

Information document for the school team

# SNACKS



This document will help you set up a snack-friendly environment to help students re-charge their energy levels.

Snack time can be an opportunity to:

- develop students' knowledge of healthy eating (talk, tasting, food presentation);
- develop fine motor skills and coordination (using a utensil, peeling a piece of fruit, picking up a mess, etc.);
- develop social skills.

This document has been adapted by CIUSSS de la Capitale-Nationale and is largely based on the information document for teachers from the Centre de services scolaires de Montréal.



# Sharing responsibility for meals and snacks

Sharing responsibilities helps children develop healthy eating habits that they can carry into adulthood.

## PARENTS

### WHAT

The **PARENT** determines the content of the snack.

**AS MUCH AS POSSIBLE**, they serve a variety of nutritious foods that better meet children's needs and prepare them for learning.



## SCHOOL TEAM

### WHEN

Set aside a snack **MOMENT** of about 5 to 10 minutes to allow children to listen to their hunger signals, eat at their own pace and recharge their energies.

This can take place, for example, before or after recess, to give children a chance to move around, and **MIDWAY** between two meals.

It's a good idea to be **FLEXIBLE**, depending on the needs of the students and the activities being offered.

### WHERE

Identify a place where the child can sit and where he can easily dispose of his waste. If possible, provide access to water.

The **CLASSROOM** is still an excellent place for a snack, since students are seated and therefore more attentive to their hunger and satiety signals.



## CHILD

### HOW MUCH

**CHILDREN** determines the quantity of food they eat according to their hunger.

The child is the only one to feel the signals of hunger and satiety that his body sends him.

Hunger can vary from one day to the next, and from one snack to the next.



### HOW

Invite children to eat calmly and talk amongst themselves.

Create a **COMFORTABLE**, no-pressure **ENVIRONMENT**.

Encourage children to eat their fill.

Associate snack time with a positive, pleasant experience.



# Promoting healthy eating

## Opportunities to seize...

Please note that the content of the resources below is only offered in French.

### Make snack time a convivial moment to share with students.

- Talk about nutritious foods more often and in a positive way.
- Suggestions for **messages to communicate** to children.
- Present **images of foods and their origins**.
- Do the activity ***La petite histoire de la pomme*** (preschool and cycle 1).
- **5 snack activities** (preschool).
- Make an apple slicer available.

### Make the classroom an environment conducive to healthy hydration.

- Allow water bottles in the classroom, and work with students to set aside a space for them.
- Consult the document ***Saine hydratation à l'école***.
- Complete the activity ***L'hydratation : essentielle au corps humain*** (cycle 1).

### Educational resources on Canada's Food Guide.

- **Preschool, cycle 1, cycle 2** and **cycle 3**.

### Set of activities to explore food and the human body:

- ***Les aliments : source d'énergie du corps humain*** (preschool);
- ***L'hydratation : essentielle au corps humain*** (cycle 1);
- ***Les nutriments : indispensables au corps humain*** (cycle 2);
- ***Les vitamines et minéraux : alliés du corps humain*** (cycle 3).

### Reward students without undermining healthy eating.

- Give priority to non-food rewards (thanks, privileges and recognition) and group appreciation activities. For ideas, see this **guide**.

### Improve food offerings at special events.

- Consult ***Une saine alimentation pour toutes les occasions*** (page 24-25).
- Celebrate special occasions and birthdays in a different way. See the guide: ***Améliorer et planifier l'offre alimentaire lors des activités spéciales à l'école***.
- With a little creativity, there are many ways to celebrate with healthy foods:
  - Create **easy culinary activities** at any time of year or for special occasions:
    - Halloween: **witches' brooms, raw vegetable skeleton**;
    - Christmas: **Christmas green fruit salad, raspberry-spinach swirl milkshake**, crudités arranged in the shape of a Christmas tree;
    - Valentine's Day: red fruit salad, **yogurt-coated berries**;
    - Easter: fresh fruit arranged in the shape of a coconut.
- Be a role model and offer nutritious foods as often as possible.

### Discuss hunger and satiety signals with students.

- Hunger and satiety **toolbox**.

