

SNAP Session #3:

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g Toward Health

Background

Parents and other adults who are supportive of physical activity help children to be more physically active, and possibly at lower risk for obesity.

There are fairly simple ways to share physical activity, to choose water as a beverage, and to limit TV.

- All of these behaviors can improve the health of the home environment for kids and adults.

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 points listed below.

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

Today's activities

- ** ► NUTRITION: knife skills & water taste test (5-10min), practicing a family meal (5-10min), clean-up (5min)
- How am I doing check-up? (5min)- Read it aloud, and discuss briefly as you go.
- Discussion & assignment (5min)- Review reasons for drinking water, have girls take water is a wonderful choice sheet home for signature & return.

Objectives

Girls will:

- Review the target behaviors of our intervention.
- Learn why water is a wonderful choice.
- Learn ways to create low-calorie flavorful drinking water at home.
- Develop further kitchen skills, practice asking skills and good manners while eating

Discussion Points

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

Discussion Points

Collect completed sheets from session 2, & review what girls did dancing:

- How does dancing fit in with our goal for girls to take 12,000 steps a day?

Why is water a better choice than soda or sugary drinks?

- It is better for teeth & bones
- Keeps us from gaining extra weight
- Much cheaper to buy
- Doesn't have caffeine
- Today, we'll work on ways to make water look, taste, & smell better so you'll want to drink it more.

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.

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?

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

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

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- 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 3: Knife Skills & Water Taste Test

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

Time: 15-25 minutes (preparation and eating/drinking)

Objective:

The girls will taste water of various temperatures, and with various flavors.

Materials:

- Water in Pitchers
- Lemons
- Oranges
- Apples
- Knives (a good butter knife can work for better safety)
- Cutting board or area
- Recipe sheet



Session 3: Knife Skills & Water Taste Test

Materials (continued):

- 2 or 3 types of 100% fruit juices or concentrates (apple, grape, berry, etc.)
- Decaffeinated cold-brew instant tea or herbal mint tea
- Ice
- Crazy Straws
- Cups

Procedure:

- 1) The leader will provide various ingredients to make water more appealing to the girls. In the process, girls will get a chance to work on cutting fruits with a knife. Girls prepare juices and cold-brew tea at full strength, cut oranges and lemons in slices. Additional apples and oranges can be peeled or cut for snacks.

Session 3: Knife Skills & Water Taste Test

Procedure (continued):

- 2) When ingredients are ready, have girls sit together to practice family meal. Girls should practice good manners and pass ingredients around table family style. The girls will be instructed to “invent” a flavored water that they like.
 - It may be helpful to have a “dump it” pitcher or bowl for failed recipes.
- 3) Add ice, fruit slices, splashes of juice or tea, and a straw for the perfect beverage that looks good, smells good, and tastes good. The girls should be encouraged to share their creation recipes with each other & their family.

Follow-up/ Assessment:

The girls will use the Water is a wonderful choice sheet to write down their recipe and share it with their family.

Healthier Troops in a SNAP: Session 3 Scout Homework Sheet-

Water is a Wonderful Choice.

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

