

Healthy Snacks

Arkansas 4-H STEM Lesson

OVERVIEW & PURPOSE

Participants in this lesson will be able to make healthy snack choices by reading ingredient lists and nutrition labels.

OBJECTIVES

1. Participants will be able to read food labels and recognize ingredients.
2. Participants will be able to understand and read nutrition labels.
3. Participants can use knowledge of food labeling to make informed choices regarding snacks.

MATERIALS NEEDED

1. Paper & Pencil
2. Sample snack labels/snacks (both healthy and unhealthy)
3. Copies of FDA label Sheet
4. Plates, samples of snack foods (popcorn, cookies, chips, crackers)

VERIFICATION

1. Can the participants successfully identify healthy snack choices?
2. Can participants tell serving-size, calories, and sugar content from a food label?

ACTIVITY

Making Healthy Snack Choices

1. Using FDA Handout on Nutrition Fact Label, go over serving size, calories and nutrient needs. Examine snack samples by calories, serving sizes/container, and nutritional content.
2. Place Snacks in order from “Healthy” to “Not so Healthy”
 - a. Stress that healthier food choices are generally lower in fat, sugar and salt and will have higher amounts of fiber, protein, and/or vitamins and minerals.
 - b. Unhealthy foods will have high amounts of saturated or trans fats.
 - c. Remember some of the healthiest foods might not have a label (fresh fruits and vegetables).

Snack Size is not always Serving Size

1. Have participants pick a snack from front of room (have snack size samples of cookies, crackers, chips, popcorn) available.
2. Without looking at labels, have participant place what they would eat out of the package at one time on a plate.
3. Have participants look at label and see what the serving size was. Did they have more or less of the snack serving size on their plate?

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Healthy Snack Brainstorm

1. Hand out paper and pencil/pen to each youth. Have them list as many healthy snack options that they can think of in 3 minutes. Compare answers. Below is a list of snacks, there are more!

Applesauce
Bagel with light cream cheese
Bananas
Celery with peanut butter/raisins
Cereal snack mix (Chex)
Cheese and crackers
Cheese toast
Cottage Cheese
Egg, hard boiled

Sample Snack Ideas

Flour tortilla roll-ups
Fruit leather
Fruit juice popsicles
Fruit
Fruit with yogurt dip
Graham crackers with peanut butter
Granola bars
Muffins (whole grain)
Nuts & Raisins

Peanut Butter sandwich
Popcorn (fat free)
Pudding
Smoothies
Tortilla with cheese and salsa
Vegetables and dip
Vegetables and crackers
Yogurt
Frozen yogurt

Reflect & Review

1. Why should you have at least 2 food groups in a snack?
2. Why is it important to choose healthy snacks?
3. How can knowing how to make your own healthy snacks help you with your health in the future

+ EXTENSION

1. Prepare healthy snacks and share with club members, practice safe food handling.
2. Create a balanced snack plan for your club and take part in the 4th H Meeting Challenge.

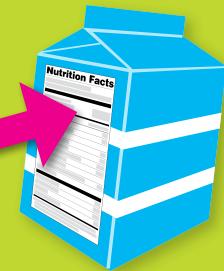
RESOURCES

- University of Arkansas 4-H Healthy Living: <https://4h.uaex.edu/programs/healthy-living/default.aspx>
- FDA Lessons: <https://www.fda.gov/food/new-nutrition-facts-label/read-label-youth-outreach-materials> Accessed November 3, 2020.
- FDA Read the Label Outreach material. <https://www.fda.gov/media/128905/download>
- USU 4-H Discover Clubs: Healthy Snacks. <https://extension.usu.edu/utah4h/discover> Accessed November 3, 2020

The Nutrition Facts Label

Look for It and Use It!

Information you need to make healthy choices throughout your day



Found on food and beverage packages



Use it to compare and choose foods!



Check the serving size and servings per container. The nutrition information listed on the Nutrition Facts label is usually based on one serving of the food.

Packages can—and often do—contain more than one serving! If you eat multiple servings, you're getting "multiples" on calories and nutrients, too.

2 SERVINGS = CALORIES & NUTRIENTS X 2

Calories from food provide the energy your body needs to function and grow. **Balance the number of calories you eat and drink with the number of calories you burn during physical activity.** Curious about calorie needs? Check out www.choosemyplate.gov/MyPlatePlan.



TIP: 100 calories per serving of an individual food is considered a **moderate** amount and **400 calories** or more per serving of an individual food is considered **high** in calories.

Size up Servings

Consider the Calories

Nutrition Facts

4 servings per container
Serving size 1 1/2 cup (208g)

| Amount per serving | Calories | % Daily Value* |
|-------------------------------|------------|----------------|
| Calories | 240 | |
| Total Fat 4g | | 5% |
| Saturated Fat 1.5g | | 8% |
| Trans Fat 0g | | |
| Cholesterol 5mg | | 2% |
| Sodium 430mg | | 19% |
| Total Carbohydrate 46g | | 17% |
| Dietary Fiber 7g | | 25% |
| Total Sugars 4g | | |
| Includes 2g Added Sugars | | 4% |
| Protein 11g | | |
| Vitamin D 2mcg | | 10% |
| Calcium 260mg | | 20% |
| Iron 6mg | | 35% |
| Potassium 240mg | | 6% |

* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

Use %DV

Nutrients To Get More Of

Compare and choose foods to get **100% DV** of these on most days:

- Dietary Fiber
- Iron
- Vitamin D
- Potassium
- Calcium

Eat a variety of foods to get the nutrients your body needs, including:

- Fruits and vegetables
- Whole grains
- Dairy products
- Lean meats and poultry
- Eggs
- Seafood
- Beans and peas
- Soy products
- Unsalted nuts and seeds

% Daily Value (%DV) is the percentage of the Daily Value (reference amounts of nutrients to consume or not to exceed each day for adults and children 4 years of age and older) and shows how much a nutrient in a serving of the food contributes to a total daily diet. **Use %DV to see how a food's nutrients stack up and choose foods that are higher in nutrients to get more of and lower in nutrients to get less of.**

TIP: 5% DV or less per serving is low and 20% DV or more per serving is high

Choose Nutrients Wisely

Nutrients To Get Less Of

Compare and choose foods to get less than **100% DV** of these each day:

- Saturated Fat
- Sodium
- Added Sugars
- Trans Fat (Note: Trans fat has no %DV, so use grams as a guide)

Nutrition Facts
Read the Label

Revised: October 2018

www.fda.gov/nutritioneducation



TIPS FOR KIDS

Using the Nutrition Facts Label Three Easy Steps

Using the **Nutrition Facts** label on packaged foods and beverages to make healthy dietary choices is as easy as 1-2-3 ... once you know the following key steps and insider tips!

1 Size up Servings

Pay attention to the serving size and the number of servings you eat or drink to discover the total number of calories and nutrients you are consuming.

Nutrition Facts

4 servings per container
Serving size 1 1/2 cup (208g)

Amount per serving

Calories **240**

% Daily Value*

| | |
|-------------------------------|------------|
| Total Fat 4g | 5% |
| Saturated Fat 1.5g | 8% |
| Trans Fat 0g | |
| Cholesterol 5mg | 2% |
| Sodium 430mg | 19% |
| Total Carbohydrate 46g | 17% |
| Dietary Fiber 7g | 25% |
| Total Sugars 4g | |
| Includes 2g Added Sugars | 4% |
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| Potassium 240mg | 6% |

* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

2 Consider the Calories

When checking a food's calories, remember this guide:

100 calories per serving of an individual food is considered a **moderate** amount and **400 calories** or more per serving of an individual food is considered **high** in calories.

3 Choose Nutrients Wisely

The Daily Values are reference amounts of nutrients to consume or not to exceed each day for adults and children 4 years of age and older. % Daily Value (%DV) is the percentage of the Daily Value for each nutrient in a serving of the food and shows how much a nutrient in a serving of the food contributes to a total daily diet.

Nutrition Facts
Read the Label

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TIPS FOR KIDS

Insider Info: Did You Know



1 Size up Servings

TOP TIP

The nutrition information listed on the Nutrition Facts label—like the calories, dietary fiber, and added sugars—is usually based on one serving of the food.

Do the Math (And P.S.: It's easy!)

- Eating two servings of a food results in double the calories and nutrients that are listed on the label and three servings means three times the calories and nutrients ... and so on!

3 SERVINGS = CALORIES X 3

Did you know:

Food packages can—and often do—contain more than one serving! The only way to know for sure is to check the Nutrition Facts label. Some containers may also have information displayed per package.

2 Consider the Calories

TOP TIP

Calories from food provide the energy your body needs to function and grow. When you are active, you “burn” calories. To keep your body healthy, balance the number of calories you eat and drink with the number of calories your body uses.



Did you know:

Everyone's calorie needs are different and depend on age, sex, height, weight, and physical activity level. Curious about calorie needs? Check out www.choosemyplate.gov/MyPlatePlan.

3 Choose Nutrients Wisely

TOP TIP

Use %DV to see if a serving of the food is high or low in an individual nutrient and to compare food products.

To see how a food's nutrients stack up, follow this guide: **5% DV** or less of a nutrient per serving is considered **low** and **20% DV** or more of a nutrient per serving is considered **high**.

20% DV or more per serving is high

5% DV or less per serving is low

Did you know:

The Nutrition Facts label helps you monitor nutrients you want to get more of and nutrients you want to get less of.

- **Nutrients to get more of:** dietary fiber, vitamin D, calcium, iron, and potassium. Compare and choose foods **to get 100% DV of these nutrients on most days**.
- **Nutrients to get less of:** saturated fat, trans fat, sodium, and added sugars. Compare and choose foods **to get less than 100% DV of these nutrients each day**. Note: trans fat has no %DV. Use the amount of grams to compare foods and keep the intake of *trans* fat as low as possible.





Arkansas 4th H Club Challenge

Are your **4-H'ers** ready to commit? The University of Arkansas System Division of Agriculture Cooperative Extension Service would like to invite your club to participate in the **Arkansas 4th H Club Challenge!** Each club that completes the challenge **before the deadline** will enter into the **\$100 gift card drawing** for their district! The first **25 clubs** that complete the registration and pre-survey will get an **extra entry** into the **\$100 gift card drawings**. Each district will have three **\$100 gift cards** to win!

How does it work?

Apply three healthy meeting practices to your 4-H clubs/meetings from January - December 2020

Why is this important?

We pledge our “health to better living” and in order to learn, practice, and advocate for healthy choices we are challenging clubs to practice healthy choices during their meetings. Learning these healthy habits early can have lifelong effects on the health of 4-H'ers.

How does a club get started?

1. [Click here](#) to register and complete pre-survey
2. Download the challenge [Track-It Form](#) and record the dates
3. Share a picture of the physical activity and/or healthy snack demonstration from the meeting on social media. Be sure to use to include official hashtag **#AR4HHealthyLiving**
4. Upload your club's completed Track-It form and pictures to [Arkansas 4th H Club Challenge](#) box by December 1st, 2020.

Resources for Leaders and 4-H'ers

[Club Challenge Curriculum](#)

[Snack Recipes Ideas](#)

[4th H FAQ](#)

[4th H Parent Letter](#)

Need additional help?

Contact Amanda Welch, 4-H Program Associate; 501-671-2295 or awelch@uaex.edu with questions.