Healthy Snacking

Snacking is important for children and adolescents to help meet their energy and nutrient needs for growth and development. However, many parents and health professionals are concerned that snacking is undermining the nutritional quality of children's diets and contributing to children becoming overweight or obese.

Many children eat a large amount of unhealthy snacks, or “once in awhile” snacks. These types of snacks include foods that are high in sugar, such as cookies, candy, and soda, and foods that are high in fat or sodium, like potato chips. While these foods aren’t bad in moderation, large amounts of them can lead to unhealthy kids.

“Everyday” snacks are those that come from the foods groups of MyPyramid. These include raw vegetables, fruits, whole grains, and low-fat dairy products. These foods not only provide children with a snack, but also with the nutrients and vitamins they need.

Club Roll Call: What is your favorite healthy after school snack?

Physical Activity Calendars

Collect the September Physical Activity Calendar from each participant. Record each individual’s total number of activity minutes on the Get Up and Move! Club Chart.

Have a short discussion to review the Physical Activity Pyramid and reflect on their activity for the past month. Have each individual look closely at his or her calendar to see how his or her activity matches the advice from the Physical Activity Pyramid.

Reflection Questions:
Did you see an increase of physical activity over the days in September?
How does getting more physical activity every day make you feel?
How can you fit more regular physical activity into your life?
What types of physical activities might you do with your friends? By yourself?

Pass out the October Physical Activity Calendar.

Educational Activity

This month, there are two educational activities. One is a game in which the youth will be presented with a snack option and must decide whether that snack is one that can be eaten anytime or one that should only be eaten once in awhile. The second activity is “Junk Food Tag.” In this activity members will play the classic game of Tag, but with a twist! Both of these activities will reinforce healthy snacking habits and provide some moderate exercise for members!
Recipes/Snacks
The October snack is **Quesadillas**. The recipe can be used for club refreshments and can be shared as a take home piece for families. Quesadillas are a great snack food that provide nutrients from three of the MyPyramid food groups.

Family Activity
The October family activity involves an at-home assessment of the snack foods available to kids. In addition to this activity, members are encouraged to go grocery shopping with their parents and pick out one healthy snack item they would like to try for one week.

Community Activity
This month’s community activity encourages members to explore three different snack-filled vending machines in different locations in their community. Members will make a list of the snacks offered and determine whether or not they are healthy. Youth will also be encouraged to write a letter to the vending machine owner explaining the benefits of healthy snacking and suggesting ways their company can make snacking healthier.

Ties to 4-H Projects
This month, there are numerous projects that tie-in to our topic. In **Sports Nutrition**, members can learn about power snacks and foods that are good sources of energy. **Microwaving** projects will allow members to plan and prepare snacks, including pizza snacks, cheesy popcorn, and granola, and also to safely use a microwave. Because fruits and vegetables make good snacks, members can enroll in the **Fruits and Vegetables** project.

All **Get Up and Move!** materials can be found on the State 4-H website at http://www.4-h.uiuc.edu/opps/move.
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<thead>
<tr>
<th>Sunday</th>
<th>Monday</th>
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<th>Wednesday</th>
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<th>Friday</th>
<th>Saturday</th>
<th>Weekly Total</th>
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Each day fill in what physical activity you did and how many minutes you did it.

**Name** ________________________________________________

**Snacking ABCs**

Make a list of healthy foods that you like to eat as snacks. Can you think one for each letter of the alphabet?

| A | B | C | D | E | F | G | H | I | J | K | L | M | N | O | P | Q | R | S | T | U | V | W | X | Y | Z |
|   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |

For more resources visit: www.4-h.uiuc.edu/opps/move

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Quesadillas

8 oz. reduced fat cream cheese
1/2 cup low fat sour cream
1 small package of taco seasonings
1/2 small can of green chilies, chopped
1/2 small can of black olives, chopped
4 large flour tortillas (burrito shells)

Mix the first five ingredients together and spread on tortilla. Roll up each tortilla, refrigerate until ready to serve. Slice into bite-size pieces.

Serves 8

Nutrition Facts

Serving Size: (89g)  
Servings Per Container: 8

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<tr>
<th>Amount Per Serving</th>
<th>Calories: 150</th>
<th>Calories from Fat: 70</th>
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<td>% Daily Value</td>
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<tr>
<td>Total Fat</td>
<td>7g</td>
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<td>Saturated Fat</td>
<td>4g</td>
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<td>Cholesterol</td>
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<tr>
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<td>Dietary Fiber</td>
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<td>Protein</td>
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Vitamin A: 10%  
Vitamin C: 0%  
Calcium: 8%  
Iron: 4%

*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs. Calories: 2,000 - 2,900

Total Fat: Less Than 85g  
Saturated Fat: Less Than 20g  
Cholesterol: Less Than 300mg  
Sodium: less than 2,400mg  
Total Carbohydrate: 300g  
Dietary Fiber: 31g  
Calories per gram:  Fat 9%  Carbohydrate 4%  Protein 4%
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 everyday 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!

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!

Get Up & Move!
Every Day
Once in a while
Snacking is important for children and adolescents to help meet their energy and nutrient needs for growth and development. However, many parents and health professionals are concerned that snacking is undermining the nutritional quality of children's diets and contributing to children becoming overweight or obese.

Because of young children's high energy needs, their stomachs' small capacity for food, and their fluctuating appetites, young children need to eat 4 to 6 times a day. However, if children are allowed unrestricted access to snacks, nutrition problems such as excess calorie intake, weight gain, inability to distinguish hunger and fullness, and inadequate nutrient intake may result. To ensure that snacking is nourishing without being a source of excess calories, parents should be aware of when and where children snack and what snacks they consume. Snacks should be offered to children at regularly scheduled times of the day, preferably a couple of hours before the next meal to stave off hunger and avoid spoiling their appetites. At home, snacks should be consumed at a designated place and, to avoid mindless overeating, not consumed while watching television or engaged in other activities.

Snack food choices can affect children's nutrient intake and ultimately their health. Many popular snack foods consumed by children include chips, candy, cookies, and soft drinks. Because these foods can be high in calories, fat, sugar, and/or salt and low in essential nutrients such as calcium, they should be eaten sparingly.

When offering snacks to children, the best approach is to provide a variety of foods from the food groups of MyPyramid - the Milk, Meat/Beans, Vegetable, Fruit, and Grain groups. Parents need to make healthful snacks readily available in children's environment. For healthful snack ideas, see http://www.nutritionexplorations.org. Snacks should supplement, not replace, meals for children and be offered in appropriate serving sizes.

(Source: www.nationaldairycouncil.org)

Healthy Family Snacking Tips

- Keep bowls or baggies of cut-up fruits and vegetables in the refrigerator for easy access by children. You might be surprised that kids will eat them more often that way!
- Set up a consistent time for snacking. Stick to it!
- Eat at the table for snack time, not in front of the TV.
• Watch out for unhealthy snacking behaviors – snacking while reading or watching TV, snacking when bored or unhappy, or snacking too close to meal times.
• Don’t “ban” the potato chips and candy! Just allow children to have them in moderation and only once in awhile!

**Some ideas for healthy snacks** from the National Dairy Council

Before serving these snacks, please be aware of any food allergies your children may have!

**Fruit ’n Milk** — Enjoy a bowl of sliced bananas, peaches or nectarines, or berries topped with low-fat milk and a sprinkle of sugar.

**Fruit Slush** — Blend 3/4 cup of frozen fruit, such as strawberries, bananas or mangos, with 1/2 cup of low-fat milk or vanilla yogurt. Sweeten with 1-2 teaspoons of sugar to taste.

**Crunchy Yogurt** — Stir 2 to 3 tablespoons of low-fat granola or other whole-grain cereal into a container of low-fat, flavored yogurt.

**Salad in a Bag** — Place greens and other cut vegetables in a zipper-lock baggie. Add shredded cheese and a small amount of low-fat salad dressing and croutons. Close and "toss." Eat the salad out of the bag with a fork.

**Pizza Party** — Spread toasted English muffins, French bread or mini bagels with prepared pizza sauce. Add kids’ favorites such as peppers, onions, olives, Canadian bacon, pineapple, broccoli or spinach, and mozzarella, feta or Parmesan cheese. Cook in toaster oven at 350 degrees F until cheese melts.

**Nacho Ordinary Snack** — Sprinkle baked tortilla chips with pre-shredded cheese. Heat in the microwave oven until cheese melts. Serve with salsa for vitamin C.

**Wrap and Roll** — Roll kids’ favorite cheese and lean meat in a tortilla spread with low-fat ranch dressing; cut into bite-size portions.

**Flavor the Grains** — Serve unsweetened cereal with strawberry, chocolate or even orange flavored milk.

**Chocolate Peanut Butter Cup** — Blend 3/4 cup low-fat chocolate milk with 1 tablespoon creamy peanut butter and a small scoop of frozen, low-fat vanilla yogurt.
Get Up & Move!

Family Activity Series 3: October

This month's family activity allows your family to evaluate the snacks available in your home and to determine whether or not they are “every day” snacks or “once in awhile” snacks.

First, you will investigate your family’s kitchen! Check the refrigerator, the freezer, the cupboard, the pantry – anywhere you keep snack foods! Make a list of all the snack foods you find. Next to each, write an “E” if it is an every day snack and an “O” if it is a once in awhile snack. Use another sheet of paper if you need to.

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Overall, are the snack foods in your family’s house healthy or not-so-healthy? Explain. _______
____________________________________________________________________________
____________________________________________________________________________

Of the “every day” snacks listed above, which ones do you like to eat as a snack? _______
____________________________________________________________________________
____________________________________________________________________________

At what time of day do you think you could have a snack every day? _________________
____________________________________________________________________________

Healthy Snack Challenge:
The next time your family visits the grocery store, go along and pick out ONE healthy snack you would like to try this week. It can be a vegetable, a fruit, a snack bar, anything!! Have your parents help you determine if it is healthy or not.

What snack item did you pick? _________________________________________________

This week, try to have the snack you picked out at least 3 times. Try to have it at the same time each day and eat it at the table, NOT in front of the TV! Keep track of your progress!!

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<th>Day of Week</th>
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<td>Time of Snack</td>
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<td>Did you eat at the table?</td>
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Get Up & Move!

Community Activity Series 3: October

This month’s community activity lets you explore different parts of your community and their snacking options! You have probably seen vending machines at stores, buildings, maybe even at your school! Vending machines provide people with in-between meal snacks, but sometimes, the choices that the machines give us are not healthy!

For this activity, find 3 snack vending machines in different buildings. Make a list of the snacks offered and the prices of each item. Use another sheet of paper if needed!

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In each vending machine are there more healthy or unhealthy snacks? ________________
____________________________________________________________________________
____________________________________________________________________________

Which types of snacks (healthy or unhealthy) seem to be more expensive, or are they about the same price? ______________________________________________________________________________
____________________________________________________________________________
____________________________________________________________________________

What types of healthier snacks do you think could be offered in vending machines? ______________________________________________________________________________
____________________________________________________________________________
____________________________________________________________________________

What do you think could be done to get more of the healthier snacks put into vending machines? ______________________________________________________________________________
____________________________________________________________________________
____________________________________________________________________________
____________________________________________________________________________
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____________________________________________________________________________

One thing that you can do is write a letter to the owner of the vending machine or the company the machine comes from telling about the importance of healthy snacking and ways that they could encourage healthy snacking. Some ideas to include could be offering more of the healthier snacks like pretzels, trail mix, raisins, dried fruit and popcorn, making the healthier snacks less expensive than the unhealthy snacks, or removing unhealthy snacks from the vending machine.