



**SYNERGISTIC
SYSTEMS**

A DIVISION OF PITSCO, INC.

PARENT BRIEFING

Module

Snack Nutrition

- Prepare various snacks by following instructions that are in written and video form.
- Use a computer program to identify his or her personal caloric requirements based on age, height, weight, and activity level.
- Identify the characteristics of a nutritional diet.
- Apply appropriate measuring techniques.

Session Focus

- 1 PB&J Snack
- 2 Snack Nutrition
- 3 Dip and Veggies
- 4 Fast Food: What's In It For You?
- 5 Nachos
- 6 Fruit Yogurt Shake
- 7 Snack Evaluation

Dear Parent,

As parents and teachers, we realize it can be hard to get a child to discuss what he or she is learning in school. We hope the information provided on this page will assist you in communicating with your child about what he or she is learning.

For the next few days, your child will be learning about the nutritional value of various snacks, preparing these snacks, and calculating the nutrients in each snack while completing the Snack Nutrition Module. As your child's best teacher, your participation in the learning process is extremely important.

Words students will learn in this Module include:

- caloric
- carbohydrate
- colander
- dehydration
- etiquette
- fat
- impulse buying
- meringue
- obesity
- starch

Questions for discussion

During the course of this Module, your child will be assessed on key concepts and activities. You might want to discuss these concepts with your child.

He or she will be asked to:

- Have your child explain how a person's age, weight, height, and activity level affects his/her caloric requirements. *(The caloric intake of a teenager should be higher than that of an older individual. The higher the activity level, the higher the caloric intake.)*
- Have your child explain how dry ingredients should be measured. *(Leveled.)*
- Have your child describe how much is a pinch of salt. *(1/16 of a teaspoon.)*



Instructor: _____