

SNAP Session #5: Practicing our SNAP



Background

Beyond just gaining knowledge, children (and adults) need active mastery experiences and skill building to be confident they can change behavior or their surroundings. Experience and skill make it easier to perform the behavior.

Having a supportive environment helps to make the healthful choice the easy choice. Troop meetings and homes can become supportive environments for girls to make the healthy choices promoted in SNAP (family-connected meals, taking steps, choosing water, plus others).

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: Active games (15min)- Use active game described below (Lid Hockey), or have a visiting parent and girl present an active game that allows all girls to be active. Shoot for at least 1500 steps.

Today's activities

- ▶ How am I doing check-up? (5min)- Read it aloud, and discuss briefly as you go.
- **▶ NUTRITION: fruit kabobs with yogurt dip (5-10min), practicing a family meal (5-10min), clean-up (5min)
- ▶ Discussion & assignment (5min)- Talk about upcoming SNAP potluck, why it's good to have family-connected meals, and how to ask parents for things. Have girls take the Make Family Connections through Mealtime sheet home for signature & return.

Objectives



Girls will:

- Review the target behaviors of our intervention.
- Learn some physically active games to play in troop meetings and with parents at home.
- Develop further kitchen skills, practice asking skills and good manners while eating.
- Begin planning for family-connected meal celebration night

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

Collect signed and returned sheets from session 4 & discuss ways girls found to take steps together with parents

Discussion Points

What are some good ways to ask for something?

- Look the person in the eye, Use a clear voice, Don't whine, Ask for what you want, Give good reasons for your request, Pick your battles, When to take no for an answer, Compromise, Give something to get something. Any others?

Troop family-connected meal celebration night (Session 7)

- Each girl scout will help her family make a dish to share in a potluck dinner
- Assign girls to categories (Main dish, vegetables, fruit salads, desserts, breads, etc.)
- Focus on fitting in FRUITS & VEGETABLES for all dishes
 - 100% fruit juice, can be a good way to add a fruit serving to any meal. Try mixing equal parts water and juice.
- Girls earning the SNAP badge will receive recognition that night

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?

- A) All the meals
- B) Some of the meals
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4. How often did you have a fruit AND a vegetable during meals at home?

- A) All the meals
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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 5 Active Games: Lid Hockey- Try this at home!

Court/Equipment

- Using sidewalk chalk, sidewalk cracks, tape, or other methods, create a playing court consisting of 2 boxes. Boxes should be evenly sized, about 2 to 4 feet wide, and 2 to 4 feet long. Equipment consists of a stone, lid, or other small object and a medium to large playground ball or basketball.





Rules

- Two players will take turns throwing the ball, trying to knock the lid across the other's goal line. One point is scored per goal, first player to five is the winner of the game.
- The lid is placed at the half-court line, and one player is chosen to start play. Players must remain behind their own goal lines for all throws. If the lid is knocked out of bounds, the lid should be placed back at the half-court line. A goal is scored by knocking the lid across the goal line without first going out of bounds.
- After each goal, the player with least points starts play.

Session 5: Fruit Kabobs

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

Objective:

The girls will prepare a fruit and vegetable snack & reinforce messages promoting consumption of fruits and vegetables, importance of family-connected meals, manners, & drinking water.

Time: 15-25 minutes (preparation & eating)

Materials:

- Apples
- Bananas
- Grapes
- Strawberries
- Kiwi Fruit



Session 5: Fruit Kabobs

(Continued)

Materials (continued):

- Knives (butter knives for safety) & cutting board or area
- Low-fat vanilla yogurt
- Kabob skewers
- Paper plates
- Cups of water

Procedure:

- 1) Divide girls into teams and have the girls wash and cut the larger fruits into one- to two-inch pieces.
- 2) Girls can create their own kabob, and should include at least one of every fruit.
- 3) When all kabobs are finished, girls practice family meal with kabobs and yogurt dip as the snack, served with a cup of water.

Healthier Troops in a SNAP: Session 5 Scout Homework Sheet-

Making family connections through mealtime:
10 questions for mom or dad.



Pass out homework sheet for
girls to complete at home.