

Week 2: Snack Attack

Time Needed	Materials Needed	Set-Up Needed
30 minutes	Healthy Power Bites Recipe	2-Tables Bowls for each participant Whole Oats Peanut Butter Honey Flax Seeds Chia Seeds Vanilla Mini Chocolate Chips
Task, Content, Rational Aim	Background, Givens, Focus	Group, Mood, Experiential Aim
Get participants to think about healthy snacks vs not so healthy.	Focus on healthy snack choices.	Easy to create healthy snacks
Topic	Procedural Steps/Activities/Key Points to be made	
Introduction	Keeping yourself healthy and well is important for you personally, for your family. In addition to eating well there are other ways to take care of yourself by choosing healthy snacks that will give you energy and less sugar.	
Discussion	<p>HANDOUTS:</p> <ul style="list-style-type: none"> • Healthy Power Bites Recipe <p>Ask participants what are their favorite snacks?</p> <p>Ask participants to look at their favorite snacks and read the label for the grams of sugar. Share with participants that 4 grams of sugar = 1 teaspoon.</p>	
Activity	Go to the back of the room and we together will make healthy power bites.	
Debrief	<ul style="list-style-type: none"> • What did you think about this recipe? • Would this be something that you might try at home? • What other ingredients might you add? 	
Wrap-Up	Other types of snacks might be a healthy trail mix (almonds, pecans, peanuts, walnuts, pumpkin seeds, yogurt chips, dark chocolate chips and unsweetened coconut); You can almost put anything into a trail mix.	