

School Health Promotion Morning Announcements

MARCH: Power Up With a Healthy Snack



Two Student Dialogue:

[Start speaking here.]

Student 1: I am soooooo hungry! And I just had a snack an hour ago!

Student 2: What did you eat?

Student 1: A candy bar.

Student 2: My mom told me that food like candy bars gives you a sugar rush, but never really makes you feel full – and they don't give your body anything it needs, like vitamins. But, I ALWAYS get hungry between meals too. Today, my mom gave me a yogurt to eat for morning snack and a bag of peanuts for the afternoon.

Student 1: Don't you ever have candy or chips or french fries? I can't live without them!

Student 2: Of course I still have them – but only as a special treat, not an everyday snack. Want some peanuts?

Student 1: Yes! I need energy!

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