

Fairfax County School Health Promotion April Morning Announcements

Smart Snack Choices = A Healthier You!



Announcements (Elementary)

One-student dialogue:

Did you know that the right type of snacks will keep you fuller longer and give you more energy during the day? That's right – snacking on healthy snacks will help you grow strong, pay attention in school and have energy to run around and play.

Here are some healthy snack options to try:

- Whole grain crackers and cheese
- Hummus with vegetables, such as red or yellow peppers, celery and carrots
- Plain yogurt with fresh fruit
- Graham crackers with low fat cream cheese
- Air-popped popcorn

{End}

One-student dialogue:

Kids eat an average of 6 snacks per day and still feel hungry. This is because the snack choices are often unhealthy and high in sugar. Choosing healthier options will limit the need for frequent snacking and give your body and mind the nutrients it needs.

{End}

One-student dialogue:

We all love snacking and eating sugary foods, but too much can lead to weight gain and other health problems. Talk with mom and dad about some other snacks to have in the house, which will help you stay strong and healthy. Think about having snacks from at least two food groups, like veggies and hummus (hummus is a great source of protein!)

{End}



Two-student dialogue:

Student 1: {Crunch, crunch, crunch} Mmmmm, I love potato chips.

Student 2: Did you know that you can have twice as much air-popped popcorn as you can potato chips? AND popcorn is better for you.

Student 1: No way! really?

Student 2: Oh yeah. Popcorn doesn't have as much fat or calories.

Student 1: I didn't know that.

Student 2: Yup! Plus when you eat healthy snacks, you will have more energy to run and play AND pay better attention in class.

Student 1: Wow! Well, I better ask mom and dad to buy some popcorn. What other healthy snacks should I try?

Student 2: Fruits and vegetables, of course!

Student 1: Ewww vegetables....

Student 2: I hear you! But when you dip them in hummus, which comes in a bunch of yummy flavors or peanut butter, they taste soooo good!

Student 1: I am going to give that a try. Thanks!

{End}

