



Healthy Snacking Puppet Program

Maximum Number of Students: 50
Program Length: 30 minutes

Program Synopsis

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 okay sometimes, but you don't want to eat too much of them.
- Michael's mom suggests that it is best not to eat in front of a screen, and that it is easier to listen to your body if you are eating without a screen.

Resources

Have a good resource you'd like to share? Email Karen at: karen.sharpwolf@vtfn.org

