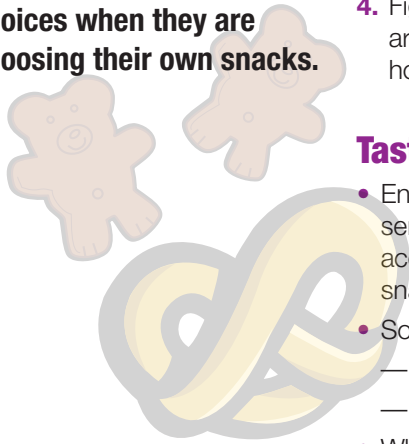


Spot the Block When Choosing Snacks

Any time is a good time to talk about nutrition and healthy eating. More and more children and tweens are spending time alone after school – and you help your kids **Spot the Block** so that they can make good choices when they are choosing their own snacks.



The Activity:

1. Ask your kid(s) to select a bag of cereal, chips, **cookies, crackers or pretzels**. Have them measure out how much they would usually eat for a snack into a bowl. (Make sure they don't peek at the label.)
2. Next, have them **Spot the Block** (check the serving size on the Nutrition Facts Label) and measure out a "serving" according to the Nutrition Facts Label into another bowl.
3. Together, **compare the two portions**. Discuss how the two amounts differ. Are they surprised to see what an actual serving size for this snack is?
4. Figure out the calories of what they typically eat for a snack. Remind them that if they are eating two servings, they will need to **double the calories** per serving to calculate how many calories they are actually eating.

Tasty Tips for Snacks

- Encourage portion control for snacking, and work with your children to measure out the servings for favorite snacks. The snacks can then be portioned out into single servings according to the amount listed as a "serving size" on the nutrition label. Try using individual, snack-size plastic zipper bags.
- Some healthy, filling snack choices are:
 - Baked chips
 - Dried fruits
 - Trail mixes with nuts
 - Low-fat yogurt and low-fat cheeses
- When considering calories, keep this easy range in mind: 100 is moderate and 400 is high.

Recap Questions:

1. What did you like the best about this activity?

2. What did your child say about this activity?

3. What do you think your child learned, if anything?



SPOT The Block

Spot the Block When Packing Lunch

Lunchtime is a great time to **Spot the Block**. Remind your children to **Spot the Block** in the cafeteria... and make it a family habit when packing lunches.

The Activity:

1. Challenge your children to pack a 600 calorie lunch to take to school or fix at home! Siblings can see whose lunch choices add up to the best choices. Remind them to tally all sandwich ingredients, including condiments!

Ingredient/Item	Calories
Total	

Tips for Building Tasty, Healthful Lunches:

- For foods that come with more than one serving per package, have your children measure out **one serving**.
- Sandwiches can vary in shape and size – so don't limit lunches to traditional breads. Try whole grain tortillas, pitas, and even whole grain English muffins. Fiber is a **nutrient to get more of**, and can be found in lots of whole grain breads. Have your children **Spot the Block** on different types of breads to see how many grams of fiber each contains.
- Spreads and dressing count in the overall calorie tally. **Spot The Block** on the spreads and dressing that your family uses on sandwiches. You and your children may be in for a surprise!
 - Try mustard or hummus instead of mayonnaise.
- Fill your sandwich with lots of “extras” – but make the extras count. Have kids try to pack lunches that include the nutrients to get more of – fiber, Vitamin A and C – and encourage your family to try some of these tasty add-ins to give a sandwich a whole new personality!
 - Crunchy lettuce
 - Sliced tomato
 - Thin slices of cucumbers
 - Chopped red pepper
- Nutrition bars and granola bars are easy and “packable” for a delicious snack, but don't forget to **Spot The Block** on these lunchbox additions. Many of these bars are more like a cookie than a health bar. Choose one that is close to 100 calories and has lot of nutrients to get more of.



Recap Questions:

1. What did you like the best about this activity?

2. What did your child say about this activity?

3. What do you think your child learned, if anything?



Spot the Block At the Supermarket

One of the best ways to get kids interested in what's in their food is to let them participate in the decision-making process. Take them grocery shopping! It's a great chance for them to compare and contrast their favorite foods and "get their food facts first."



The Activity:

- Take your child to the cereal aisle at your favorite supermarket.
- Have him/her Spot The Block to find a cereal that has low sugar and high fiber:
 - Which cereal has the fewest grams of sugar?
Name: _____
Grams of Sugar: _____
 - Which cereal has the highest amount of fiber?
(Remember...5% DV is low and 20% DV is high).
Name: _____
%DV of Fiber: _____
- When you return home, have him/her compare to the cereal you currently have at home.
 - Lowest Grams of Sugar in cereal at home: _____
 - Highest %DV of Fiber in cereal at home: _____

Recap Questions:

- What did you like the best about this activity?

- What did your child say about this activity?

- What do you think your child learned, if anything?



SPOT The Block