

Snack Smarter

and fiber to help you look and feel your best!

OBJECTIVES:

Describe tips for mindful

SETUP

HFL Cost Calculator

projector, if available.

INTRO

bathroom, water fountain, etc.).

Give a brief description of the educational

Engage in an icebreaker to gauge topic knowledge from the bank of options provided in

Welcome Toolkit

DEMO

ACTIVITY

Participants will practice making an affordable,

RECAP

Pass out handout(s) and invite participants to handout(s) together.

GOAL SETTING/CLOSING

Engage in a goal setting activity from the bank **Welcome Toolkit**

if known.)



Snack Smarter Resource List

HANDOUTS/VIDEOS

Find these resources on AHA's YouTube channel or heart.org/healthyforgood

Italian Caprese Avocado Toast
How to Work with an Avocado (optional)
How to Slice Up a Simple Snack
Healthy Post-Play Snacks

Find these resources in this lesson:

Italian Caprese Avocado Toast
Healthy Post-Play Snacks
Setting SMART Goals

SPACE SETUP

Chairs and tables for participants
Demo table

if available

ACTIVITY INGREDIENTS* AND SUPPLIES**

¼ cup fresh basil, plus more for a garnish
4 slices whole-grain or whole-wheat bread
1/2 teaspoon ground black pepper
2 teaspoons balsamic vinegar

Snack Smarter Activity Script

Divide participants into teams to practice preparing an easy and nutritious snack incorporating foods from a few of the major healthy food groups.

Invite group members to pick up their resources (recipe, ingredients, and cooking supplies) at the demo station. (Alternatively, if you have set everything up at their stations beforehand, participants can go straight to their prep stations.)



Once everyone has finished making the



Italian Caprese Avocado Toast



The popularity of avocado toasts is understandable; the spreadable avocado is both a delicious and simple breakfast or snack solution. Slather

INGREDIENTS

¼ cup fresh basil, finely sliced, and fresh basil leaves for garnish if

Setting SMART Goals

SPECIFIC

accomplish?

MEASURABLE

towards your goal?

ACHIEVABLE

Is reaching your goal possible with your full effort?

REALISTIC

ability to achieve your goal? If not, how can you get them?

TIME-BOUND

When will your goal be achieved?

EXAMPLE OF A SMART GOAL:

I will increase the number of fruit servings I eat daily by 2 cups within the next 3 months.
