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Healthy snacks



Snacking has become a common practice of the modern era. Healthy eating habits not only support us in building a healthy body and mind but also extend support successful progress toward targets in health, agriculture, inequality, poverty and sustainable consumption. Moving from our local traditional food to fast food has not only increased lifestyle diseases among people including children but has also contributed to climate change. This exemplar talks about the origin and migration of cashews and helps students understand and choose healthy snacking alternatives.

Q1

TUNE-IN

START UP STORIES & SHARING EXPERIENCES

Story on nuts about cashews
Did you know?

Q2

FIND-OUT

INQUIRY & DEEPENING KNOWLEDGE

Eco puzzle
What are the most popular snacks?

Q3

WORK-OUT

REVIEW, ANALYSIS & CRITICAL THINKING

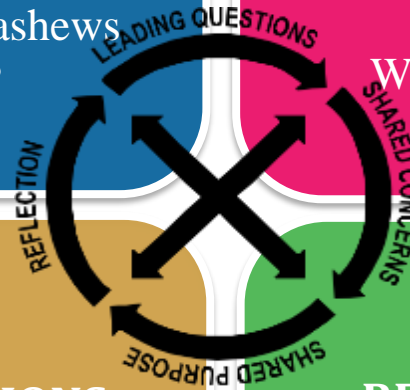
Check/compare the price & ingredients of popular snacks vs healthy snacks
Did you know?

Q4

TAKE-ACTION

HANDPRINT ACTIONS FOR CHANGE

Plan a lunch/snack box for your friend and get ratings from your friends/parents



Exemplar on Healthy snacks



The origin and migration of cashews has been weaved into an interesting story in this exemplar. This story is a conversation between a grandfather and granddaughter on how cashew has become an expensive and popular snack. It also explores the livelihood and quality of life, access to nutritious food of cashew cultivators and introduces the importance of fair trade. This is followed by an activity where students are allowed to deepen their knowledge on what are the different types of snacks that are popular among their friends and compare that with what snacks their parents consider healthy. Students are also asked to visit a local supermarket to compare the price and ingredients used in popular snacks vs healthy snacks. Additional research and reading is suggested to find out locally available snacks/ingredients to make snacks. This will help students to critically think and review their current eating habits and also analyse how it impacts local vendors and economy. Based on their analysis, teachers can have a discussion with students around questions like:

- What are some of the snacking practices you would like to change? And why?
- Do you think your snacking habits will impact local vendors/community and the economy? And why?
- What steps can we take towards healthy snacking practices amongst us, our family & friends?

Students are encouraged to take Handprint actions by planning a healthy lunch/snack box for their friend at school. Their friend can rate it based on what they liked the most while their parents can help assess the snack/lunch provided.