HEALTHY SNACK

Banana split

**Why do our bodies need healthy snacks?**
- To keep us full between meals.
- To give us the energy to do our daily activities.
- To give us the nutrients we need to grow and learn every day.

**Can you tell me about some healthy snacks you eat?**
- Wholegrain breads and cereals (bread, crackers, brown pasta/rice).
- Fruit and vegetables.
- Reduced fat dairy products (yoghurt, milk).

**Can you tell me what are ‘sometimes’ snacks?**
- These are foods high in fat, sugar and salt include snacks such as chips, lollies, chocolates, sugary drinks, cakes, pies, fast food.
- These foods do not give our bodies any healthy nutrients to help us grow healthy and strong.

**Why do we need to avoid eating ‘sometimes’ snacks every day?**
- No nutritional benefits.
- Cause weight gain.
- Tooth decay.
- Leave us feeling tired and sluggish.

**Learning links**
- Fine motor skills
- Healthy choices
- Communication skills

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**Equipment**
- Bananas (1/2 per child)
- Reduced fat yoghurt or ricotta cheese
- Suggested toppings: desiccated coconut, muesli, fruit salad, wholegrain cereal, tinned fruit (in natural juice), frozen berries.

**Activity**
1. Before starting the activity ask all children to wash their hands.
2. Slice bananas in half lengthways and give each child half a banana.
3. Place low fat natural yoghurt or ricotta cheese in bowls in the middle of table.
4. Place a variety of ‘sprinkles’ in the middle of the table.
5. Allow the children to create their own banana split by adding their own dollop of yoghurt/ricotta cheese and sprinkling their favourite toppings.
6. Eat and enjoy as a healthy snack.
7. Take pictures to display where everyone can see.

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The NSW Ministry of Health wishes to acknowledge the following sources: South Eastern Sydney and Illawarra Shoalhaven Local Health Districts Healthy Eating and Active Play at Playgroup manual and case studies, and the NSW Ministry of Health Munch and Move program and Local Health District resources.

www.healthykids.nsw.gov.au