

MANAGING SELF



SNACK TIME!

Choosing the best time to top up your energy

Having a healthy snack is a good way to top up your energy level. When is it a good time to snack, and how big should a snack be? Look at each of the times below. Decide what should go in each box: ✓ (a good time to snack) or ✗ (not the best time for snacking).

- All through the day
- If you are playing a lot of sport or exercising a lot
- At morning and afternoon break times
- During a long family walk
- Instead of eating a meal
- If you are going to be late for a meal
- Just after you've eaten a meal
- Just before you go to sleep



It's OK
to snack ...

... but choose
the best time!



EXPLORE!



When is a snack not a snack?

A snack is something small that gives you that little burst of extra energy you need to get things done before your next meal. A piece of fruit or a handful of nuts is a healthy choice for a snack. A pizza is not a snack: it's a whole meal. Healthy snacking can stop your tummy rumbling until your next meal, and

then stop you overeating when you do sit down to lunch or dinner. Water and milk are the best snack time drinks.



Sarah knows that veggie sticks are a healthy snack.

1. Look at the timeline below. It shows events in Sarah's day. Think about the best times for Sarah to have a snack, and explain why. Now do the same for your day.

Wake up → Breakfast → School → Morning swimming → Morning break



Lunch/football practice → Afternoon break → Football game → Dinner → Bedtime

2. Brainstorm all of your favourite healthy snacks. You can do this as a family or a class, or with a friend. Choose ten of these snacks and put them into a booklet with illustrations. For some you may need to list the ingredients and explain how to make the snack.
3. Create a pamphlet that gives good advice to your family and friends about snacking. Make sure the information you use is positive and shows the benefits of healthy snacks between meals or when you need extra energy.

CHECK THIS OUT!

The Heart Foundation website has some good information on snacks: <https://www.heartfoundation.org.nz/healthy-living/healthy-eating/under-fives-nutrition/snacking>

