

Select Healthy Snacks with the Healthy Snack Turn™

Goal: To use the Healthy Snack Turn™ as a fun tool to build label-reading skills and promote healthy snack selections.

Lesson Objectives:

- Determine if typical snacks meet guidelines of fat, saturated fat, sugar, portion size, fiber, and % vitamins A and C, iron and calcium
 - Determine if schools meet criteria for a Healthy School Nutrition Environment.
 - Incorporate math skills into label reading.
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Time: Each activity takes about 30 minutes.

Preparation:

1. Ask students to save empty snack packages from home. Ask that they rinse the package insides with detergent and warm water and dry. Plan ahead as it may take several weeks to collect all the packages. Collect the following

Yogurt container – fruit flavored and plain

Pretzels and potato chips

Whole-grain cereal

Granola bars

Bag of mini carrots

Granola bars

Cookies, ice cream, and other sweets

Milk chugs

String /mozzarella cheese

2. Photocopy the **Take a Trip to the Grocery Store Worksheet** on pages 6 and 7. Copy the sample label on one side and the Grocery shopping list on the other side.

Classroom Activity

Review the following sample label for cookies with the class. Use the Healthy Snack Turn™ to help answer the questions. As you go through the label, ask students to turn to their sample label on their **Take a Trip to the Grocery Store Worksheet** and record their answers on the lines that correspond to the number you will be discussing.

Sample Cookie Label

NUTRITION FACTS	
Serving Size	3 cookies (33 g)
Servings Per Container	About 17
Amount Per Serving	
Calories 160	Calories from Fat 60
% Daily Value	
Total Fat 7g	11%
Saturated Fat 1.5 g	7%
Trans Fat 2g	
Polyunsaturated Fat 0.5g	
Monounsaturated Fat 3g	
Cholesterol 0 mg	0%
Sodium 220 mg	9%
Total Carbohydrate	8%
Dietary Fiber 1g	4%
Sugars 13g	
Protein	
Vitamin A 0%	Vitamin C 0%
Calcium 0%	Iron 8%

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1. Serving Size:

- Ask students to locate the serving size for the cookies. Also locate the weight of the serving size in grams or ounces. Write answers on line 1.
Answer: The serving size for the cookies is 3. The weight for the serving size is 33 grams.
- Ask students if they realistically would eat 3 cookies, more than that, or less?

2. Check the Calories:

- How many calories do the 3 cookies contain? Write answer on line 2.
The cookies contain 160 calories for 3 cookies.

Math: If you eat 6 cookies, how many calories would you eat?
Answer: 320 calories (160 x 2 = 320 calories)

How many calories does 1 cookie contain?
Answer: (160 calories divided by 3 = 53 calories)

3. Limit these Nutrients:

- Fat, saturated fat, trans fat, cholesterol, and sodium all should be limited. Too much of these nutrients can lead to heart disease. In older adults, a diet high in sodium can lead to high blood pressure.
- A product that contains 30% calories or less from fat is considered low in total fat and 10% calories or less calories from saturated and trans fat combined is low in saturated and trans fat. Another way to look at this is a product that contains 3 grams of fat or less per 100 calories is low fat. A product that contains 1 gram of saturated fat and trans fat combined for 100 calories is considered low saturated fat. Sometimes it is difficult to eat 30% of calories from fat and 35% is more realistic. These products cannot be labeled low fat, but the product is still not a high fat product.
- Look at the Healthy Snack Turn™. Ask students to turn the lavender arrow to 160 calories. Have them look in the small boxes below the 160 calories and answer the following questions.
- What are the maximum grams of total fat a 160-calorie product can contain to be considered low-fat (or contain 30% or less of total calories from fat)?
Answer: 5 grams of total fat or less for 30% of calories from fat and 6 grams of fat for 35% or less calories from fat
- What are the maximum grams of saturated fat and trans fat combined that a 160-calorie product can contain to be considered low saturated fat?
Answer: 2 grams of saturated fat or less

Using the Healthy Snack Turn™ , answer the following questions about the cookies.

- Is the fat within the recommended guidelines for 30% fat (less than 5 grams of fat)? Write answer on line 3.
Answer: No, it is 7 grams of fat.
- Is the fat within the recommended guidelines for 35% fat (less than 6 grams of fat)?
Answer: No, it is 7 grams of fat.
- Is the saturated fat and trans fat combined for the macaroni and fat less than 2 grams of fat? Write answer on line 4.
Answer: No, it is 3.5 grams of saturated and trans fat combined.

Math: A product that is labeled low-fat contains 3 grams of fat or less per 100 calories. In other words, the product contains less than $\frac{1}{3}$ of the calories from fat. Would a 200 calorie product with 8 grams of fat be considered low-fat?
Answer: No ($\frac{100}{8} = x/100$ and $x = 4$)

4. Limit Sugar to no more than 35% (by dry weight) in a product:

- The recommended upper limit for sugar is based on the serving size. Limit the sugar in products to no more than 35% sugar by dry weight (a little over 1/3 of the weight). This equation does not work for beverages.
- Sugar is in the form of monosaccharides (glucose, fructose, galactose) and disaccharides (lactose, sucrose, maltose) and contributes to the total carbohydrate amount. Naturally occurring sugar in fruit is called fructose and in dairy products is called lactose. Refer to the sample product label and find the sugar amount. Write the sugar amount on line 6.

Answer: 13 grams

- Use the Healthy Snack Turn™ and locate the instructions to determine the percentage of sugar by dry weight in your food. Locate the serving size of your product in grams in the small blue box above Serving Size on the front of the wheel. Turn the wheel until the serving size of your product appears in that blue box. Look above the blue box in the orange box for the maximum amount of sugar to stay within the 35% sugar guidelines.
- Ask students to turn the blue box to the serving size of the 3 cookies in grams (33 grams - find the closest amount). What is the maximum amount of sugar that is allowed to stay within the 35% sugar by weight?
Answer: The sugar amount should be limited to 12 grams.
- Is the sugar content 35% or less of the dry weight? Write answer on line 6.
No, these 3 cookies contain 13 grams, which is over 35%.

Math – 4 grams of sugar = 1 teaspoon of sugar. How many teaspoons of sugar does the 3 cookies contain?

Answer: 13 grams divided by 4 = 3.25

5. Look at the bottom left hand front of the Healthy Snack Turn™ for the following additional recommendations. Look for snacks that contain:

- 200 calories or less for snack items. Does this snack meet this requirement?
Answer: Yes, the 3 cookies are 160 calories
- 1 or more grams of fiber. Does this snack meet this requirement? Write answer on line 5.
Answer: Yes, the 3 cookies contain 1gram of fiber
- At least 10% of Vitamin A, Vitamin C, calcium and/or iron. Does this snack meet 10% of any of the above? There are 4 lines that correspond to each of the above.

Answer: No, the 3 cookies only contain 8% of iron. So the cookies do not contain 10% of any of the above.

6. Look on the back of the Snack wheel for recommended portion sizes. They are listed for all the different snacks.

- What is the maximum portion size for cookies?
Answer: Limit cookies to 2 ounces.

Math 28.35 grams equals 1 ounce. These cookies are 33 grams, or just over 1 ounce. Do they fit in with the recommended portion limitation to 2 ounces?

Answer: Yes

7. Take the Healthy School Nutrition Environment Checklist on the back of the Healthy Snack Turn™.

- Ask students to complete the Healthy School Nutrition Environment Checklist. Ask what your school needs to work on? Click onto kidfitconnections.com for a link of resources to help your school work towards items on the checklist.

Grocery Store Activity

Pass out 1-2 labels to each student and have them use the Healthy Snack Turn™ to answer the following questions about their product(s).

Take a Trip to the Grocery Store Worksheet

Use your *Healthy Snack Turn™* to answer the following questions.

Answer these questions at the grocery store:	Write your Answer in the box
What is the serving size?	
How many calories in the serving size?	
Is the total fat less than 30% of total calories?	
Is the total fat less than 35% of total calories?	
Is the saturated fat less than 10% of total calories?	
Is the sugar less than 35% of dry weight?	
Are the calories less than 200?	
Does the snack contain 1 gram of fiber or more?	
Does your snack contain at least 10% of calcium?	
Does your snack contain at least 10% of iron?	
Does your snack contain at least 10% of vitamin A?	
Does your snack contain at least 10% of vitamin C?	
Is the portion of your snack within the recommended amounts on the <i>Snack turn</i> ?	



Sample Cookie Label

NUTRITION FACTS	
Serving Size	3 cookies (33 g)
Servings Per Container	About 17
Amount Per Serving	
Calories	160
Calories from Fat	60
% Daily Value	
Total Fat	7g
Saturated Fat	1.5 g
Trans Fat	2g
Polyunsaturated Fat	0.5g
Monounsaturated Fat	3g
Cholesterol	0 mg
Sodium	220 mg
Total Carbohydrate	
Dietary Fiber	1g
Sugars	13g
Protein	
Vitamin A	0%
Vitamin C	0%
Calcium	0%
Iron	8%

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