



CSF8

COOKING SKILLS AND FOOD

Snack Smarter

Time: 70 Minutes

Learn how to slice up a simple snack with easy and healthy tips. Snacking smarter with fruits and veggies will help you get lots of vitamins, minerals, and fiber to help you look and feel your best!

OBJECTIVES:

- Identify healthy snacks.
- Describe tips for mindful snacking.

SETUP

- Review resource list and print it out. Purchase all necessary supplies after reviewing the [HFL Cost Calculator](#).
- Set up stations for participants with the necessary activity supplies.
- Provide computer, internet access, and projector, if available.

INTRO (10 Minutes)

- Welcome participants and introduce yourself
- Take care of any housekeeping items (closest bathroom, water fountain, etc.).
- Give a brief description of the educational experience.
- Engage in an icebreaker to gauge topic knowledge from the bank of options provided in the [Welcome Toolkit](#).

DEMO (10 Minutes)

- Demonstrate content.

ACTIVITY (20 Minutes)

- Participants will practice making an affordable, nutritious, and easy snack.

RECAP (10 Minutes)

- Pass out handout(s) and invite participants to taste their healthy dish while going through the handout(s) together.

GOAL SETTING/CLOSING (20 Minutes)

- Engage in a goal setting activity from the bank of options provided in the [Welcome Toolkit](#). Pass out the Setting SMART Goals handout to participants.
- Thank participants and encourage them to join the next activity. (Provide date/time/location if known.)



NOTES: Read legal liability disclaimer before activity: [Food Liability Disclaimer](#). Refer to Resource List for all necessary supplies and handouts. This Healthy for Life® Educational Experience was created by Aramark and the American Heart Association as part of our Healthy for Life® 20 By 20 Initiative. We are proud to be working together to help improve the health of all Americans.

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HANDOUTS/VIDEOS

Find these resources on AHA's YouTube channel or heart.org/healthyforgood

- Video – [Italian Caprese Avocado Toast](#)
- Video – [How to Work with an Avocado](#) (optional)
- Video – [How to Slice Up a Simple Snack](#)
- Article – [Healthy Post-Play Snacks](#)

Find these resources in this lesson:

- Recipe – [Italian Caprese Avocado Toast](#)
- Handout – [Healthy Post-Play Snacks](#)
- Handout – [Setting SMART Goals](#)

SPACE SETUP

- Chairs and tables for participants
- Demo table
- Pens for participants
- Folders
- Computer, internet access and projector, if available

ACTIVITY INGREDIENTS* AND SUPPLIES**

- 1 pint cherry tomatoes
- ¼ cup fresh basil, plus more for a garnish if desired
- 4 slices whole-grain or whole-wheat bread
- 1 medium avocado
- ⅛ teaspoon ground black pepper
- ¼ cup fat-free, shredded mozzarella cheese
- 2 teaspoons balsamic vinegar
- Chef's knife
- Cutting board
- Measuring cups/spoons
- Mixing bowl
- Toaster
- Spoon
- Fork
- Serving plates

*Recipe serves 4 people; please multiply ingredients as necessary for your participants.

**Purchase appropriate number of supplies for your participants. Participants can divide into teams and share supplies and ingredients.



SAY:

Let's learn how to snack smarter to keep us nourished and energized throughout the day.



First, it's important to practice focusing on our food. A simple way to eat healthier is to be mindful when eating. Here are some helpful tips:

- **Ponder:** Ask yourself if you're really hungry. You might be thirsty, bored, or stressed.
- **Assess:** Take a moment when you are eating to evaluate how your food smells and tastes.
- **Slow Down:** Really try to taste each bite!
- **Savor:** Enjoy your food! Focus on how each bite is making you feel.
- **Stop:** Stop eating when you're full.



Listening to our bodies and focusing on the food can also help us choose and eat healthy snacks.



Here are some snack ideas to get you snacking smart in no time!



Find munchies that crunch:

- Apples and pears
- Carrot and celery sticks
- Bell pepper slices
- Zucchini or cucumber rounds
- Roasted chickpeas
- Broccoli and cauliflower florets
- Popcorn
- Rice cakes and whole-grain crackers
- Nuts and seeds



Rethink your drink and ditch your high-sugar go-to. Try these instead:

- Plain or sparkling water
- Fat-free milk or plain soymilk
- Unsweetened tea or coffee
- 100% fruit juice
- Low-sodium tomato or mixed-vegetable juice



Discover snacks that satisfy and are guaranteed to fill you up:

- Whole-grain toast with peanut or almond butter
- Cherry tomatoes with hummus
- Low-fat or fat-free cheese
- Plain low-fat or fat-free yogurt with fruit
- Fruit and veggie smoothie
- Whole-grain crackers topped with very low sodium canned tuna or salmon



Give these snacks a try to curb your sweet tooth:

- Canned fruit (in its own juice or water)
- Baked apple
- Raisins, dates, figs, cherries, and other unsweetened dried fruits
- Frozen banana
- Frozen grapes
- Fresh fruit salad



Always remember to check out the nutrition label when shopping for snacks and watch out for added sugars and sodium.

Snack Smarter Activity Script

Divide participants into teams to practice preparing an easy and nutritious snack incorporating foods from a few of the major healthy food groups.

Invite group members to pick up their resources (recipe, ingredients, and cooking supplies) at the demo station. (Alternatively, if you have set everything up at their stations beforehand, participants can go straight to their prep stations.)



Today, we are going to make a delicious Italian Caprese Avocado Toast.



Once everyone has finished making the dish, divide it onto plates and share it with your team.

Italian Caprese Avocado Toast

Makes 4 servings; 1 toast per serving
Per serving: 188 Calories; 1.3 g Saturated Fat; 177 mg Sodium



The popularity of avocado toasts is understandable; the spreadable avocado is both a delicious and simple breakfast or snack solution. Slather it on toast and top it with the ingredients of a caprese salad for a healthy, quick start to the day.

INGREDIENTS

- 1 medium avocado
- ¼ cup fresh basil, finely sliced, and fresh basil leaves for garnish if desired, divided use
- ⅛ teaspoon black pepper (coarsely ground preferred)
- 4 slices whole-grain or whole-wheat bread
- 1 pint cherry tomatoes, halved
- ¼ cup fat-free, shredded mozzarella cheese
- 2 teaspoons balsamic vinegar

DIRECTIONS

1. Place the avocado lengthwise on a work surface or cutting board. You can put a clean dish towel under the avocado to keep it from sliding.
2. Hold the avocado securely with one hand.
3. Starting at the narrower end, cut slowly down the length of the avocado around the pit.
4. Holding the avocado in the palm of one hand, use your other hand to twist and rotate the two halves apart, exposing the pit. Using a spoon, scoop it out.
5. Scoop out the avocado flesh from the skin. Transfer the avocado to a bowl. Add the sliced basil and pepper. Using a fork, mash together.
6. Lightly toast the bread. Transfer the pieces of toast to a work surface. Spread the avocado mixture over each piece. Transfer the toasts to plates.
7. Place the tomatoes with the cut side down on the avocado mixture. There may not be space for all the tomatoes, depending on the size of the bread. Sprinkle with the mozzarella. Drizzle with the vinegar. Just before serving, garnish with the remaining basil leaves.

Cooking Tip: If you prefer a gooey, cheesy toast, broil it for 1 to 2 minutes, or until the mozzarella has melted.

Keep it Healthy: Other ideas for flavorful avocado toast toppings include a Mexican-style option with corn, lime, and jalapeño or an Asian-inspired topping of sliced cucumber and sesame seeds.

Tip: If the avocado is ripe but still a bit firm, peel it and cut it into pieces. In a food processor or blender, process the avocado and basil until the mixture is smooth.

Nearly 1 in 3 kids and teens in the U.S. are overweight or obese, so it's important that we, as parents, stick together and instill healthy habits in them while they're young.



As parents, we try to be conscious of the food choices we make for our kids. But we all get slammed with “mom or dad guilt” from time to time when we have to make a knee-jerk snack call during the thousandth after-school activity. Sometimes that means food coming out of the window of a drive-through or a convenience-store stop to grab whatever we can to curb the munchies.

We've got you covered with some really easy (yes – EASY!) and tasty snacks you can pack for your kids, and even for yourself, to help keep the whole family going. The next time your child finishes a basketball or soccer game, knocks out some karate, or simply comes in from playing outside with friends, have some better-for-you snacks ready and waiting.

INSTEAD OF SUGAR-SWEETENED DRINKS

Try:

- Fat-free (skim) or low-fat (1%) milk
- 100% fruit juice
- Low-sodium vegetable juice
- Water

INSTEAD OF FULL-CALORIE CHIPS AND CRACKERS

Try:

- Unsalted sunflower or pumpkin seeds
- Low-fat, whole-grain crackers
- Fat-free or low-fat cheese sticks
- Fat-free popcorn or rice cakes
- Apple or orange slices
- Bananas
- Carrot or celery sticks
- Nuts and nut butters
- Fat-free or low-fat plain yogurt with fruit stirred in

INSTEAD OF SWEETS AND BAKED GOODS

Try:

- Fresh fruit and berries
- Canned fruit in its own juice or water, drained
- Frozen fruit (try making your own frozen bananas or grapes)
- Raisins, dates, apricots, cherries, and other unsweetened dried fruits
- Unsweetened applesauce or a fruit cup
- Frozen 100% fruit pops

When shopping, check out the nutrition label info and keep an eye on added sugars and sodium.

Best part about these snacks? If you buy in season, or even stock up, you won't break the bank. Now, that's something that makes all parents happy! Do you have some creative healthy snack ideas or do your kiddos have a favorite? Share them with us on our Facebook and Twitter pages using #AddColor.

SPECIFIC

- What exactly do you want to accomplish?

MEASURABLE

- How will you track your progress towards your goal?

ACHIEVABLE

- Is reaching your goal possible with your full effort?

REALISTIC

- Do you have the resources and ability to achieve your goal? If not, how can you get them?

TIME-BOUND

- When will your goal be achieved?

EXAMPLE OF A SMART GOAL:

I will increase the number of fruit servings I eat daily by 2 cups within the next 3 months.

Personal SMART goal:
