



# Oliver's team talk

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## Teach! TEACHERS' CORNER

Are you looking for a way to teach your students about choosing healthy snacks? How about a healthy snack rap song?

Begin by asking your children what snacks they like to eat. Write down all the answers for discussion.

Next, define what a healthy snack is: A healthy snack is one low in fat, calories and added sugars, such as fruits, vegetables, whole grains and low-fat or non-fat dairy foods. Remember to always emphasize appropriate serving sizes.

Now go back to your original list of snack choices the students provided. Discuss why some are healthier choices than others. Remember, pretzels are a good choice but not an entire 15oz bag of pretzels.

## Excite! READY, SET, GO!

**It's time to rap!!**

Apples, oranges, lettuce, cheese  
All good snacks, if you please

**REFRAIN:**

Five a day are what you need  
To grow up **BIG** and **STRONG** you see!

Apples, oranges, celery, cheese  
All good snacks, if you please

**REFRAIN (see above)**

Apples, oranges, broccoli, cheese  
All good snacks, if you please

**REFRAIN (see above)**

Make **HEALTHY CHOICES** for Life!

## Activate! MAKE YOUR MOVE

Build upon the original rap song. Students can add other good snack choices to change the words to the song. How many different combinations of healthy snacks can they think of?

They can perform in the round as a group or individual, passing off the song to each other by tagging one another.

Children can jump up on **BIG** and flex muscles on **STRONG!**

To add movement add: "Come gather round, we will talk, about good nutrition as we walk."

## Motivate! SPREAD THE WORD

As a grand finale to the activity – use your A La Cart kit and provide a healthy snack to the students.

*(If you have not received your A La Cart kit, contact the Oliver Foundation for details.)*

Make sure you provide the actual items contained in the rap song they created.

The next time you have snack time in your classroom remember to begin by singing your own original rap song.

**Idea provided by: [www.eduref.org](http://www.eduref.org)**