



# PDHPE

# Stage 2

## Snack attack

### Activity context

Students begin to make health decisions and choices for themselves. They explore options for healthy eating and identify healthy and unhealthy snack foods. Discussion centres around what foods and other practices help to keep them healthy.

This activity has been adapted from the *Crunch and Sip* resource.

### Syllabus links:

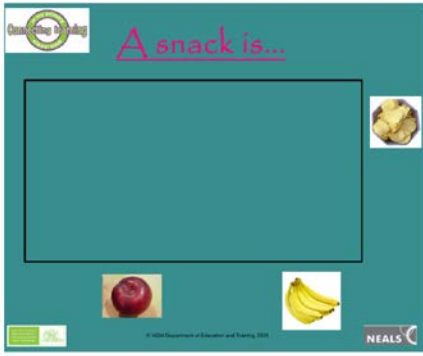
PHS2.12 Discusses the factors influencing personal health choices

- identifies the place of snack foods in a balanced diet

DMS2.2 Makes decisions as an individual and as a group member

- Discusses the advantages and disadvantages of food choices.

Notebook page	Activity
	<p>Revise the messages of <i>Australian Guide to Healthy Eating</i> with students.</p>
	<p>Ask students to define what a 'snack' is. Record student suggestions on the board.</p>



Construct a class definition. *The definition might include something you eat between meals, something that keeps you going, something that is easy to prepare.*



Ask students to choose some of the snacks provided on the board. Add to the list by writing examples into the empty boxes.

Have students take it in turns to place their snacks in the bin if they are a sometimes food or in the star if they are an everyday food. Ask students:

- what makes a snack an everyday food?
- what makes a snack a sometimes food?
- when is it OK to eat a snack? Why?
- why is it important to eat a variety of foods?



As a class develop a statement about everyday snack foods. For ideas, click on the world icon to connect to:

[http://www.health.nsw.gov.au/resources/publichealth/healthpromotion/obesity/pdf/spec\\_model.pdf](http://www.health.nsw.gov.au/resources/publichealth/healthpromotion/obesity/pdf/spec_model.pdf)

**Assessment strategies:**

The teacher:

- observes student ability to define the term snack and identify snacks as sometimes and everyday foods.

**Assessment criteria**

The student:

- identifies the place of snack foods in a balanced diet
- discusses reasons for choosing foods.

These criteria relate to outcomes PHS2.12 and DMS2.2.

*The Notebook files for each student can form part of your assessment to inform your teaching and captures "point in time" learning.*





