



Lesson Objectives

1. To reinforce how to identify and choose healthy ingredients.
2. To use participants' knowledge of healthy food to prepare a healthy snack from start to finish.

Review the Last Chapter

- What do nutrition labels tell you?
- Since our last lesson, did you read any nutrition labels? If yes, what food was it and what did you learn from the label?
- What is an example of a processed food and an example of a whole food?
- How can you tell the difference between a processed food and a whole food?
- Are foods with more ingredients usually better or worse than foods with fewer ingredients?



Helpful Hints

- For Activity 1, Healthy Chefs, arrange for transportation to visit a food store. You can also extend this activity over two weeks. Participants can select their recipes the first week, and you can buy various ingredients for the recipes before the next week (deliberately including some ingredients that aren't the healthiest choices). In the second week, participants could be asked to select the healthiest products from the ingredients you purchased to make their recipes.
- Be sure to have volunteers to help chaperone the trip to the store. Also, depending on the number of participants you have, you may want to contact the store ahead of time to let them know you will be bringing a large number of participants with you.



Helpful Hints (continued)

- If you cannot visit a food store with the participants, purchase items on your own and set up a fake store at the Club. Have participants pick out the healthiest options to make the recipe and buy them using fake money. Make sure to buy more than one option for a few of the ingredients. Give them the opportunity to compare two different brands of the same product and learn that, even if the two products are the same food, their nutritional content and ingredients may differ.
- A “How to Choose Healthy Items at a Convenience Store” list is available at www.NAClubs.org.

Activity 1: Healthy Chefs

Purpose of the Activity

- To give participants first-hand experience choosing and buying healthy foods.

Instructions

1. Tell participants that – just like when they were Ad Detectives during the Awesome Ads activity – they’re going to be detectives again. This time they’re going to be Nutrition Label Detectives.
2. Their assignment is to work in teams to detect some of the world’s yummiest healthy snacks. The detective work includes each team finding a good snack recipe, going to the store to detect the healthiest ingredients for that snack, buying those ingredients, and then making the snacks back at the Club. *[Note: Try to encourage youth to choose recipes that require few cooking utensils, especially knives, and appliances.]*
3. Divide the group into small teams. Explain the budget amount for the healthy snack and assign a recorder for each group. Give that person a pen/pencil, paper, and a calculator. *[Note: Try to ensure that teams have mixed ages so that older participants can help guide once at the store.]*



Materials needed

- Money
- Paper
- Pens/pencils
- Calculators
- Computer with internet access (optional)



- 4.** If you have volunteers, assign them to work with a specific team.
- 5.** Have each team select a snack recipe to make. Youth can search the Internet to find healthy recipes. Useful sites for healthy snacks can be found on www.NAClubs.org.
[Note: Ask participants to consider using recipes that utilize traditional, local foods as ingredients. If your community has a cookbook, or if some community members have created a cookbook, share the cookbook with participants. You could invite the person who created the cookbook to be a volunteer or guest speaker for this activity.]
- 6.** Be sure teams have a chance to discuss the nutritional value of the different snack options. Also, be sure the ingredients they need fit into their budget and can be found at a local store. If the only store near you is a convenience store, your options might be more limited and you might need to make creative adjustments to the recipes.
- 7.** Once teams have chosen their recipes, ask them to make a grocery list of what they need. The recorder should write down the grocery list using the pen/pencil and paper provided to them.
- 8.** Take a field trip to the store.
- 9.** Give each team their allotted spending money. Have the recorder on each team be in charge of the money and budget. That person should have the grocery list and the calculator to make sure the team stays within budget. *[Note: If your state taxes food, make sure to tell the recorder that they will need to save some money for tax.]*
- 10.** As each team finds the food items it needs, be sure they pay attention to the nutrition labels. Remind them they are supposed to be Label Detectives. If there are several brand choices for an item, they should try to detect – based on the products nutrition label – which brand would be the healthiest. Team chaperones should keep reminding youth to do this, or if you are alone you will need to work with each team while they are shopping.
- 11.** Once each team has found what it needs (but before they get in line to check out), ask them if they think they did a good job detecting the most healthy food choices.
- 12.** Let them change an item if they think they could have made a healthier choice. Ask if they detected any advertising influences in the grocery buying process.
- 13.** Have each team pay for its groceries, returning any left-over money to their chaperone.
- 14.** Once you've returned to the Club, have youth identify to which food group (on the My Native Plate) each item they bought belongs.

15. Ask them if they think they can now become professional Label Detectives and open their own detective agency for healthy food choices.
16. Have each team make their snack and enjoy! If you have chaperones, assign each one to a team to make sure youth are being safe. Limit the use of knives to adults only.



Talking Circle

- Review the steps it took to make a healthy snack from planning to preparation.
- What did they learn about making a healthy recipe?
- Reinforce that the same foods from different brands can have different nutritional properties, such as different amounts of protein. What are some examples they saw? How did they choose which food was the healthiest?
- Did they notice any advertising influences of food items?
- What is the difference between an Ad Detective and a Label Detective and how can the two work together?



Optional Activities

Found on www.NAClubs.org.

- Additional activities will be posted on the T.R.A.I.L. Resource Center at www.NAClubs.org.
- Self-Care Corner Activities 