

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. [Canada's Food Guide](#) suggests limiting foods with these nutrients. 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 , or homemade ice cream in a bag
- French fries → Baked sweet potato sticks, or homemade french fries
- Soda → Naturally flavoured water (e.g., chopped apples and a cinnamon stick)

Youth can also research how to make similar snacks without the added sugars, sodium, or saturated fat.

Discuss the alternative snacks they researched and talk about how to prepare these snacks. If the ingredients are available, encourage the youth to experiment with the ingredients to make a snack that is lower in sugars, sodium, and saturated fat. If the ingredients are not available, encourage the youth to experiment with the ingredients available to make a snack that is lower in sugars, sodium, and saturated fat.

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.

- *What other snack alternatives are you interested in trying?*
- *How can you include vegetables and fruits, whole grain foods, and protein foods when you are not at home?*