

# 20 HEALTHY SNACKING AND PACKING



## PURPOSE

This activity teaches young workers the basics of healthy snacking. Eating nutritious snacks throughout the workday helps young workers maintain energy and can keep them alert and focused on the job. This activity demonstrates the components of affordable, healthy snacks.

## ACTIVITY TIME

Approximately 15 minutes

## PREPARATION

- The worksheet is included in the activity book on 43.

Alternatively, you can print the worksheet from the website. The worksheet can be found at:

[www.promotingusafetyhealth.com](http://www.promotingusafetyhealth.com)

Click on "Start the Conversation Activities," then find the "Healthy Packing and Snacking" activity and click on the "Handout" link. Print one double-sided worksheet per pair of staff members.

- Print PUSH Cards.

## DIRECTIONS

Supervisor reads out loud

**Supervisor reads out loud**

### SUPERVISOR READS QUESTION

✘ *Do not read out loud*



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## BACKGROUND

**Meals are essential for meeting our bodies energy needs. However, most of us also eat between meals to maintain our energy and keep our brains focused on work, school, or play.**

When we're choosing snacks, we need to think about how these snacks will make us feel. For example, snacks that are high in sugar, like candy, will give us a short rush of energy before we crash.

**There are two different kinds of carbohydrates: simple and complex.**

Simple carbs are those found in fruit, candy, cookies, honey, and table sugar. Think of simple carbs as lighting a match. You'll have a big flame for a second or two, but then it goes out.

Complex carbs, on the other hand, are like candles. They burn long and slow. That's because the body has to break down complex carbs, which means they stick with the body longer. Complex carbs include breads, grains, and beans.

Combining macronutrients (fats, proteins, and carbohydrates) gives us the most bang for our buck. For example, pairing a simple carbohydrate, like an apple, with a fat, like peanut butter, will help us stay full longer, and will give our body more types of fuel to work with.

### **ONE MORE THING BEFORE WE GET TO THE ACTIVITY: DOES ANYONE KNOW WHAT FIBER IS?**

**Fiber is the material found in fruits, veggies and whole grains. It helps keep us full and our bowels regular. We need fiber so our body can clean out all the gunk, like cholesterol.**

## ACTIVITY

Now for the activity. Pair up.

- ✘ *Distribute worksheets to each group or ask employees to turn to page 43 in their activity workbooks.*
- ✘ *Give staff time to answer and help as needed.*

For each snack pairing, indicate:

- ☉ whether the snacks contain simple carbohydrates, complex carbohydrates, both, or low/no carbohydrates
- ☉ which choice contains more fiber?
- ☉ which is a better choice and why?

## ANSWERS:

### Peanut Butter Apple vs. Beef Jerky

- ☉ Apple: Simple; Peanut Butter: Complex; Beef jerky: Low
- ☉ More fiber: Apple
- ☉ Better choice: Apple and Peanut Butter, because it combines carbs, fats and protein and also contains a serving of fruit.

### Carrots/Hummus vs. Pop-Tarts®

- ☉ Carrots/Hummus: Simple and Complex; Pop-Tarts® : Simple
- ☉ More fiber: Carrots/Hummus
- ☉ Better choice: Carrots/Hummus because it combines carbs, protein and fat and has a serving of veggies.

### Orange vs. Orange Jelly Candy

- ☉ Orange: Simple; Orange Jelly Candy: Simple
- ☉ More fiber: Orange
- ☉ Better choice: Orange because it is a serving of fruit and contains lots of fiber and no refined sugar.

### String Cheese vs. CHEETOS®

- ☉ String Cheese: Low; CHEETOS®: Simple
- ☉ More fiber: String cheese
- ☉ Better choice: String cheese because it has protein and fat, which will keep you full longer.

### Plain Yogurt vs. Ice Cream Bar

- ☉ Plain Yogurt: Simple; Ice Cream: Simple
- ☉ More fiber: Both are low in fiber
- ☉ Better choice: Plain Yogurt because it has less sugar.

### Almonds vs. Potato Chips

- ☉ Almonds: Complex; Potato Chips: Simple
- ☉ More fiber: Almonds
- ☉ Better choice: Almonds because nuts contain protein, fat and carbs, along with fiber.

Sometimes when we come to work, we don't have the ability to leave to get healthy snacks. It is important to plan ahead and prepare healthy snacks like those in the examples we just discussed.

## PUSH FORWARD

- ✘ *Pass out PUSH cards.*

On your card is a link to the Promoting U through Safety and Health page ([www.promotingusafetyhealth.com](http://www.promotingusafetyhealth.com)). If you follow this page you can learn about other ways to stay safe at home and at work.

# 20 HEALTHY SNACKING AND PACKING WORKSHEET

**20 HEALTHY SNACKING AND PACKING WORKSHEET**

**PU**  
PROMOTING U THROUGH  
**SH**  
SAFETY AND HEALTH

**vs.**

**APPLE AND PEANUT BUTTER VS. BEEF JERKY**

DOES THE SNACK CONTAIN SIMPLE CARBOHYDRATES, COMPLEX CARBOHYDRATES, OR BOTH (OR LOW/NONE)?

WHICH CONTAINS MORE FIBER?

WHICH IS A BETTER CHOICE?

108

109

110

111