

## Good Snacks, Bad Snacks

**Introduction:** With all of the fast foods and sugary snacks available to children, it is difficult to get them to choose healthy snacks. In this lesson, students learn the difference between “good” snacks and “bad” snacks and get a chance to see that “good” snacks aren’t just good for them, but they taste good, too!

**Grade Level and Subject:** Kindergarten Health

**TEKS:** 1A, 1B, 1C, 3B, 6C, 6D

**Materials:**

anti-bacterial hand wipes for each student

one whole orange

one whole carrot

small bunch of grapes

whole wheat cracker box

one small bag of potato chips

one candy bar

For each student, have one serving each of grapes, orange slices, carrot sticks, and whole wheat crackers.

crayons

**Resources:** Coloring worksheet (attached)

**Websites:** Some images for the worksheet were found at the following website:

<http://www.preschoolcoloringbook.com/noline/nlfood.shtml>

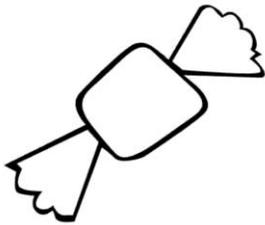
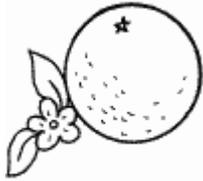
**Activity:** Ask students to give examples of healthy snacks. Discuss why these snacks are good for them. Ask students to give examples of unhealthy snacks. Discuss why these snacks are not good for them. Hold up an orange and have the class say “good” or “bad.” Repeat this with the carrot, potato chips, grapes, crackers, and candy bar. Ask students which of the five foods they should not eat. Ask them which of the five foods they should eat. Give each student an anti-bacterial wipe, and discuss the importance washing their hands before eating. Be sure students understand that just because their hands look clean does not mean that they are clean. Talk a minute about germs. Then distribute the “good” snacks to students. While students are eating their snacks, distribute copies of the attached worksheet, and instruct them to color each snack. When they finish coloring, ask them to put an “X” over the “bad” snacks, and circle the “good” snacks.

**Evaluation:** Evaluate students for understanding during discussion sessions. Check worksheets for accuracy.



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Updated February 2016



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