

A HEALTHY SNACK

"Hey Mari! What are you doing with that packet of biscuits?" asked Nan.

"I'm just going to have a snack before training." Mari looked down at the packet in her hand. "Biscuits are not a snack, they are a food you should eat occasionally. Snacks are things you can eat everyday and contain nutrients like protein and vitamins."

"What can I eat then Nan? I'm really hungry."

"A snack needs to fill you up, but not too much or you won't feel like dinner. You need to eat something that will boost your concentration and energy levels. I'd like to see you choosing something from one of the 4 main food groups Mari. Chocolate isn't one of the food groups is it?"

Mari giggled. "I wish. Chocolate is yum."

"Healthy food can be yum too Mari." Nan opened the fridge and Mari peered around her shoulder. "We have lots of fruit or veges. How about an apple or a carrot?"

"I had an apple at lunchtime." Mari spotted the cheese. "I'd rather have a big chunk of cheese please."

"Cheese is a good choice, but it contains fat so it's a sometimes food." Mari looked puzzled so Nan explained "You can have a bit of cheese, especially if you have it with something else."

What about cheese and tomato crackers?" asked Mari. Nan smiled and began helping Mari prepare her snack.

Mari didn't want to admit it but Nan was right. Healthy snacks are yum!



Be a food detective

We can eat healthy snacks everyday. Nan talked about everyday foods, sometimes foods and occasional foods. Can you explain the difference?

Follow the link to Harold's Food Analyser (www.healthyharold.org.nz) to decide where these foods fit by looking at how much fat and sugar they contain. Which ones might make a good snack?



	Every day	Sometimes	Occasionally
Banana			
Original Cut Potato Chips - Salt & Vinegar			
Marshmallows			
Carrot			
Pretzels			
Capsicum			
Salada crackers and Hummus			

Use Harold's Food Analyser to look at different types of popcorn as a snack.



Popping corn - Butter mix



Microwave popcorn - Sweet and Salty

Is either one healthy?

Is there a way to make healthier popcorn?