

# HEALTHY SNACK

## Banana split

### 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.



### 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.

### 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.

### 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.