★ ALL STARS ★ SMARTSNACKING

- **What kind of snacks do you usually eat between meals?**
- **Do you think all snacks are unhealthy? Why or why not?**
- **What does the word smart mean in the phrase smart snacking?**

We are going to listen to two gastronomy experts, one from Britain and the other from Argentina. Give a summary of their opinions using your own words.
Do you agree or disagree with them? Did they give you new and relevant information about eating habits? Why? Why not?





Expression / Word	Meaning
1. Hits the spot	
2. Affordable	
3. On the go	
4. Mental clarity	
5. Swim against the current	

To expand on vocabulary, complete the chart with the meanings of the list of expressions. Give the full audio a try and check your guessings.

Did you get them correctly? What other words can we consider important for this topic?

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Pay attention to the following tips provided by WHO (World Health Organization) and the EU (European Union)

What is smart snacking ?

Ask yourself a question: **Do you eat to live or live to eat?**
Conscious eating is a key to a healthy lifestyle!!!
Before you start eating your snack, ask yourself whether you are really hungry or just bored.



According to the basic principles of a well-balanced diet we should eat 5 times a day. The food's quality is really important as well as the amount of it. These five meals should cover one's energy needs for a day without the sensation of hunger. If between the main meals hunger appears people eat snacks. There is no problem with it, if snacking is mindful. Hidden hunger can be avoided if the snacks are good sources of the necessary nutrients and vitamins. Choose nutrient –rich foods that naturally have a lot of vitamins, minerals and fewer calories. They are low in solid fats, added sugar and salt.



What is the main problem with snacking?

- In the XXI[st] century, eating usually is not about covering our energy needs, but about the sensation of pleasure.
- With snacking hundreds, sometimes thousands of calories could be eaten in a really short period of time, actually without realizing it.

What does it mean?

- Snacking can destroy a diet in a minute, or can cause increase in body weight. Obesity is increasing worldwide as a result of overeating and unconscious eating habits. People who are overweight have a greater risk of developing serious conditions, for example: type 2 diabetes, heart diseases, high blood pressure, joints and bones diseases.

What can we do in order to be conscious about it?

- Learn how to snack in a mindful way and therefore it will be a positive contributor of your healthy diet and lifestyle.
- When you snack, have a sit. If you sit down and concentrate on your food, you won't eat as much and you will enjoy it much better.
- If you need a snack try to choose a healthy one. Instead of candies, try to snack vegetables or fruits. These don't contain plenty of calories and provide you a lot of vitamins and minerals. Instead of salted nuts, test the unsalted version.
- If you are about to eat some sweet snacks choose dark chocolate.



- **What is your biggest challenge when it comes to eating healthy snacks?**
- **Think of three smart snacks you could prepare at home.**
- **How can you practice "mindful eating" in your daily life?**

Think of definitions and examples of the following concepts: *conscious food, overeating, mindful eating, nutrients.*

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