



## Unit 8 Super Snacks: Child Lesson

You know? I've been wondering, how do you fly so fast without flying into birds?

Oh! Hi boys and girls, I didn't see you there.

It's Miss Shanita again and today a few friends will be helping us learn. This is my friend Superman.

Today we're going to be talking about SUPER SNACKS! Super snacks help to fuel our body and they give superheroes their super powers.

If you could have any superhero power, what would it be?

Hmm...If I could have any superhero power mine would be to have lightning speed to run super-fast just like the superhero Flash.

I wonder how superheroes have so much energy. You know what? They probably eat Super Snacks.

Superman is shaking his head yes. They do eat super snacks!

Super Snacks are healthy and they keep our tummies happy until its time for our next meal like lunch or dinner.

What kind of Super Snacks do you think Superheroes eat? We have a few snacks here but I think I might need your help deciding which ones we should give to our superheroes.

I'm going to show you two different snacks and I want you to decide which one you think will be healthy and give Superman his powers.

Which snack will give Superman super powers; the sugary cookies or the crunchy apple slices with peanut butter?

The apple slices with peanut butter! That's right.

If Superman wants another Super Snack, should we give him sugary ice cream or sweet grapes with a stick of cheese?

The grapes and cheese make a great super snack, so we should give him that!

I have another superhero friend who is in need of some super snacks.



Meet my friend Wonder Woman.

Can you help me pick out a Super Snack for her?

Do you think the French fries will give her super powers or the vegetable sticks and hummus?

Let's ask Wonder woman.

Wonder Woman, are the French fries a Super Snack? Hmm...she says no; they are a special treat.

Wonder Woman, are the vegetable sticks with hummus a super snack? She says yes! Let's give her the vegetables and hummus.

Let's choose another snack for her. Do you think the sugary donuts will give her super powers or do you think the tortilla chips and salsa will give her super powers?

Wonder Woman how about the donuts?

I don't think the donuts will give her super powers. Maybe the tortilla chips and salsa will.  
(shake her head yes really hard)

Yes! The tortilla chips and salsa are a Super Snack!

Thank you boys and girls for helping me to choose Super Snacks for our super heroes today.

If you want to have super powers just like Superman and Wonder Woman, you should eat Super Snacks too!

You can eat broccoli, strawberries, peanuts and all sorts of healthy snacks that give your body energy. These are all Super Snacks!

Well until next time boys and girls, see you later!