



Primary

Healthy Choices

Part 1

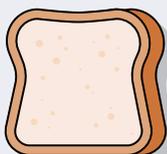
A. Look and complete. Then match.

Fruits



b _ _ _ _ _

Grains



b _ _ _ _ _

Dairy



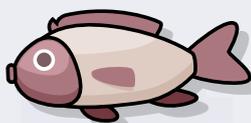
m _ _ _ k

Vegetables

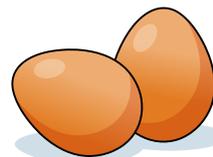


c _ _ _ _ _

Protein



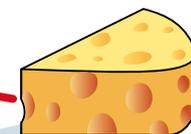
f _ _ _ _ _



egg



yogurt



cheese



cereal



rice



apple



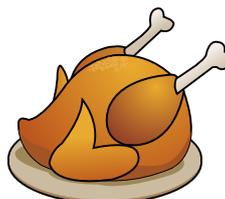
grapes



broccoli



spinach



chicken



beans



Part 2

A. Look at the title and the pictures in the blog entry below. What is it about?

Healthy meals

Sugar in snacks

How to sleep well

B. Read the blog. Then take the quiz.

https://www.snacksmart.co.hr

Snack Smart

Sometimes we get hungry between meals and need a snack at school. Many snacks aren't healthy because they have a lot of sugar. A little bit of sugar is OK sometimes, but too much sugar isn't only bad for your teeth; it can slow you down and even stop you from sleeping well! Fruits and vegetables have a little sugar. Some foods have a lot of sugar, like candy, cookies, and soda. One can of soda has 39 grams of sugar ... that's almost 10 teaspoons! It's the same as three bananas or two and a half apples!

Before you have a snack, find out how much sugar is in it. Foods and drinks we buy at the store have nutrition labels on the back. The label tells you about the total grams of sugar and the grams of added sugar. Foods and drinks with less than 10 grams of sugar are usually good. The best snacks are natural foods like fruits and vegetables, with milk or water to drink.

| Nutrition Facts | | | | | |
|--------------------|-----|---------|-----|-------|------|
| Serving Size 1 can | | | | | |
| Calories | 160 | Protein | 0 g | Sugar | 39 g |

= 10
 = 3
 = 2.5

QUIZ

Are you snack smart?

- 1. It's OK to eat snacks with a lot of sugar in them. Yes / No
- 2. It's difficult to sleep when you eat too much sugar. Yes / No
- 3. A can of soda has more sugar than an apple. Yes / No
- 4. It's easy to know how much sugar there is in foods we buy. Yes / No
- 5. Foods and drinks with 20 grams of sugar are good. Yes / No
- 6. Grapes and a bottle of water are a healthy snack. Yes / No



Part 3

A. Look and read. Color the snacks Red (Stop), Yellow (Be careful), or Green (Go).

Stop foods are unhealthy foods with a lot of sugar in them (more than 20 g).

Be careful foods are healthy, but still have a lot of sugar in them (between 10-20 g of sugar).

Go foods are healthy foods with the appropriate amount of sugar in them (less than 10 g).



| | |
|------------|--------|
| sweet nuts | 21.6 g |
|------------|--------|

| | |
|------|-----|
| nuts | 6 g |
|------|-----|



| | |
|-------------|------|
| granola bar | 10 g |
|-------------|------|

| | |
|-----------|------|
| candy bar | 30 g |
|-----------|------|



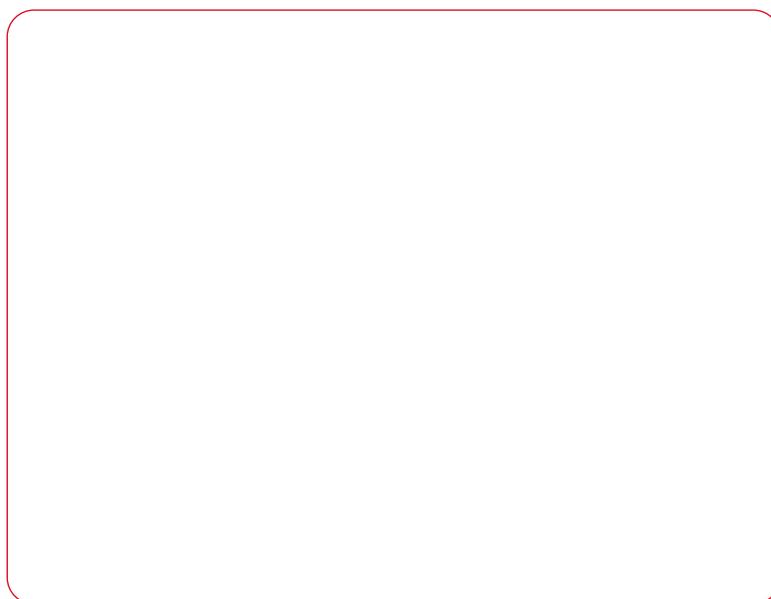
| | |
|----------------|------|
| chocolate milk | 38 g |
|----------------|------|

| | |
|-------|-----|
| water | 0 g |
|-------|-----|

B. Choose and draw your next snack. Share with the class.

Do a Snack Check before you choose.

- Am I hungry or thirsty?
- What are my choices/options?
- How much sugar is in my choice?
- Does this snack make me feel good after I eat it?





Extension

A. Read about two different snacks. Decide if you and your friends want to try them.



Stuffed dates (Jordan)

My favorite sweet snack for school is stuffed dates. They're easy to make and they are very sweet, but they aren't candies. Dates are fruits. They grow on date palm trees. Before you make them, wash your hands! Cut open the dates and take out the seed. Next, put an almond or another nut in the center of the date. Finally, enjoy! I love them! Sweet, chewy and crunchy!



Peanut butter apple sandwiches (USA)

My favorite foods are peanut butter and apples, so I invented my own snack to take with me to elementary school. I like to make peanut butter sandwiches, but I use apple slices instead of bread! I really like the salty taste of peanut butter with the sweet taste of apples. Match made in heaven!



candies
center
elementary school



sweets
centre
primary school

B. Work in groups. Design a menu with four healthy snacks you can eat at school.

- Think about healthy ingredients you can find in your country.
- Research recipes and ideas from your country and other countries.
- Try to include at least one idea from another country.
- Try to include one original snack idea. Invent your own!

C. Share and discuss your menus. Vote for the best ideas.