are unhealthy when consumed in high quantities.

Food additives and preservatives are chemicals used to transform a food’s color, taste or shelf-life. Some of the long-term effects of these chemicals are unknown.

We’re going to do a little detective work today and uncover the ingredients in three familiar snack foods.

STEP ONE

We have three options for a packaged snack. For each package, read the ingredients and determine if it’s a good choice or poor choice. Write why you feel it’s a good choice or poor choice.

STEP TWO

Let’s go around the room and share why you feel your choice is good. Why is it better than the other two choices? What healthy choice will you reach for the next time you snack?

SNACK	GOOD CHOICE / POOR CHOICE	WHY?
Pretzels		
Cookies		
Whole grain cereal		

