



Lesson 5 – Snacking

Purpose: To help learners recognize healthy snacks.

Instructor’s Note: Snacks can be a part of healthy eating. Encourage learners to choose foods from the four food groups for their regular snacks.

Remember that some foods that are high in nutrients may also be high in sugar and can contribute to tooth decay. Sweet, sticky foods can be especially damaging to teeth. For example: raisins, fruit leathers, fruit drinks, sweetened cereals. These foods are less harmful to teeth if they are eaten with a meal instead of on their own.

Activity 1

Literacy Stage 1

1. Discuss foods for healthy snacks.
2. Ask learners what their favourite healthy snack is?
3. Hand out [Activity Sheet 2.5: Healthy Snacks Crossword](#). Ask learners to fill in the crossword puzzle using words that are healthy snacks.

Activity 2

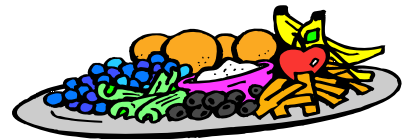
Literacy Stage 2

1. Discuss healthy snacks.
2. Ask learners what their favourite healthy snack is and what snacks they would choose less often.
3. Hand out [Activity Sheet 2.6: Healthy Snacks Word Search](#). Ask learners to find and circle the words that are healthy snacks.

Activity 3

Literacy Stage 3

1. Discuss healthy snacks.
2. Give learners some food models or pictures. Ask learners to choose food models that would make a nutritious snack.
3. Talk about their choices in terms of healthy snacks for nutrition and dental health.
4. On a flip chart or white board, write down favourite snacks in each food group. Have learners write a list of snacks that they would choose for themselves. Have them plan a menu for a day including snacks.



You will need for Activity 3:

Food models or food pictures from magazines or flyers
Flip chart or white board

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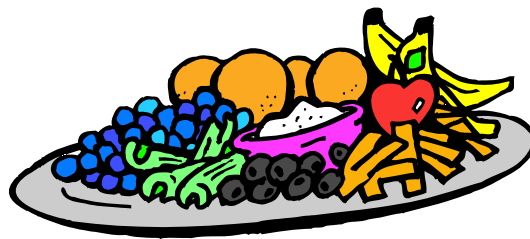
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Healthy Snacks Word Search

Find and circle each word below. Look across and down.

apple
carrots
cheese
cracker
hot dog

milk
muffin
peanuts
pizza
tossed salad



k	w	r	c	h	e	e	s	e	n	k
t	o	s	s	e	d	s	a	l	a	d
a	c	r	a	c	k	e	r	m	b	e
o	i	j	j	l	h	y	k	u	w	w
r	k	p	i	x	o	d	u	f	c	c
p	e	a	n	u	t	s	v	f	v	u
n	h	q	s	t	d	b	m	i	l	k
o	c	a	r	r	o	t	s	n	d	x
g	h	p	l	f	g	a	g	s	a	d
m	y	p	i	z	z	a	t	b	c	e
n	f	l	m	a	k	z	e	r	n	m
p	j	e	z	h	i	g	q	l	f	y

k w r c h e e s e n k
t o s s e d s a l a d
a c r a c k e r m b e
o i j j l h y k u w w
r k p i x o d u f c c
p e a n u t s v f v u
n h q s t d b m i l k
o c a r r o t s n d x
g h p l f g a g s a d
m y p i z z a t b c e
n f l m a k z e r n m
p j e z h i g q l f y