



Healthy Snacks

Post-assessment activity from *The Science of Food Teacher's Guide: From Ecosystems to Nutrition*
and for *The Mysterious Marching Vegetables*

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BioEdSM

Teacher Resources from the
Center for Educational Outreach at
Baylor College of Medicine

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The activities described in this book are intended for school-age children under direct supervision of adults. The authors and Baylor College of Medicine cannot be responsible for any accidents or injuries that may result from conduct of the activities, from not specifically following directions, or from ignoring cautions contained in the text.

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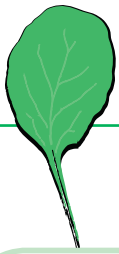
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Healthy Snacks

Post-assessment

CONCEPTS

- This culminating activity is designed to assess the students' knowledge of concepts presented throughout unit, especially those related to personal nutrition.

OVERVIEW

Students will rank food labels from most to least healthful, and justify their rankings. Students also will suggest ways to keep their snacks from spoiling.

SCIENCE, HEALTH & MATH SKILLS

- Making observations
- Recording observations
- Drawing conclusions

TIME

Preparation: 10 minutes

Class: 30 minutes

MATERIALS

Each group of students will need:

- Paper and pen
- Copy of "What's Really In There?"

OPTIONAL PRE-/POST-ASSESSMENT

PICK A FOOD

Have students complete the "Pick A Food" exercise (see "What's That Food?" activity), using the same food that they selected in the pre-assessment.

This activity is designed to assess student learning of nutrition and food-related concepts presented in the unit. Examples of the unit topics are listed below. You also may want to repeat "What's That Food?" as a post-assessment.

- Photosynthesis as the source of energy at the base of the food chain
- Food webs and the interrelatedness of components in ecosystems
- Where food comes from
- Choosing a healthy diet
- The persistence of certain contaminants (especially heavy metals and compounds, such as pesticides) in the food chain
- The contamination of food, especially by bacteria and other microorganisms
- Appropriate food-handling techniques to reduce the likelihood of exposure to food-borne parasites or bacterial infections, and to reduce

contamination of food by pesticides and other chemicals

SETUP

Have students work in groups of 2–4.

PROCEDURE

1. Distribute a copy of the What's Really In There? student page to each group of students. Explain that they will be using their new knowledge about choosing healthy foods and food preparation.
2. Have groups discuss the contents of the foods described in each of the labels. Students should notice how many fats, carbohydrates, sugars, etc. are in each item.
3. After discussion, have each group rank the snacks in order from most healthy to least healthy. On a separate sheet of paper, students should write a short paragraph about the evidence they used to make their rankings. Each group should identify which food groups are represented in each snack, and whether the quantities are present in healthy amounts.

VARIATIONS

- Have students evaluate the quality of the different snacks for people with special needs—for example, someone who must eat less salt, sugar or fats, or someone who needs to include more fiber in his or her diet.



Unit Links

The Mysterious Marching Vegetables

Review Science boxes throughout

Explorations

We Can Make a Difference, p. 5

What's Really In There?



1. Study the information on the food labels.
Rank the snacks from most healthy (number 1) to least healthy (number 5).
2. On a separate sheet of paper, write a short paragraph explaining why and how you ranked the snacks.
3. On the same sheet of paper, identify which food groups are represented in each snack.
Are the quantities represented in each snack healthy amounts?

ROSIE'S ROSETTES

Nutrition Facts	
Serving Size 1 cup (228g) Serving Per Container 2	
Amount Per Serving	
Calories 260	Calories from Fat 120
0% Daily Value*	
Total Fat 13g	20%
Saturated Fat 5g	25%
Cholesterol 30mg	10%
Sodium 660mg	28%
Total Carbohydrate 31mg	10%
Dietary Fiber 0g	0%
Sugars 5g	
Protein 5g	
Vitamin A 4%	Vitamin C 2%
Calcium 15%	Iron 4%

GOOGLE BERRIES

Nutrition Facts		Amount Per Serving	0% Daily Value*	Amount Per Serving	0% Daily Value*
Serving Size 2 tbsp (33g) Serving about 10					
Calories 15					
Fat Calories 0					
*Percent Daily Values are based on a 2,000 calorie diet.					
Total Fat 0g	0%	Total Carbohydrate 3g	1%		
Saturated Fat 0g	0%	Dietary Fiber 1g	4%		
Cholesterol 0mg	0%	Sugars 0g			
Sodium 230mg	10%	Protein less than 1g			
Vitamin A 8%	Vitamin C 6%	Calcium 0%	Iron 0%		

TRIPLE TREATS

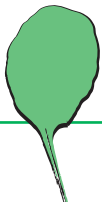
Nutrition Facts	
Serving Size 1 oz (28g/about 13 chips) Serving Per Container 8	
Amount Per Serving	
Calories 120	Calories from Fat 10
0% Daily Value	
Total Fat 1g	2%
Saturated Fat 1g	1%
Cholesterol 0mg	0%
Sodium 140mg	6%
Total Carbohydrate 24g	8%
Dietary Fiber 2g	8%
Sugars 0g	
Protein 3g	
Vitamin A 0%	Vitamin C 0%
Calcium 4%	Iron 0%

RIFF'S QUACKY SNACKS

Nutrition Facts	
Serving Size 1 jar (140g)	
Amount Per Serving	
Calories 110	Calories from Fat 0
0% Daily Value	
Total Fat 0g	0%
Saturated Fat 0g	0%
Cholesterol 0mg	0%
Sodium 10mg	24%
Total Carbohydrate 27mg	67%
Dietary Fiber 4g	9%
Sugars 0g	0%
Protein 0g	0%
Protein 0%	Vitamin A 6%
Vitamin C 45%	Calcium 2%
Iron 2%	

CRUNCHY MUNCHIES

Nutrition Facts	
Serving Size 1 oz (28g/about 6 chips) Serving Per Container 9	
Amount Per Serving	
Calories 130	Calories from Fat 50
0% Daily Value	
Total Fat 6g	9%
Saturated Fat 1g	5%
Cholesterol 0mg	0%
Sodium 80mg	3%
Total Carbohydrate 19g	6%
Dietary Fiber 1g	4%
Sugars 0g	
Protein 2g	
Vitamin A 0%	Vitamin C 0%
Calcium 4%	Iron 0%



¿Qué de Verdad Hay Ahí?

1. Estudia la información que ves en cada etiqueta de alimentos. Enumera en orden estas meriendas desde la más alimenticia (número 1) hasta la menos alimenticia (número 5).
2. En otro papel, escribe un párrafo corto explicando por qué enumeraste estas meriendas así.
3. En ese mismo papel, identifica qué grupos de alimentos están representados en cada merienda. ¿Son las cantidades representadas en cada merienda cantidades saludables?

LAS ROSETAS DE ROSIE

Datos de Nutrición	
Tamaño de la porción 1 taza (228g) Cantidad por paquete 2	
Cantidad por porción	
Calorías 260	Calorías derivadas de la grasa 120
0% Valor Diario	
Total Grasa 13g	20%
Grasa saturada 5g	25%
Colesterol 30mg	10%
Sodio 660mg	28%
Total Carbohidratos 31mg	10%
Fibra Alimenticia 0g	0%
Azúcares 5g	
Proteína 5g	
Vitamina A 4% • Vitamina C 2%	
Calcio 15% • Hierro 4%	

FRESAS Y MÁS FRESAS

Datos de Nutrición		Cantidad por porción	0% Valor Diario*	Cantidad por porción	0% Valor Diario*
Tamaño de la porción 2 tbsps (33g) Cantidad por paquete 10					
Calorías 15	Calorías derivadas de la grasa 0				
*Porcentaje del valor diario es calculado en una dieta de 2,000 calorías.					
Total Grasa 0g		0%		Total Carbohidratos 3g	1%
Grasa saturada 0g		0%		Fibra Alimenticia 1g	4%
Colesterol 0mg		0%		Azúcares 0g	
Sodio 230mg		10%		Proteína menos de 1g	
Vitamina A 8% • Vitamina C 6%				Calcio 0%	Hierro 0%

BOCADITOS VOLADITOS

Datos de Nutrición	
Tamaño de la porción 1 oz (28g/about 13 chips) Cantidad por paquete 8	
Cantidad por porción	
Calorías 120	Calorías derivadas de la grasa 10
0% Valor Diario	
Total Grasa 1g	2%
Grasa saturada 1g	1%
Colesterol 0mg	0%
Sodio 140mg	6%
Total Carbohidratos 24g	8%
Fibra Alimenticia 2g	8%
Azúcares 0g	
Proteína 3g	
Vitamina A 0% • Vitamina C 0%	
Calcio 4% • Hierro 0%	

LOS BOCADITOS DE RIFF

Datos de Nutrición	
Tamaño de la porción 1 jara (140g)	
Cantidad por porción	
Calorías 110	Calorías derivadas de la grasa 0
0% Valor Diario	
Total Grasa 0g	0%
Grasa saturada 0g	0%
Colesterol 0mg	0%
Sodio 10mg	24%
Total Carbohidratos 27mg	67%
Fibra Alimenticia 4g	9%
Azúcares 0g	0%
Proteína 0g	0%
Proteína 0% • Vitamina A 6%	
Vitamina C 45% • Calcio 2%	
Hierro 2%	

QUESITOS TOSTADITOS

Datos de Nutrición	
Tamaño de la porción 1 oz (28g/about 6 chips) Cantidad por paquete 9	
Cantidad por porción	
Calorías 130	Calorías derivadas de la grasa 50
% Valor Diario	
Total Grasa 6g	9%
Grasa saturada 1g	5%
Colesterol 0mg	0%
Sodio 80mg	3%
Total Carbohidratos 19g	6%
Fibra Alimenticia 1g	4%
Azúcares 0g	
Proteína 2g	
Vitamina A 0% • Vitamina C 0%	
Calcio • Hierro 0%	