Get Up & Move!

Snack Games (25 minutes)

Items needed for this activity:
• 1 “everyday” Sign
• 1 “once in awhile” Sign

Step 1: Information to share with club members (5 minutes)

Everyone loves snacks! And snacking is important! Sometimes our bodies just can’t wait for the next meal and we need a little something to hold us over! We shouldn’t snack on just anything; we need to make sure those snacks we munch on are healthy ones that will give us the energy we need.

First, we are going to talk about “everyday” snacks versus “once in awhile” snacks. What do you think the difference between these two types of snacks is? (One can be eaten every day at snack time and one can only be eaten once in awhile!) That’s right! What types of snacks do you think are healthy to eat every day? (Fruit, Vegetables, Yogurt, Milk, etc.) That’s right! Those are all healthy foods that you can eat every day for a snack. Foods like vegetables and fruit are excellent snack foods because they are not only great-tasting, but they are also part of MyPyramid! Now what about a snack like candy or ice cream or potato chips with dip? Do you think it is healthy to eat those snacks every day? (No!) That’s right! Those types of snacks and other snacks that have lots of sugar, fat, or salt are not snacks we should eat every single day, just once in awhile.

So now that you know WHAT to snack on, let’s talk about when and where to eat snacks! What do you think happens if you eat your snack too close to dinner time? (You won’t be hungry for dinner!) Correct!

When you eat your snack in the afternoon, make sure you’re not eating it too close to dinner time because then you won’t be hungry for a nutritious dinner! A good rule to follow is not to snack for two hours before the next meal.

Now, let’s talk about where we eat snacks. What do you think could happen if you sit down with a bag of potato chips in front of the television to watch your favorite after-school program? (variety of answers can be given). That’s right, if you are watching TV while snacking, you might not even notice if you eat too much! Before you know it, the whole bag might be gone! We can solve this problem in two ways! First of all, you should get into the habit of eating all of your snacks at the table, right where you eat your meals. Try not to snack while watching TV or while on the computer. Second, always measure out your snack before you eat it. If you want to eat half a cup of carrots, measure it and put it on a plate. Then eat it! That way you can keep track of how much you are eating at each snack!

Step 2: Group Activity 1 (10 minutes)

The first activity we are going to do will help you decide whether certain foods would make healthy or unhealthy snacks. I have put an “every day” sign on one side of the room and a sign that says “once in awhile” on the other side. Remember, healthy snacks like fruits and vegetables you can have every day at snack time! You should
only have snacks that are less nutritious, like sweets and chips, once in awhile.

We are all going to start in the middle of the room. Now, when I say the name of a snack, you will have to decide whether it is a snack you can have every day or a snack that you should only eat once in awhile. Then RUN to that side of the room! So for example, if I say “apple with peanut butter,” you would run to the every day side because that is a healthy snack! Are you ready?!?! Let’s all get into the middle of the room!

(Shout out names of snacks from the list below or use your own ideas!)

Apple (everyday)
Soda (once in awhile)
Donut (once in awhile)
Celery with peanut butter (everyday)
Chips and Dip (once in awhile)
Grapes (everyday)
Brownies (once in awhile)
Carrots (everyday)
Ice Cream (once in awhile)
Banana (everyday)
Orange (everyday)
Cookies (once in awhile)
Cheese and crackers (everyday)
Milk shake (once in awhile)
Yogurt (everyday)
Candy (once in awhile)
Granola Bar (everyday)
Cottage cheese with fruit (everyday)

Great job everyone! Are you worn out?!? Wasn’t that a fun way to practice telling the difference between snacks you can eat almost everyday and snacks that should be once-in-awhile special treats?!?

Now that you are warmed up, we have one more activity for today!

**Step 2: Group Activity 2 (10 minutes)**
For this activity, we are going to play Tag, but with a twist!

Who knows what happens when you eat a sugary snack, you have energy for awhile, but it goes away FAST! But when you eat healthy snacks, you get energy for a long time! This is because different foods release their energy at different rates. The best snacks provide a constant release of energy for a long time, like fruit does. The worst snacks, like sweets, give you a surge of energy, but leave you feeling even more tired than before you had the snack!

Remember, the whole reason we have snacks in the first place is to gain energy! That’s why we want to eat more of these healthy, everyday snacks and save the sugary ones for special once-in-awhile occasions!

This next game is called Junk Food Tag. I am going to pick (2-4, depending on your group size) members to be Junk Foods and another (2-4, depending on your group size) members to be Healthy Foods, like fruits and veggies! Now, everyone else is a Kid! What the Junk Foods want to do is tag the Kids. Kids, if you get tagged by a Junk Food, your energy is “zapped,” and you have to sit down right where you are. You cannot get up until you get tagged by a Healthy Food and get your energy back! So the Junk Foods’ job is to tag the Kids while they are running. The Healthy Foods’ job is to tag the Kids who got zapped by the Junk Food so they can keep playing. The Kids’ job is to stay away from the Junk Food! Is everyone ready?!? (Pick the Junk Foods and the Healthy Foods). Let’s play!

(After a few minutes of playing, you can stop the members and give them new roles. Try to ensure everyone gets to be a Junk Food or a Healthy Food at least once).

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