Snack Attack

**Audience:** Families with children ages 3 through 5 years

**Objectives:**

- Provide experiences that identify the connection between healthy snack foods as energy and exercise.
- Provide exercise experiences to encourage physical activity and energy balance among parents with their children
- Participants will select an activity from the Fit WIC Activities book to try at home.

**Time:** ~15 minutes

**Materials:**

- Fit WIC Activities book and kit
- Fit WIC display board with Activity Pyramid
- Optional materials:
  - Book: We Like to Eat Well
  - Recipe: Fruit Smoothies

**Lesson Plan:**

1. Welcome, Introduction (1 minute)
   a. Introduce self and welcome participants to Fit-N-Fun Playtime!

2. Warm Up Activity (3 minutes)
   a. “Tell us your name and tell us what is your favorite snack”

3. Discussion Points (5 minutes)
   a. Briefly state the purpose and length of Fit-N-Fun activity.
   “Feeling good means drinking low fat milk and doing activities together as a family. So, today we are going to talk about the snacks we eat and some Fit-N-Fun Activities. Your body needs exercise/activity as much as it needs food!”
   b. “Think about the snacks you and your child had yesterday”. 
c. “Snacks are mini meals for your child’s small stomach so make them count. Foods you serve at meals are often great for snacks too.”
d. Identify “sometimes” snacks and discuss balancing “sometimes” with “anytime” snacks
e. Good snacks: Pick something from the pictures on the kids food pyramid to offer for a healthy snack. Combine 2 or more for an even better snack/mini meal.”
f. Reaction statements: “I have some statements I'd like to get your reaction to. The first one is: ‘Very few children eat fruits and vegetables as snacks.’ What/how does this statement make you think and feel?” The second statement is: ‘WIC recommends that snacks be a mini-meal and that snack foods come from one or more food groups.’ What/how does this statement make you think and feel?”

3. Fit-N-Fun Activity (5 minutes)
a. Choose from the following activities from the Fit WIC Parents Guide to conduct with caregivers & children:
   • Toss n Catch (p. 42)
   • Limbo (p. 32)
   • Tight Ropes (p. 32)
   • Balancing Act (p. 34)

4. Closing & Take home message (2 minutes)
a. Give Fit WIC Activities book and kit
b. Have participants choose an activity from the Fit WIC Activities to do at home.
c. Give supplemental educational materials (may include recipes, children’s book, fact sheet)
d. Balance energy in and energy out: Play Every Day & Choose snacks that count
Snack Attack Recipes
Healthy and delicious!

Fruit Smoothies
Fruit smoothies are a great treat, but good for you too.
Serving size: 1 ¼ cup

Almost any fruit can be used.
Put some of your fruit in the freezer before using to make your smoothie cold.

2 cups skim or 1% milk
1 cup juice, unsweetened
4 cups of fruit

In a blender, combine the milk, fruit and juice. Blend until smooth.

Nutrition information per serving: Calories-150, 6 grams protein, 0.5 grams fat, 32 grams carbohydrates, 65 milligrams sodium, 0 milligrams cholesterol.

Honey Oatmeal Raisin Muffins
Serves: 12 Serving size: 1 muffin

1 ½ cups quick-cooking oats
1 cup all-purpose flour
1/3 cup firmly packed brown sugar
1 Tablespoon baking powder
½ teaspoon salt
2/3 cup skim or 1% milk
1/3 cup applesauce
1 egg, beaten
¼ cup honey
½ cup raisins
½ cup chopped walnuts (optional)
Vegetable cooking spray

1. Preheat oven to 400 degrees.
2. Combine all dry ingredients in large mixing bowl: oats, flour, brown sugar, baking powder, and salt. Mix well.
3. Add milk, applesauce, egg, and honey to dry ingredients: mix until moistened.
4. Add raisins and nuts, mix well.
5. Spray vegetable cooking spray into 12 medium size muffin cups. Fill each cup 2/3 full with muffin batter.
6. Bake in oven for 15 to 18 minutes or until golden brown.

Nutrition information per serving: 200 calories, 5 grams protein, 5 grams fat, 35 grams carbohydrates, 260 milligrams sodium, 20 milligrams cholesterol.