

# HEALTHY HABITS

## Senior High

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### Description

How many children could tell you what a healthy snack is? How many children could tell you a healthy snack they would like to eat? How many children could tell you a healthy snack they could and make by themselves? As the numbers become smaller and smaller after each question, people become aware that children need to be taught how to recognize healthy snack and how to prepare them. Most children would like to choose nutritious snacks, but the problem is that it is easier to choose prepackage snack food that is not as good for you. Family and consumer science classes and FLA can encourage children to eat healthier by showing them how to make nutritious choices and snacks.

### Family and Consumer Sciences Classes

- Wellness
- Child Development
- Healthy Decisions
- Creative Foods

### Classroom Activities

- Invite dietitians to speak to your class and create a presentation for elementary kids about healthy eating.
- Host a picnic in the park with games and healthy snacks.
- Have a lab for 4-6 graders on healthy snacking.
- Send a newsletter home for parents with ideas of healthy snacks and how they can encourage their kids to eat healthier.

### Class Connection of FCCLA Projects

- STAR Event--Illustrated Talk, Focus on Children, Show Me
- Student Body
- Public Relations to promote healthy eating.

### Resources

- Developing Child: Understanding Children and Parenting. Macmillan/McGraw-Hill. 1998. 5<sup>th</sup> edition.
- Student Body Manual (1990) FCCLA.

### Connection to Minnesota Graduation Standards

- Community Service-Service Learning