

Materials	Index card or small paper, pencil, food items of choice
Learning Outcome	Identify healthy foods and prepare a healthy no-bake snack.

## Description

Invite the child to create a healthy no-bake snack using the food you have. Discuss what types of ingredients could go into a healthy snack. If needed, encourage the child to look at [Canada's Food Guide](#) for a review of healthy foods. Still need ideas? Encourage the child to do a web search of healthy no-bake snacks to get ideas.

Ask the child to write down the ingredients and instructions for their snack on the index card so they can refer to it while preparing the snack. Be sure to support the child with washing and chopping the food as needed.

While enjoying the snack together, brainstorm a name for the snack!

## Healthy Eating Competencies



### THINK

Develop cognitive skills and strategies that facilitate knowledge about healthy foods, food habits, food preparation, and food safety.



### FEEL

Develop affective skills and strategies that facilitate healthy food relationships with themselves, with others, and with their environment.



### ACT

Practice behaviour skills and strategies that facilitate healthy eating, food habits, food preparation, and food safety.



## Reflection Questions

Reflection is important to support learning for healthy eating. Consider asking the child the reflection questions below and discuss the answers together.

- *Did you find it easy or difficult to create a snack? Why or why not?*
- *Are there store bought snacks that you could replace with homemade snacks? Which ones?*