

Healthy Snacking Puppet Program



What to expect:

Jason and Michael are at Michael's house after school and are looking for a snack. Michael thinks maybe they should "pig out" and Jason suggests they need to choose the snack that is best. The puppets ask students to identify healthy snacks and talk about why healthy snacks are important for our brains and bodies.

Key Program Points:

- Kids need snacks to give them energy and help them grow
- Students will identify healthy snacks from "every color of the rainbow"
- Sweets are ok sometimes, you just don't want to eat too much of them
- Michael's mom suggests that it's best not to eat in front of a screen, it is easier to listen to your body if you are eating without a screen



For more information about our programs or ways we support families, please visit VermontFamilyNetwork.org or PuppetsInEducation.org or call (800) 800-4005

