

Materials	Access to the internet, paper, pen, ingredients of choice (optional)
Learning Outcome	Identify snacks with sugars, sodium, and saturated fat and research alternatives.

## Description

Explain to the youth that it is important to have alternatives to snacks that contain sugars, sodium, or saturated fat. Ask the youth to identify some common snack foods that contain sugars, sodium, and saturated fat (e.g., chips, chocolate bars, soda, etc.).

Once they have identified some foods, ask the youth to research alternatives for these snacks. Examples include:

- Potato chips → Kale chips
- Candy → Dried fruits
- Ice cream → Homemade frozen yogurt
- French fries → Baked sweet potato sticks
- Soda → Naturally flavoured water (e.g., chopped apples and a cinnamon stick)

Discuss the alternative snacks they researched and talk about how they could make a habit of choosing these snacks (e.g., make them in advance for the week, etc.).

If the ingredients are available, encourage the youth to make one of the snack alternatives.

## 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 youth the reflection questions below and discuss the answers together.

- *How can emotions relate to snack choices?*
- *How can you make healthy snack choices when you are not at home?*