

**“Healthy Snacks Make Healthy Kids”
Sample Teaching Agenda**

This is a sample agenda for a three-hour program. It allows for breaks to be worked into the time period. The agenda can be adapted to meet individual needs.

Registration and Welcome

“Food Guide Pyramid for Young Children” – lecture (20 minutes)

Education Games – “Fishing For Nutrition” – Group Activity (10 – 15 minutes)

Constructing “Fishing For Nutrition” Game – Hands On Activity (30 minutes)

“Choosing and Preparing Healthy Snacks” – lecture (20 minutes)

Snack Preparation – Hands On Activity (30 minutes)

Educational Game – “Roll a Snack” Cube Game – Group Activity (10 – 15 minutes)

“Obesity and Overweight in Young Children” – lecture (20 minutes)

Wrap-up, Evaluation and Door Prizes (10 minutes)

Visit our web site at: <http://www.uaex.edu/miller/>

University of Arkansas, United States Department of Agriculture and County Governments Cooperating.

The Arkansas Cooperative Extension Service offers its programs to all eligible persons regardless of race, color, national origin, religion, gender, age, disability, marital or veteran status, or any other legally protected status, and is an Equal Opportunity Employer.