



# SNACK ATTACK!

Activity Booklet



**Name:**

# What is a snack?

A **snack** is any food or drink that we eat between meals which give us energy and nutrients.

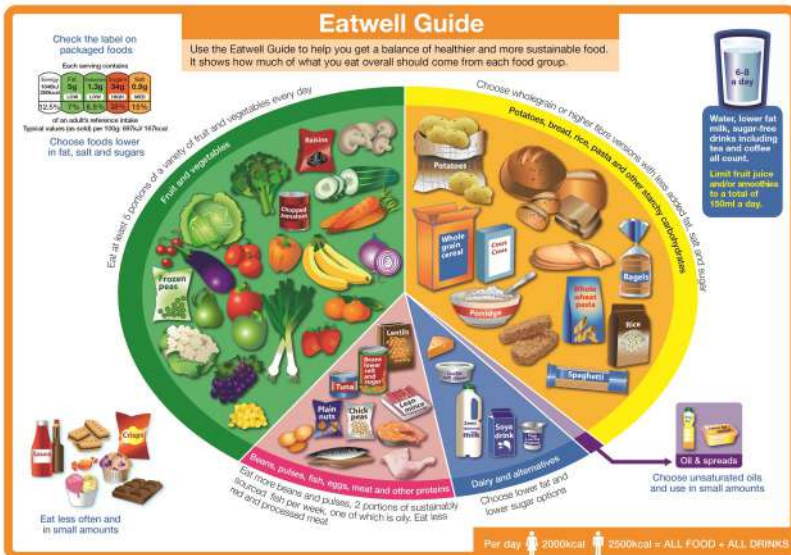
Look at the Eatwell Guide below. Can you name the 4 largest food groups?

1. ....
2. ....
3. ....
4. ....

You should use the Eatwell Guide and choose your snacks from one of the 4 food groups.

Do you know why some foods are outside of the Eatwell Guide?

They should be eaten less often and in smaller amounts. They are higher in fat, salt and sugar.



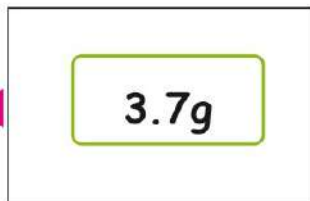
## Word Search Worksheet

v	l	p	c	d	u	a	p	p	l	e	q	c	g
d	s	i	a	g	t	k	e	k	r	b	j	r	r
x	r	n	w	c	b	u	p	v	q	i	a	i	e
o	d	e	i	p	o	n	p	h	h	n	s	c	t
m	b	a	s	a	t	z	e	g	o	a	f	e	h
q	x	p	a	u	a	f	r	l	u	o	p	c	b
c	y	p	w	x	m	t	a	g	m	e	p	a	y
l	d	l	n	h	o	e	k	f	o	j	z	k	f
m	j	e	v	i	t	n	w	h	u	g	y	e	l
o	z	j	b	e	r	r	i	e	s	i	k	s	n
k	i	w	i	m	e	o	t	r	u	h	g	o	y

applepineapplegranolakiwirice cakehoumousberriestomatopepperyoghurt

## How much sugar is in my snacks?

Find out how much sugar is in each snack by looking at the packaging on the next page. Then draw a line to the right amount of sugar.



Each serving (150g) contains

Energy 1046kJ 250kcal	Fat <b>3.0g</b>	Saturated <b>1.3g</b>	Sugars <b>34g</b>	Salt <b>0.9g</b>
	LOW	LOW	HIGH	Med
13%	4%	7%	38%	15%

of an adult's reference intake

Typical values (as sold) per 100g: 697kJ/ 167kcal

You can find the amount of sugar here on the packaging!

## How much sugar is in my snacks?

### Each 32 g contains

Energy	Fat	Saturates	Sugars	Salt
573 kJ 137 kcal	5.2 g	2.7 g	8.8 g	0.17 g
7%	7%	13%	10%	3%

of the reference intake\*  
Typical values per 100g: Energy 1790 kJ



### 1/4 of a cucumber

Energy	Fat	Saturates	Sugars	Salt
59kJ 14kcal	0.5g	<0.1g	1.1g	<0.01g
1%	1%	0%	1%	<1%

of the reference intake\*  
Typical values per 100g: Energy 65kJ / 16kcal



### Per Roll (17g)

Energy	Fat	Saturates	Sugars	Salt
282kJ 67kcal	1.4g	0.6g	6.3g	0.02g
3%	2%	3%	7%	0.3%

of the reference intake\*  
Typical values per 100g: Energy per 100g



### 80g contains

Energy	Fat	Saturates	Sugars
106kJ 25kcal	0.2g	<0.1g	3.7g
1%	<1%	<1%	4%

of the reference intake\*  
Typical values per 100g: Energy 133kJ / 32kcal



### Per 20g bar

Energy	Fat	Saturates	Sugars	Salt
68 kcal	1.2g	0.2g	7.0g	0.11g



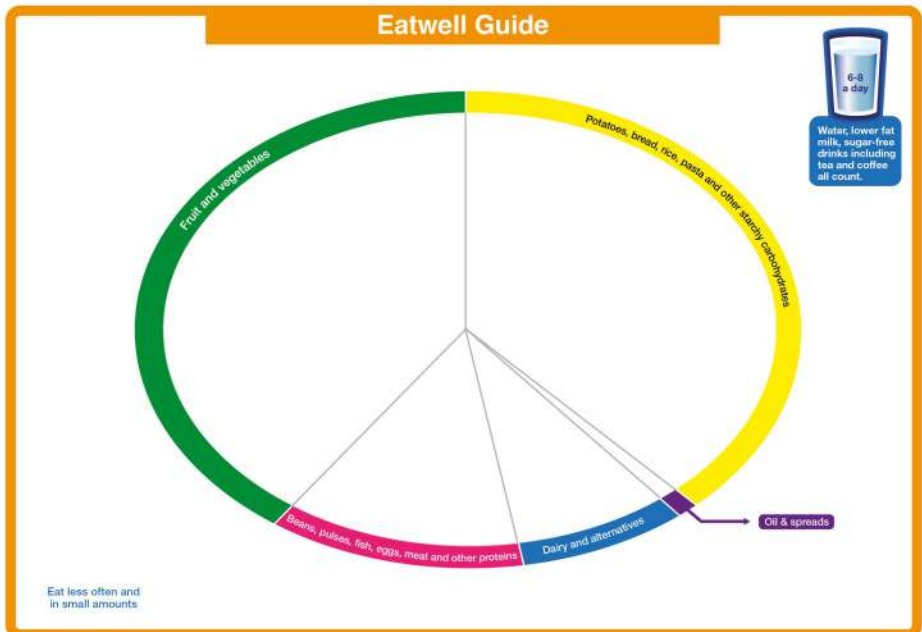
# Build Your Own Snack

Using the list of ingredients on the next page and the Eatwell Guide template, build your own healthy snack combinations with 2 or more ingredients.

Examples:

- Carrot sticks (fruit and vegetables) and houmous (protein)
- Rice cake (carbohydrate) and low fat cream cheese (dairy)

You can write or draw the items in the template below.



Source: Public Health England in association with the Welsh Government, Food Standards Scotland and the Food Standards Agency in Northern Ireland

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## Ingredients List

Ingredient	Eatwell guide group
Apple	Fruit and Vegetables
Houmous	Protein
Banana	Fruit and Vegetables
Carrot	Fruit and Vegetables
Yoghurt	Dairy
Kiwi	Fruit and Vegetables
Granola	Carbohydrate
Grapes	Fruit and Vegetables
Raisins	Fruit and Vegetables
Rice cakes	Carbohydrate
Strawberries	Fruit and Vegetables
Raspberries	Fruit and Vegetables
Breadsticks	Carbohydrate
Tomatoes	Fruit and Vegetables
Cucumber	Fruit and Vegetables
Melon	Fruit and Vegetables
Plain Nuts	Protein
Cheese	Dairy
Ham	Protein
Nut Butter	Protein / Fat
Celery	Fruit and Vegetables

## Making Healthy Choices

**Think of your favourite snack**, what changes could you make to this snack to make it healthier?

Eg; Swapping a chocolate muffin for a homemade banana muffin, swapping breadsticks and Nutella for breadsticks/veggies and houmous.

Draw and label your old and new snacks in the spaces below!

Snack



Draw a healthier version







### FOOD SAFETY AND HYGIENE

What do you need to do before you start any food preparation activities?

- Tie back long hair
- Roll up sleeves
- Remove jewellery
- Cover open cuts with a brightly coloured plaster
- Wash hands thoroughly with hot, soapy water
- Wear an apron
- Never cough or sneeze over food. Cough or sneeze into a tissue, bin it and rewash hands.

Copies of all recipes are available on our website at:  
[www.phunkyfoods.co.uk/recipes](http://www.phunkyfoods.co.uk/recipes)

Cook A Long videos to accompany these recipes are also available at: [www.phunkyfoods.co.uk/parents/cooktogether/](http://www.phunkyfoods.co.uk/parents/cooktogether/)

## DARE DEVIL DIP



Dare you to dip your veg sticks into this spicy red dip made from bbbbbb... beetroot, and just check out the zingy colour!

As this recipe requires the use of a food processor, it's more practical for children to work in teams of four, so the quantities here reflect this. Whilst they may have to share using the food processor, they can all practice their knife skills in preparing their own vegetable sticks!



**Skills Check:** Follow a recipe; follow food safety & hygiene rules; tidy away; use measuring spoons; use weighing scales; cut using bridge/claw technique safely; use a vegetable peeler safely; use a tin opener safely; crush garlic; use a citrus squeezer; use a sieve/colander; use the food processor/blender (with adult supervision).

**Equipment:** Knife, Chopping Board, Measuring Spoons, Garlic Crusher, Citrus Squeezer, Sieve/Colander, Tin Opener, Food Processor, Bowl, Spoon.

**Allergens\*:** None

### Ingredients (serves 4):

- 400g can chickpeas in water, drained
- 140g (2 small) cooked, peeled beetroot
- 2 small cloves of garlic, crushed
- 1 tbsp olive oil
- 1 tsp ground cumin
- 1 tsp ground coriander
- Freshly squeezed juice of 1 lemon
- Freshly ground black pepper

### Method

1. Put all of the ingredients into a food processor and whizz together until you have a coarse paste.
2. Spoon into a dish and serve with raw vegetables (e.g. cherry tomatoes, cucumber & carrot sticks, pepper sticks) and bread of your choice - especially nice with toasted wholemeal pitta bread cut into fingers.

\* Please note the allergens listed are indicative only. Allergens vary depending on brand; check the labels on the products you use

# DARE DEVIL DIP

## Nutrition Information



The Eatwell guide shows the proportions of the main food groups that form a healthy, balanced diet:

- Eat at least 5 portions of a variety of fruit and vegetables every day
- Base meals on potatoes, bread, rice, pasta or other starchy carbohydrates; choosing wholegrain versions where possible
- Have some dairy or dairy alternatives; choosing lower fat and lower sugar options
- Eat some beans, pulses, fish, eggs, meat and other proteins (including 2 portions of fish every week, one of which should be oily)
- Choose unsaturated oils and spreads and eat in small amounts
- Drink 6-8 cups/glasses of fluid a day

### So, thinking about Dare Devil Dip...

**Chickpeas** are legumes and like other legumes (beans, peas and lentils) they are packed with protein and fibre. They are also low in calories and fat and contain a number of minerals which are thought to be hugely beneficial to our health.



**Beetroot** is so good for us! Low in calories and high in fibre and phytochemicals (anthocyanins and saponins) thought to lower the risk of heart disease.

### Energy, sugar, fat and salt per serving

Per 108g serving

**ENERGY**  
521kJ / 124kcal **6%**

**MED** **FAT**  
5.1g **7%**

**LOW** **SATURATES**  
0.6g **3%**

**LOW** **SUGARS**  
3.4g **4%**

**LOW** **SALT**  
0.08g **1%**

% of an adult's reference intake

Typical values per 100g : Energy 482kJ / 115kcal

### Notes

A **traffic light system** is used on nutrition labels to make it easier to see which foods and drinks are lower in calories, fat, sugar and salt. Try and choose more 'greens' and 'ambers' and fewer 'reds', and stick to smaller portions of 'reds'.

Just because a recipe or a food has a red traffic light doesn't mean you shouldn't eat it. Understanding why a food or recipe might have a red light can be helpful. For example oily fish is high in total fat and so any recipe containing oily fish is likely to be 'red' for fat. But it is recommended that we eat oily fish at least once a week because the type of fat it contains is beneficial for our health.

**% Reference Intakes** are also shown. Reference Intakes are guidelines about the approximate amount of particular nutrients and energy required for a healthy diet (based on an average-sized woman doing an average amount of physical activity). Most children will require less than these Reference Intakes. The contribution of one serving of a food or drink to the Reference Intake for each nutrient is expressed as a percentage.

# Answers

Can you name the 4 main food groups?

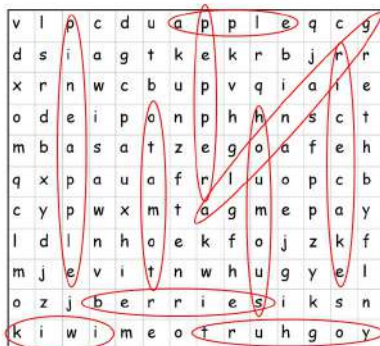
1. Carbohydrates
2. Protein
3. Fruits and vegetables
4. Dairy

## How much sugar is in my snacks - ANSWERS

	8.8g
	1.1g
	6.3g
	3.7g
	7g

## Wordsearch

### Word Search Worksheet



apple                      pineapple  
granola                    kiwi  
rice cake                   houmous  
berries                    tomato  
pepper                    yoghurt