

Smart Snacking

Smart Snacking

Audience: Teachers, Cooks & Administrators

Preparation Time

Activity 1: 30 min
Activity 2: 15 min
Activity 3: 10 min

Duration of Lesson

Introduction: 5 min
Activity 1: 15 min
Activity 2: 15 min
Activity 3: 15 min
Closing: 5 min

Handouts

*Recipes and yield for three new snacks
Helping Preschoolers
Develop Cooking
Skills
Delicious Snacks!*

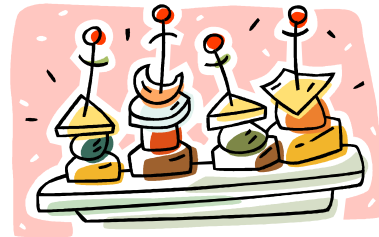
Goal

To increase knowledge and awareness of the importance of serving nutritious snacks to preschool children attending child care.


Participant Objectives

Participants will:

1. Give two reasons why young children should eat snacks, and why it is important that snacks be nutritious.
2. Name four snacks that are nutritious and that meet CACFP snack requirements.
3. Identify two ways to incorporate healthy snacks into the child care center menu.
4. Name one way to increase children's acceptance of healthy snacks.




Points to Cover/Trainer's Notes

Points to Cover	Trainer's Notes
<p>Young children need snacks</p> 	<p>Young children need nutritious foods because their bodies are growing rapidly. They have small stomachs and can't eat enough in three meals to meet their needs. Snacks satisfy hunger between meals. Four to six meals per day is a better eating pattern for young children than two to three meals.</p> <p>Snacks should be planned, not offered as a reward. As with meals, the adult decides on the time and place for snacks and what food will be offered. The child then decides what and how much of the food they are hungry for. Snacks should complement meals, not replace them.</p>
<p>Young children need the nutrients provided by healthy snacks</p>	<p>Snacks provide almost one quarter of a child's food intake in a given day. Healthy snacks provide needed nutrients for young children. Since preschool children need between 2 1/2 and 3 cups per day of fruits and vegetables, snack time is a good time to include these foods in the child care center menu.</p>
<p>Role of juice in snacking</p>	<p>Juices, even 100% juices, contain a lot of calories. It is difficult for a child to respond to satiety cues with juice. In addition, juice lacks the fiber and some of the nutrients present in fruit.</p>

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<p>Role of juice in snacking (continued)</p>	<p>Juice has too many calories and sugar to be offered ad lib. The juice portion size is 6 ounces for preschool children. The CACFP meal pattern states that no more than one serving of juice may be served per day; therefore, if juice was served at breakfast, it cannot be served again at snack that day.</p> <p>The American Academy of Pediatrics recommends no more than 6 ounces of juice per day. Because young children are likely to get juice at home, it should not be served at snack.</p>
<p>CACFP snack requirements</p>	<p>Snacks must consist of two different components. You may choose two solid components and serve water as the beverage. Water must be served at snack if no beverage is provided and the menu must specify when water is part of the snack. Sweet grains, including cookies and granola bars, can only be served at snack twice a week.</p>
<p>Increasing children's acceptance of healthy snacks</p> 	<p>Healthy snacks can taste great. Some suggestions for making the most of snack time include:</p> <ul style="list-style-type: none"> • Involve children in food preparation by helping them to make their own snack. • If you are not already serving food to children family style, consider starting with snack. • Give children choices at snack time by having a salad bar, potato bar, or sandwich bar. • If you are introducing a new food at snack, ask the children what they think of the snack and start a conversation about the menu in general. • Give children the opportunity to come up with some snack ideas of their own. Ask them what some of their favorite snacks are and see if they can be made more nutritious. • When planning snacks, think about variety in shape, texture, color and temperature. Milk and cookies or crackers isn't the healthiest choice, plus it can get boring. <p>Snack time is a good opportunity to introduce new and cultural foods to children.</p>
<p>Snack time environment</p>	<p>Snack time doesn't have to be long, but plan enough time for the meal and let children take as long as they need.</p> <p>Model healthy snacking by eating with children. You can read about new foods, have a discussion, and help children learn new skills—all while enjoying a snack together.</p>

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Activities

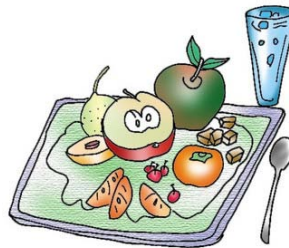
- Activity 1: Try Something New
- Activity 2: Make Your Own Snack – Bagel Art
- Activity 3: Planning New Snacks

Closing

1. Review participant objectives.
2. Review the Bagel Art lesson for the center to use and how it can be both an activity and a creditable snack.
3. Discuss the next class.

References

[Building Blocks for Fun and Healthy Meals: A Menu Planner for CACFP](#)
[A Healthier You](#)
[Teaching Snacks](#)
[Tickle Your Appetite](#)
www.fruitandveggiesmorematters.org



Smart Snacking

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Activity 1: Try Something New

Preparation Time: 30 min

Activity Time: 15 min

Ingredients

Refer to recipes for ingredients.



Supplies

Refer to recipes for additional supplies.

Pitcher of chilled water
glasses
small plates
knives
plastic knives
serving bowl (2)
serving platters (2)
serving spoons
serving tongs
cutting boards

Preparation Prior to Class

1. Select one of the three snack recipes to prepare with the class and prepare the other two recipes ahead of time. Put the two prepared snacks on serving platters to share with participants.
2. Place ingredients needed by each team in one container and supplies needed by each team in another container.
3. Place the ingredient containers in the refrigerator before class if they contain perishable items.
4. Refrigerate a pitcher of water.

Implementation

1. Ask the participants to wash their hands.
2. Divide the participants into teams with four to five members per team, and give each team their two containers.
3. Pass out the recipes, and review the steps with the participants.
4. While participants are preparing the recipe, discuss why it is important for young children to eat healthy snacks. (See: Young children need to eat snacks, Young children need the nutrients provided by healthy snacks*)
5. Once participants have finished preparing their snack recipe, pass out the other two snacks you prepared ahead of time along with the recipes for each.
6. Encourage, but do not force, participants to taste each snack.
7. After the participants have tasted the snacks, ask them their opinions of the recipes they tried.

* Underline denotes Points to Cover discussed in the Trainer's Notes in the lesson plan.

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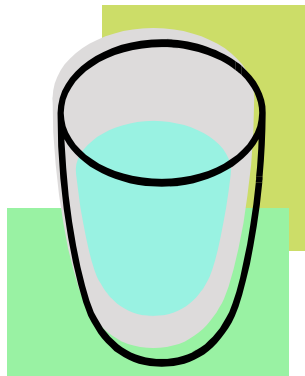
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Activity 1: Try Something New

Preparation Time: 30 min

Activity Time: 15 min

8. Serve water with all snacks and discuss how they are 2 solid components of a CACFP creditable snack with water as the beverage. (See: CACFP snack requirements)
9. Discuss beverages other than juice to serve to children at snack. (See: Role of juice in snacking)
10. Discuss strategies for introducing these and other new and healthy snacks to children. (See: Increasing children's acceptance of healthy snacks, Snack time environment)
11. Review the food buying guide pages for each new snack and be prepared to discuss the cost of the new snacks.



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Activity 2: Make Your Own Snack – Bagel Art

Preparation Time: 15 min

Activity Time: 15 min

Ingredients

whole-wheat mini bagels
low-fat whipped cream cheese
grated carrots
sliced black olives
cucumber rounds
cherry tomato halves
bell pepper strips
toasted, unsalted sunflower seeds



Supplies

Photocopies of *Helping Preschoolers Develop Cooking Skills* handout
cutting boards
knives
spreaders
plates
bowls
spoons
napkins
pitcher of chilled water
plastic cups

Preparation Prior to Class

1. Place supplies needed by each pair into one container and supplies needed by each team in another container.
2. Refrigerate ingredient containers before class.
3. Refrigerate a pitcher of water.

Implementation

1. Review the role of snacks in a child's diet. (See: Young children need snacks*)
2. Explain that today you will be preparing a fun and healthy snack that they could prepare with children at the center as an activity. Pass out the *Helping Preschoolers Develop Cooking Skills* handout and say that including children in food preparation is one way to help introduce new foods to children (See: Increasing children's acceptance of healthy snacks)
3. Ask participants to wash their hands.
4. Distribute the ingredient and supplies containers to each pair of participants.
5. Demonstrate making bagel art. Explain that children could spread their own cream cheese using plastic knives and choose which toppings they would like to decorate their bagel.
6. While participants are preparing their bagels, discuss how this activity can increase children's acceptance of new and healthy snacks by involving them in snack preparation. Discuss other ways to make healthy snacks more appealing, such as vary color and texture. Are there books they could read to introduce new foods? (See: Increasing children's acceptance of healthy snacks)

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Activity 2: Make Your Own Snack – Bagel Art

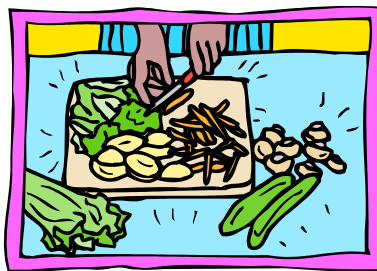
Preparation Time: 15 min

Activity Time: 15 min

7. Review CACFP snack requirements. Suggest that they could serve a half-cup of raw vegetable sticks such as carrots, celery, or zucchini along with the mini-bagel art and a glass of water for a creditable snack. (See: [CACFP snack requirements](#))
8. Have the group taste their art and share their opinions. Ask what other toppings they could include for children to choose from.

Additional Discussion during the Activity

- Review storage and handling of vegetables. Wash all fresh produce with cold running water, regardless of whether the produce will be served whole or chopped.
- Do not cross contaminate.
- Review that the portion size for grains/breads for preschool snack is half a mini-bagel (0.5 oz.).



Pumpkin Dip

Yield: 16 1/4 cup servings

Serves: 16 children

Ingredients

- 32 ounces vanilla yogurt
- 15 ounce can pumpkin puree
- 1 tablespoon pumpkin pie spice
- 1 tablespoon orange juice concentrate (optional)
- 2 tablespoons brown sugar

Steps

1. **Mix all ingredients in a large bowl.**
2. Refrigerate for at least 3 hours.
3. Serve with apple wedges (1/2 cup apples is the serving size for preschool children) or serve with Graham cracker sticks (13 grams or 1/2 ounce is the serving size for preschool children)
4. **Enjoy!**

Have children help you do the bold steps.



Broccoli and Black Bean Quesadilla

Yield: 4 8-inch tortillas

Serves: 4 children

Ingredients

- 1 cup cooked black beans
- 1/4 cup salsa
- 4 ounces shredded low-fat cheddar cheese (1 cup)
- 1 cup cooked broccoli
- 1 tablespoon vegetable oil
- 4 8-inch tortillas

Steps

1. In a large mixing bowl, mash beans.
2. Drain salsa and **add to beans.**
3. Shred cheese onto waxed paper and **add to beans.**
4. **Wash** and chop broccoli. **Add chopped broccoli to beans.**
5. Heat oil in frying pan on medium.
6. **Lay tortilla flat on plate.** Fill half of tortilla with 1/4 of bean mixture.
7. **Fold other half of tortilla over mixture.**
8. Placed folded tortilla in pan and cook 3-4 minutes or until lightly browned.
9. Flip and cook second side in the same manner.
10. Remove from pan and cut in half.
11. Repeat with remaining tortillas.
12. **Enjoy!**

Have your child help you do the bold steps.



Adapted from [Get Fresh At Your Farmers Market](#)

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Cottage Cheese Dip

Yield: 1 cup

Serves: 4 children

Ingredients

- 1 cup low-fat cottage cheese
- 1/4 teaspoon dried dill or parsley
- 1/4 teaspoon onion powder
- 1/8 teaspoon garlic powder
- 1 pinch black pepper
- fresh vegetables of choice:
 - carrots
 - celery
 - green pepper
 - green beans
 - broccoli



Steps

1. **Place first 6 ingredients in a blender** and mix only until smooth, about 1-2 minutes. Note: over-mixing will result in a dip that is too thin.
2. Pour the mixture into a small bowl. Cover with plastic wrap and **place into the refrigerator.**
3. While the dip is chilling, **wash the fresh vegetables.**
4. Cut the carrots, celery, green pepper and green beans into 3" sticks.
5. Break broccoli into florets.
6. **Dip vegetables in chilled dip and enjoy!**

Have your child help you do the bold steps.

Adapted from [Kitchen Fun for Kids](#)

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Helping Preschoolers Develop Cooking Skills



2 Years Old	Scrub Vegetables	Tear Lettuce Leaves	Snap Green Beans	Dip & Wash Salad Greens	Break Cauliflower
3 Years Old	Wrap Potato in Foil	Pour Liquids (not hot)	Mix Ingredients	Shake Liquids	Spread Soft Spreads
4 Years Old	Peel Hard Cooked Egg	Roll Orange	Squeeze Juice from an Orange	Mash Bananas	Crack Eggs

The above chart lists common cooking tasks appropriate for a 2-, 3- or 4-year-old child.

Adapted from [Physical Activities and Healthy Snacks for Young Children](#) and [Teaching Children about Food](#)

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Activity 3: Planning New Snacks

Preparation Time: 5 min

Activity Time: 15 min

Supplies

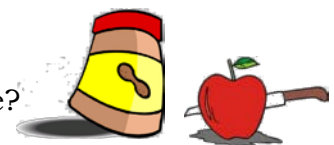
photocopies of the current child care center snack menu
easel pad
markers
Delicious Snacks! handout

Preparation Prior to Class

Assemble the easel and place a pad on the easel.

Implementation

1. Review why children need to eat snacks and why it is important that these snacks be healthy. Review CACFP snack requirements and remind participants that snack can be two solid components with water as the beverage. (See: Young children need snacks, Young children need the nutrients provided by healthy snacks, CACFP snack requirements*)
2. Introduce the purpose of the brainstorm, which is to generate healthy snack ideas that will appeal to children.
3. Review brainstorming rules:
 - Any idea is fine – no comments on the ideas of others.
 - It is okay to build on someone else’s idea.
 - Yell out your ideas.
 - We will discuss ideas later.
4. Record participant responses to icebreaker and brainstorming questions on the pad.
5. Start with an icebreaker: What is your favorite snack?
6. Then, move into the brainstorming questions. Use prompts, if necessary, to move conversation along:
7. What whole grain foods could you serve as a snack?
 - Whole-wheat mini bagel, English muffins, toast
 - Toasted whole-wheat pita bread
 - Whole-grain crackers
8. How can you serve fruit as a snack without serving fruit juice?
 - Sliced apples with peanut butter
 - Fresh fruit with yogurt dip
 - Berries or chopped fruit with cottage cheese



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Activity 3: Planning New Snacks

Preparation Time: 5 min

Activity Time: 15 min

9. How can you serve vegetables as a snack?
 - Vegetable sticks with cottage cheese or plain yogurt dip
 - Baby carrots or bell peppers with hummus
 - Celery and peanut butter
10. What different ways can you combine these ideas to make a CACFP creditable snack?
Distribute the *Delicious Snacks!* handout after participants have had a chance to contribute their own ideas.
11. After the brainstorming is over, ask each participant to name one new CACFP creditable snack they can add to their child care center menu.



Delicious Snacks!

Pumpernickel bread and a tangerine

Bran muffin and low-fat milk

Cinnamon rice cake and a peach

Whole-wheat toast with a sliced tomato

Waffle square and strawberries

Graham crackers and a pear



Raisin toast and peanut butter

Pita bread and hummus

Gingersnaps and applesauce

Whole- wheat breadsticks and marinara sauce

Toasted English muffin and low-fat cheese

Whole-grain cereal and low-fat milk

Cinnamon toast and a plum



Toasted bagel and orange slices

Corn tortilla and refried beans

Whole-grain crackers and cheese

Low-fat yogurt and fruit

Cottage cheese with crushed pineapple

Cucumber and carrot slices and cottage cheese dip

Rice cakes and peanut butter



Cut up vegetables with a package of ranch dressing mixed into cottage cheese

String cheese and celery

Broccoli bean quesadilla

REMEMBER:



- ✓ Check your meal pattern for serving sizes.
- ✓ Serve water with all snacks.



Adapted from [Healthy Heart Snack Choices Resource](#)