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 including 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.

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 the 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.