

Good Grinding for Wise Dining  
Regular Eating  
Lesson 14: Nutritious Snacking  
*“Eat a little, do it often”*

Action: Ask someone in the audience to assist you. Give the tally sheet to this person and have them count the number of participants in the audience and record on tally sheet. At the end of the lesson, you will ask the participants 3 questions and your assistant will record the amount of people agreeing with the statement on the tally sheet.

Action: Pass out “Nutritious Snacking” handout. Begin lesson when everyone receives a handout.

Read the following: Today, we are going to talk about nutritious snacking and the importance of eating regularly throughout the day. We should eat a little, and often.

Action: Everyone repeat the following with me, “eat a little, do it often.”  
**Have participants repeat the following:**

Read the following: Eating food and drinking water regularly throughout the day is important for us to maintain energy and to be healthy. We should eat regularly throughout the day. Some of us feel that snacking will spoil our appetite. Eating snacks, not full meals, 2-3 hours before a meal should not ruin our appetites. In fact, we should eat 5-6 small meals and snacks throughout the day. We should also drink water regularly with and between meals and snacks.

Action: Everyone repeat with me, “eat a little, do it often.”  
**Have participants repeat the following:**

**Read the following:**

Here are some snack suggestions. We can prepare half a sandwich with tuna, egg, *cold cuts*, or other filling with lettuce, tomato, cucumbers, and other veggies. We can then share the other half with a friend.

We can also snack on boiled eggs, cheese, nuts, pudding, apple sauce, or yogurt and fruit. Mixing *yogurt* with frozen fruit such as frozen mixed berries or assorted frozen mixed fruit will make a slushy frozen yogurt treat. So ono!

How many of us like to eat cereal? We can add fresh, frozen, canned, or dried fruit in dry or cooked cereal with milk. We do not have to eat cereal only at breakfast time. Eating cereal anytime in the day makes an excellent snack!

**\* Optional:  
Read the following:**

After this lesson, I will demonstrate how to make *trail mix* using cereal.

**Read the following:**

Another nutritious snacking idea is to make cheesy veggies. Cheesy veggies can be made easily in the microwave. Melt American, cheddar, or other type of cheese on fresh, frozen, or canned veggies. Frozen broccoli with melted cheddar cheese makes a delicious snack.

Baked *Russet potato* or sweet potato is a wonderful snack. It can be made easily in our rice cooker or microwave.

**Action:  
Ask the following question:**

What other kinds of snacks do you like to eat?

\*Gently encourage people to participate. Thank participants for sharing.

**Read the following:**

We can enjoy snacking during the day without ruining our appetite. We should eat when we are hungry and not because we are bored or have nothing else better to do. It is actually healthy for us to eat 5-6 small meals throughout the day.

Action: Everyone repeat with me, “eat a little, do it often.”  
**Have the participants repeat the following:**

Read the following: It is okay if we do not completely finish our meals or snacks. We can save our leftovers in the refrigerator to be eaten later. What if we are not sure if it’s still good to eat? What if it is spoiled? If we think it’s bad, we should not eat leftover food. It is not worth getting sick. *Food poisoning* may cause nausea, vomiting, cramps, and mild fever. These symptoms are similar to the flu. In the past, we may have thought we had a “24 hour” flu, but we may have actually had *food poisoning*. So when we are in doubt, we should throw it out.

Action: Repeat with me, “When in doubt, throw it out.”  
**Have participants repeat the following:**

Read the following: Now I am going to read three statements. Please raise your hand if you agree with the statement. The first statement is: I plan to eat 5-6 small meals and snacks every day.

Action: Ask your assistant to count the number of participants who raise their hand and record on the tally sheet.

Read the following: How many of you agree with this next statement: I plan to always throw out food if I think it’s spoiled.

Action: Ask your assistant to count the number of participants who raise their hand and record on the tally sheet.

Read the following: The last statement is: I plan to drink water regularly throughout the day. How many people agree with this last statement?

Action: Ask your assistant to count the number of participants who raise their hand and record on the tally sheet.

**Read the following:** That's the end of this activity. Thank you for listening. Please check with your doctor or health care professional before making dietary changes.

**\*Optional: Trail Mix Demonstration (see Recipe Index Pg 233)**

Any type of cereal can be used to make the *trail mix*. Use different types of shapes (circle, square, etc.) to make the trail mix more interesting. Add dried fruit such as raisins or dried cranberries, nuts or seeds.

**Read the following:** Now, we will make a trail mix with (say the type of cereal and other ingredients you will be using). The recipe is very easy! We will mix all these ingredients together. It can be stored in a sealed plastic bag or other airtight container until ready to be eaten. I will wash my hands with soap and water before I begin making the recipe.

Action: Wash hands with soap and water before beginning.

- In a large bowl, MIX circle shaped cereal and square shaped cereal and other ingredients.
- KEEP in airtight container.

**Read the following:** See how easy that was! Nutritious snacking can be very easy.

Action: Pass out food.