



# Snacks and Sweets



## Lesson Plan for Instructor

### Objectives:

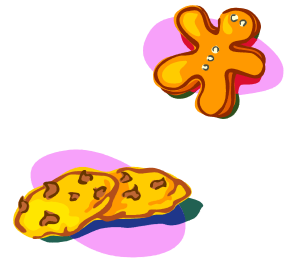
To help participants make healthy snack choices by reading labels, understanding portion sizes, and incorporating foods from all food groups into the daily diet.

### Materials:

Dry erase board or flip chart and appropriate markers  
Paper for participants to write on and pens/pencils  
Optional, if available – empty packages of typical snack foods

### Handouts:

Snack Attack  
Sweet Suggestions



### Suggested Format for Discussion:

- Ask participants about snacking habits – write responses on the board. Talk about having a sweet tooth, snacking at the movies or in front of the TV, late night eating, etc.
- Discuss reasons for snacking.
- (Optional: Have cookies or another snack available, empty package of typical snack foods) Ask participants to tell how much they would typically eat for a snack. Ask them to guess Calories for this amount. Review labels. Reveal the actual calories. Are participants surprised or is this what they expected?
- Review portion control – having a set amount of food rather than eating out of the bag or box. Ask participants for ways they can portion food for snacks.
- Review “Snack Attack”. Ask for additional examples of snacks under 200 Calories. Briefly review label reading if necessary.
- Discuss ways to reduce Calories in snacks – write down examples.
- Review “Sweet Suggestions”.
- Ask participants to read labels on their favorite snacks and to record Calories typically eaten during snacks. Have them compare this to snack suggestions on the handouts.

