

SNAP Session #1:



Learning to Snap

Background

The frequency of family meals is linked with numerous good health outcomes for kids and families. One of the program's overall goals is to increase the quantity or quality of meals the girls share with their parent or family. Another goal is to promote physical activity.

Parents who are supportive of physical activity have children who are more physically active, and possibly at lower risk for obesity. There are several ways to be supportive of children's physical activity.

Background

Ways to be supportive include: Being a role model for physical activity; Signing your child up for sports or activity programs; Buying sports equipment or toys that promote physical activity; and Taking children to parks or other places where they can be active.

Finally, girls and parents can help each other be more active by finding fun ways to take healthy steps together. It is important to be enthusiastic about SNAP and the target behaviors. We are asking the girls to work to make changes, and that can be difficult.

Today's activities

(time needed 30-90 minutes)

******These are the most essential parts: everything else is optional and at leader discretion

▶ **INTRO:** Discussion points (5-10min)- Talk with the girls about all of these below.

****** ▶ **PHYSICAL ACTIVITY:** “Walk & Talk” (15min)- Take girls on a walk & talk & discuss good reasons for walking as a form of physical activity- you can do it almost anywhere, no special equipment needed, it's fun, you get out of the house, it's not too hard, you can talk to people with you while you do it. Shoot for at least 1500 steps during the walk & talk session.

Today's activities

- ▶ How am I doing check-up? (5min)- Read it aloud, and discuss briefly as you go.
- **▶ NUTRITION: making a snack (5-15min) & practicing a family meal with girls, leaders, and parents (10min), Clean-up (5min)
- ▶ Discussion & assignment (5min)- Review what was learned today. Hand out copy of take-home sheet

Objectives

Girls will:

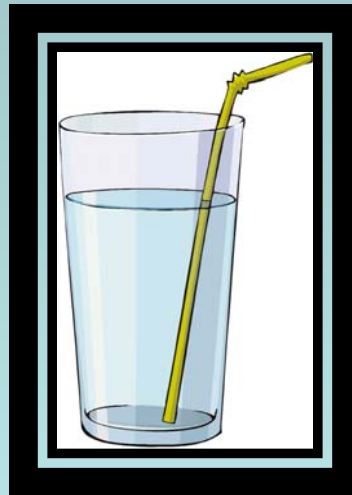
- Be introduced to Healthier Troops in a SNAP Program's goals and activities
- Learn desired behaviors of Healthier Troops in a SNAP!
- Improve food preparation skills through active hands-on experiences

Discussion Points

We are going to teach you ways to be healthier and to help your family and home become healthier.

1) *Water is a wonderful choice.*

- Why should we choose water over soda/pop?
- How much should we drink?
 - Shoot for 8 cups or 64oz over a whole day.



Discussion Points

2) *Take steps for fun and health.*

- How does taking steps make us healthy?
 - More steps = better health.
- How many steps should girls take in a day?
 - Shoot for 12,000 a day, as many days per week as possible. We'll get to use pedometers sometimes to check our step counts.
- How about parents?
 - Parents shoot for 10,000 a day, as many days per week as possible.
- Have you ever heard of the buddy system? How does a buddy help? Girls & parents take healthy steps together.



Discussion Points

3) *Make family connections through mealtime.*

- What's good about family meals?
 - Shoot for 3 or more family-connected evening meals per week
- How are fruits and vegetables good for you?
 - Include fruits and vegetables at every meal
- Why should we turn off the TV, and turn on family conversation?



Discussion Points

We are participating in Healthier Troops in a SNAP!

- Physically active meetings led by visiting parents and girls
- Making fruit and vegetable snacks led by visiting parents and girls
- Taking healthy steps, drinking water, and having family-connected meals at home too

Girls get to practice courage, confidence, & character by working with parents to improve health

You will work toward SNAP badges (and others) for each project you do. (Show the badge designs.)

Complete the “How am I doing check-up” sheet with girls.

How am I doing check-up?

Child version- to do as group discussion

For the following questions, please raise your hand to answer what you did last week.
(Leader should praise the girls' efforts, help them to find ways to improve.)

1. How many times did your family sit down together at home to eat a meal this past week?
 - A) Three or more times
 - B) Once or twice
 - C) Never
2. How often did you have the TV turned off during meals at home?
 - A) All the meals
 - B) Some of the meals
 - C) None of the meals
3. How often did you help your parents prepare the meal and clean up afterwards?
 - A) All the meals
 - B) Some of the meals
 - C) None of the meals
4. How often did you have a fruit AND a vegetable during meals at home?
 - A) All the meals
 - B) Some meals
 - C) None of the meals
- 5) How often did you have water instead of soda/pop or soft drinks during meals at home?
 - A) All the meals
 - B) Some meals
 - C) None of the meals
6. How often did you take steps together (walking or being active) with your mom or dad?
 - A) Three or more times
 - B) Once or twice
 - C) Never



Goal Setting:

Each girl should pick one of the six areas above to improve for next time.

1. How many times did your family sit down together at home to eat a meal this past week?
2. How often did you have the TV turned off during meals at home?
3. How often did you help your parents prepare the meal and clean up afterwards?
4. How often did you have a fruit AND a vegetable during meals at home?
- 5) How often did you have water instead of soda/pop or soft drinks during meals at home?
6. How often did you take steps together (walking or being active) with your mom or dad?

What is your goal for next time?

How am I doing check-up?

Parent version- to fill out at drop-off or pick-up.

For the following questions, please raise your hand to answer what you did last week.

1. How many times did your family sit down together at home to eat a meal this past week?

- A) Three or more times
- B) Once or twice
- C) Never

2. How often did you have the TV turned off during meals at home?

- A) All the meals
- B) Some of the meals
- C) None of the meals

3. How often did you help your parents prepare the meal and clean up afterwards?

- A) All the meals
- B) Some of the meals
- C) None of the meals

4. How often did you have a fruit AND a vegetable during meals at home?

- A) All the meals
- B) Some meals
- C) None of the meals

5) How often did you have water instead of soda/pop or soft drinks during meals at home?

- A) All the meals
- B) Some meals
- C) None of the meals

6. How often did you take steps together (walking or being active) with your mom or dad?

- A) Three or more times
- B) Once or twice
- C) Never



Goal Setting:

Each parent should pick one of the six areas above to improve for next time.

What is your goal for next time?



Session 1- NUTRITION: Measuring practice & ANTS ON A LOG snack

Or substitute any fruit and vegetable snack recipe for girls to prepare and eat.

Objective:

With help from visiting parents and leaders, the girls will prepare a fruit and vegetable snack & reinforce messages promoting consumption of fruits and vegetables, importance of family-connected meals & drinking water.

Materials:

- Celery
- Creamy Peanut Butter
- Raisins
- Flour
- Measuring cups & measuring spoons
- Paper plates
- Cups of water to drink



Time: 15-25 minutes (preparation, eating & clean-up)

Procedure



- 1) Wash hands
- 2) Leader demonstrates proper dry measurement of flour with cups and spoons
- 3) Leader demonstrates proper wet measurement of water with cups and spoons
- 4) Girls practice measuring dry and wet ingredients

Procedure

- 5) Wash and cut celery, add peanut butter to middle of celery, decorate with raisins
- 6) Place prepared snacks on a tray and practice asking, passing, please, thank you, waiting for all to get snack before eating
- 7) Set table & discuss good manners before and during snack
- 8) Girls clean up & discuss how to help parents with meals



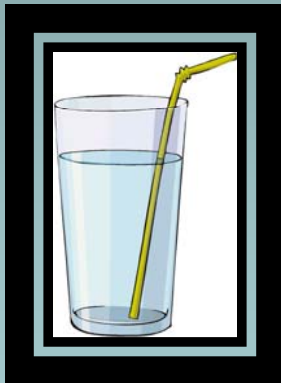
Optional: Table Manners Song (Sung to: Frere Jacques)

Chewing quietly, chewing quietly
Do not slurp, do not slurp,
We must say excuse me, We must say excuse me
When we burp, When we burp.



Session 1 Scout Homework Sheet

Healthier Troops in a SNAP



Pass out homework sheet for girls to take home and complete.