



Assembly Extending Lesson: Healthy Snacks Grades 6-12

NEP Assembly Extending Lesson: Healthy Snacks, Snacking Ad Appeal Grades 6-12

I. **NEP Objectives:**

- A. Children/youth will be able to identify a healthy variety of snacks.
- B. Choose a diet low in saturated fat and cholesterol and moderate in total fat.

II. **Educational Standards:**

- A. 1.2 Reading Critically in All Content Areas
- B. 1.4 Types of Writing
- C. 1.6 Speaking and Listening
- D. 10.1 Concepts of Health
- E. Healthful Living

III. **Content**

- A. Students will be able to read nutrition labels to guide the choice of healthy snacks.
- B. Students will recognize marketing strategies for sales versus health.
- C. By the end of the session, students will be able to identify healthy snacks

IV. **Materials**

- A. Copies of nutrition fact labels for snacks below
- B. Sunny Delight, Lays Potato Chips, Capri Sun, and Hershey's Chocolate
- C. Current Event: "Zero Tolerance for Junk Food at Schools?"
- D. Label Exercise: "Read It and Eat It"
- E. Recipe: Sandoodles

V. **Procedure**

- A. Introductory:
 - a. Write the following slogans on board, without writing the names of the products they represent: (Remember, these are snacks that have catchy slogans. They are not examples of healthy snacks).
"Unleash the Power of The Sun" (For Sunny Delight), "Betcha Can't Eat Just One" (Lay's Potato Chips),
"Liquid Cool" (Capri Sun), "Happiness" (Hershey's Chocolate).

b. Explain that a “slogan is a catchy phrase that reminds people of a product. The people who come up with these slogans hope that they will “pop” into the minds of their customers (including kids) and put them in the right mood for buying their product.

c. Ask the class if they know any of the products associated with each slogan. Write the product next to each slogan. If the students remember more than half, explain that this shows how effective the slogans can be.

B. Developmental:

a. Divide the class into four groups. Assign a slogan to each group. Each group must determine if the slogan used to sell their product is effective and if there is anything about it that is “sneaky.” Does the slogan communicate facts about the product? Is the slogan literally true? Does the slogan use puns, alliteration, or metaphors? (example: Does Sunny Delight actually “unleash the power of the sun?”). Does the slogan lead you to believe that the product is healthy? Is the product healthy? Allow each group to use the nutrition labels from these snacks to analyze their nutritional content.

C. Concluding:

a. Have each group briefly report their observations about the slogans.

D. Recipe:

a. Pass out Sandoodles recipe sheet; encourage students to try it at home.

E. Extending:

a. Explain to the class that “Eat 5 A Day For Better Health” is a slogan that encourages people to eat more fruits and vegetables. Have each group come up with their own catchy slogan for a healthy snack.

b. Ask students to bring in empty food packages from the snacks they eat, ask them to cover up the brand names with tape. See if the students can recognize the product from its packaging. Ask why do they think the company designed the package the way they did. Does the package make you think it is healthy? What about the package indicates that it is healthy?

c. Have each student design their own package for a healthy snack.

d. Distribute current event article, “Zero Tolerance for Junk Food at School?” (in attached packet).

e. Try worksheet, “Read it, then Eat it.” (in attached packet)