

## Healthy vs. Unhealthy Snacks Demonstration

### SNACK #1 DEMONSTRATION= SNICKERS, CHIPS, AND POP

1. To begin this demonstration, take out the blender top and explain that the blender will represent the students' stomachs today.
2. Tell the students that you will now be looking at snack #1, which is a snickers bar, chips, and a pop. Ask the students how many of them have ever eaten this as a snack or eaten one or more of the foods together as a snack.
3. Now tell the students that we will be analyzing the nutrients that are put into our bodies when eating this snack. Remind them that they will be writing down all this information on their own sheets of paper to be handed in at the end of the period.
4. Start with the chips. Explain that one of the things we really need to be careful with in nutrition is portion size. Look at the back of the chips bag and see that 30 small chips is one serving size. Explain this to the students and count out 30 chips into the blender top (you will notice that 30 chips in the chili-cheese fritos case is only about a handful). Ask the students if they would usually eat more than that and the overall answer will be "yes". So, tell them that we will assume that they are going to eat 2 servings of the chips today. Ask them what that means we will need to do when reading the nutrition information on the back of the bag = double the amounts.
5. Then go through and write on the board all the nutrition information for the 2 servings of chips. I usually just write down the most important nutrients or the ones which will make a point as I go on (ex: calories, fat, saturated fat, unsaturated fat, trans fat, sodium, fiber, sugars, protein, any of the main vitamins and minerals).
6. Next move to the snickers bar. Explain that you are still hungry and find the snickers bar in the pantry. Read and write down the nutrition information for the candy bar and then break it up and put it into the blender.
7. Next explain that you are now thirsty, so you go to the fridge and find a 20 oz Pepsi to drink. Again, write down the nutrition information for the pop. At this time I like to discuss how bad pop is for you and that it doesn't give your body anything, which is why it is considered empty calories. Many times students will ask about diet pop, so we have that discussion as well. After you have done some discussion, pour the pop into the blender.
8. Now put the blender lid on and blend up all of snack #1 together. The students will really get into this part ☺ Take the lid off and let the students see the results – it looks and smells pretty gross. I then take the blender around to each student and let them smell and see what is now inside their "stomach".
9. When all students have seen and smelled snack #1, I bring it back to the front and ask: All joking aside, how many of you would drink this if you walked into this room and did not know what went into that blender? Of course you will have some that say yes, but for the most part they will say no.
10. I then tell them that their reaction to the "stuff" blended in the blender is the same reaction their body has. I tell them that their bodies say, "gross, disgusting – don't

- put that junk in me because it is doing NOTHING for the well being of my health.”
11. Then we go back and add up all the totals for all the ingredients in snack #1. We also analyze whether or not the nutrients given to us from snack #1 are helping or hurting our bodies to reach their full potential.

### **SNACK #2 DEMONSTRATION: YOGURT DIP WITH APPLES**

*Individual recipe – if a student wanted to make a single serving at home:*

*8 oz. low-fat vanilla or plain yogurt  
3-4 Tbsp apricot preserves (low sugar)  
1/8 tsp cinnamon  
One sliced apple or any other fruit for dipping*

*Class recipe – what I use to make for the class so they get to sample the healthy snack*

*1/2 of one 20 oz. container of low-fat vanilla yogurt  
1/4 - 1/2 cup apricot preserves (low sugar)  
1/4 tsp cinnamon  
2 bags of sliced apples*

1. Now explain to the students that we will be looking at snack #2 = yogurt dip with apples/fruit.
2. Remind the students that we will again be writing down the nutrient information for this snack to see what it gives to our bodies.
3. Start off with low-fat vanilla yogurt. You can go with non-fat if you want, but I use this as an opportunity to talk about sugar content in yogurt. We also talk about yogurts that have less sugar, but that many of these have the artificial sweeteners in them. I use this as a way to discuss artificial sweeteners and what the research has found regarding this topic.
4. Write down the nutrient amounts for 1 serving of the yogurt on the board. Explain to the class that you will be making more for the whole class to share.
5. Now write down the nutrient amounts for the apricot preserves. For this part I do use low-sugar preserves and explain that I am using less of the preserves than yogurt, so there is less artificial sweetener in this ingredient. I really just emphasize everything in moderation.
6. Now put the cinnamon in the yogurt dip and ask if you need to write anything on the board. Most of the time students will say yes or that you need to add to the “sugar” nutrient category. However, this is a great opportunity to talk about the role of herbs and spices to add flavor to food without adding a lot of salt, sugar, or fat.
7. Then write down the information for one apple. I tell the students we will imagine that they are eating one apple with their dip, but that they really could eat any fruit they wanted with this dip.
8. Before the students get to sample the apples and dip, add up the nutrient amounts for snack #2. Compare these amounts with the amounts for snack #1 and determine which snack is more healthy and why.

9. I tell the students that their bodies say, “yes, thank you”, when they put snack #2 into their bodies because the nutrients given from snack #2 allow the body to function the way it is supposed to. It gives the body the nutrients and energy it needs to be at top performance.
10. Now let the students come up and have a sample of the yogurt dip and apples as a healthy snack.