

SNACK TIME

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).

- If you are playing 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
- All through the day



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.

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



swimming



Lunch/football practice



Afternoon break



Football game



Dinner



Bed



Sarah knows that vege sticks are a healthy snack.

Think of your favourite healthy snacks. Share as a family why they are healthy.



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>

