Fueling Our Bodies: Smart Snacks & Super Nutrients

Learning about Carbohydrates, Protein, and Fat

Pennsylvania Nutrition Services

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About Me

What is a registered dietitian?

Why Do We Eat?

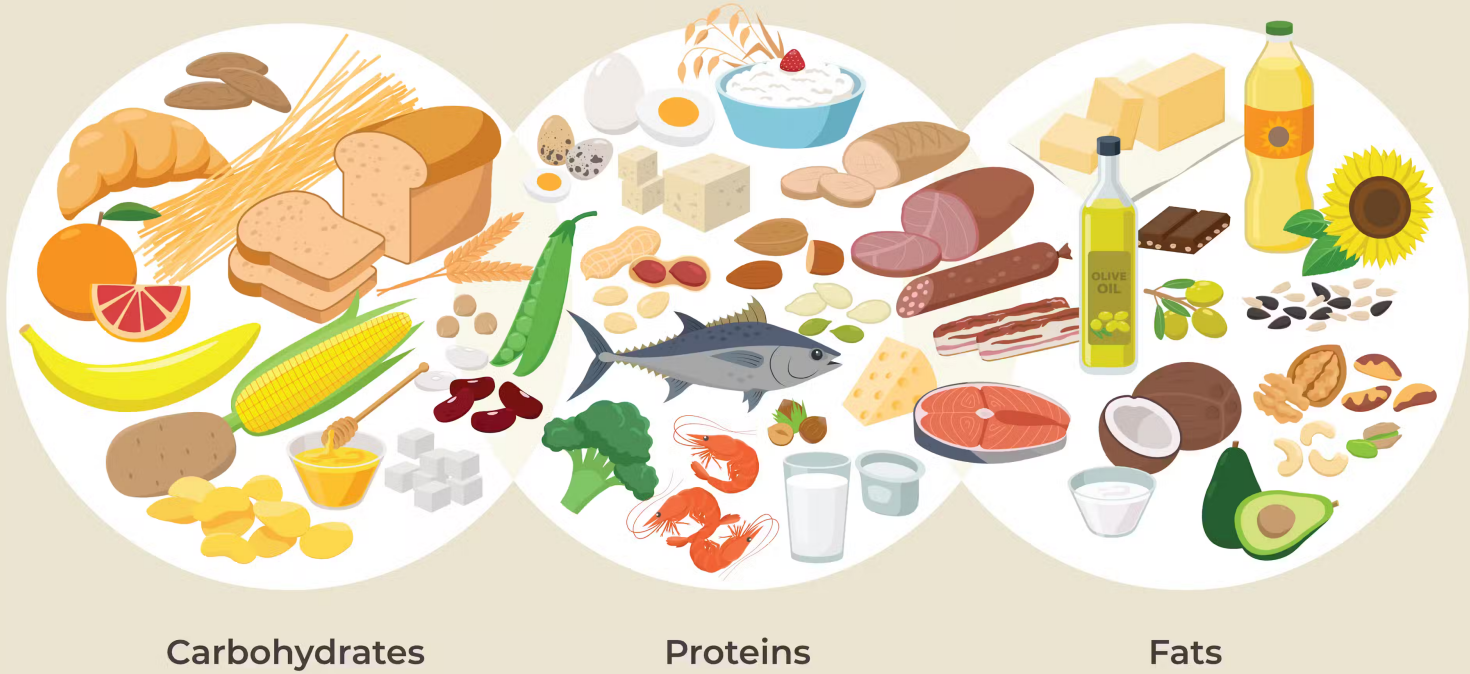
- To give our bodies energy ⚡
- To help us grow 📏
- To keep us healthy and strong 💪



Meet the Macronutrients!

- Carbohydrates
- Protein
- Fat

- What's the difference between a macronutrient and the food groups?

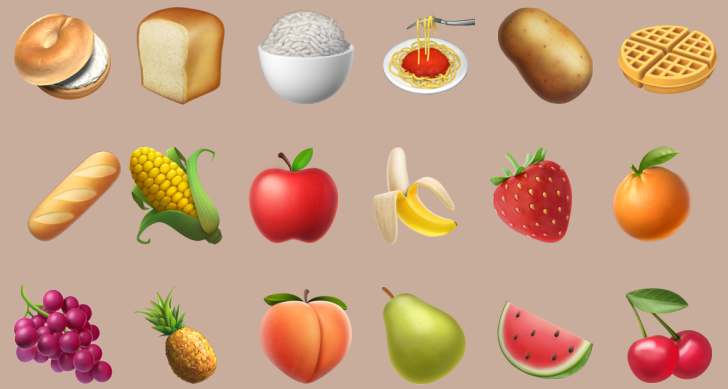


Carbohydrate = Quick Energy

- Gives us energy to play and learn
- Fuels our brains

- Snack ideas:
  - Whole grain cereal or crackers
  - Banana
  - Oatmeal
  - Smoothie
  - Fruit



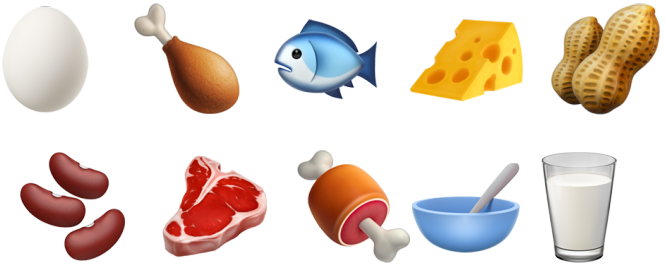


Protein: Body Builder

- Helps our muscles grow
- Keeps us full

- Snack ideas:
  - Hard boiled egg
  - Peanut butter
  - Yogurt
  - Milk
  - Cheese





NYT

Fat = Long Lasting Fuel

- Keeps us full longer
- Helps with absorption
- Protects our organs

- Snack ideas:
  - Trail mix with nuts and seeds
  - Guacamole with tortilla chips





What Makes a Smart Snack?

- Has at least 2 food groups
- Easy to put together

- What's your favorite snack?
  - Bonus - what macronutrients does it have?



Colorado SNAP-ed, Pinterest

Snack Time = Brain Time

- 🧠 **Snacks help your brain work better** — They give you energy to focus, think, and learn.
- 💪 **They help your body grow strong** — Snacks give your body nutrients it needs between meals.
- ⏰ **They help you stay full between meals** — So you don’t get too hungry before lunch or after school.
- 😀 **Snacks can help your mood** — Eating healthy snacks can help you feel happier and less tired.
- 🥕 **Snacks give you a chance to eat more fruits, veggies, and protein** — Which helps you stay healthy.
- 🤸 **Snacks give you energy to play** — So you can run, jump, and move during recess or gym!















Pantry + Fridge Power

- Use what you have!
  - Crackers
  - Nut butter
  - Fruit leathers
  - Applesauce
  - Yogurt
  - Hardboiled eggs
  - Water



Let's Review

- Carbs = energy
- Protein = muscles
- Fat = fuel

- Mix and match to stay full and focused



Let’s Play a Game!

- What’s the macronutrient?





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Let’s Play a Game!

- What’s the macronutrient?



To Review:

- Macronutrients are:
  - Carbohydrates (energy!) ⚡
  - Protein (muscles!) 💪
  - Fat (protection and absorption!) 🛡️

🍎 Apple slices + 🥜 peanut butter

🥕 Carrot sticks + 🧀 cheese cubes

🍞 Whole grain toast + 🍯 honey drizzle

🥣 Dry cereal + 🥛 milk

🍌 Banana + 🥜 mixed nuts

🥨 Pretzels + 🧃 juice box

🍿 Popcorn + 🍓 berries

🥪 Half sandwich + 🧃

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