

Snacktivity



FRUITY PIZZA BITES

(MAKES 12 CRACKER BITES)

GRADES: K-8

Ingredients:

- 12 round whole-grain crackers. Whole-grain English muffins or tortillas also work well.
- 1 package of light regular or strawberry cream cheese. Tip: Whipped cream cheese spreads more easily.
- Assorted chopped fruit

Instructions:

- 1 Lay out whole-grain crackers on a flat surface.
- 2 One at a time, spread cream cheese on each cracker.
- 3 Decorate with assorted fruit.
- 4 Enjoy!

Classroom Activity



BUILDING HEALTHY SNACKS

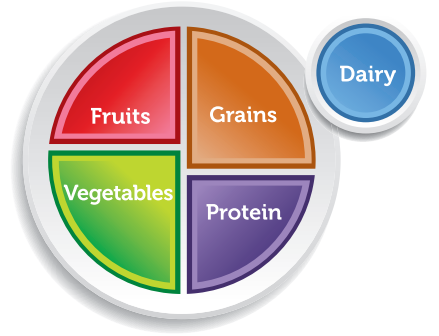
GRADES K-3

Instructions:

- 1 Reproduce and cut out clipart images of different foods. SEE INSERT.
- 2 Have students sort foods into each food group:
 - Fruits
 - Vegetables
 - Grains
 - Protein
 - Dairy
- 3 Have students create a healthy snack using at least two or more food groups.
- 4 Have students share their creations.
- 5 For more fun, have students bring in ingredients to make their recipes to share with the class.

FRESH & FUN SNACKING

Incorporating healthy snacks into your day is a great way to stay energized and focused. When preparing a healthy snack, it is important to include at least two food groups. Fruits and vegetables are delicious and easy options when choosing healthy snacks. Limit highly processed snacks, which are high in sugar, salt, and fat, and provide little lasting energy. Preparing your own snacks with fresh and healthy foods is a great way to snack smart!



HERE ARE SOME HEALTHY SNACKS USING TWO FOOD GROUPS. WHAT ARE YOUR FAVORITE FOOD GROUP COMBINATIONS?



WHOLE GRAINS & VEGGIES

WHOLE GRAIN CRACKERS WITH AVOCADO AND TOMATOES



FRUIT & DAIRY

STRAWBERRIES IN YOGURT



VEGETABLES & PROTEIN

CARROTS IN HUMMUS OR BEAN DIP



VEGETABLES & PROTEIN

PEANUT BUTTER IN CELERY STICKS



FRUIT & DAIRY

APPLE AND CHEESE KABOBS



FRUIT & PROTEIN

BANANA SLICES WITH PEANUT BUTTER



Seymour says:



"Try to include a fruit or vegetable in every snack choice."

September 2018

Fruits and Veggies More Matters Month

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
						1
National Childhood Obesity Awareness Month	National Self-Care Awareness Month	Hispanic Heritage Month: Sept 15 - Oct 15	Whole Grains Month			
2	3	4	5	6	7	8
	Labor Day		Cheese Pizza Day Create a healthy version with whole grain crust and lots of veggies!	Read a Book Day	Acorn Squash Day	
9	10	11	12	13	14	15
Rosh Hashanah		911 Remembrance Day / Ants on a Log Day	Day of Encouragement	Kids Take Over the Kitchen Day		Boys' and Girls' Club Day For Kids
16	17	18	19	20	21	22
	Keep Kids Creative Week	Yom Kippur	Talk Like a Pirate Day			First Day of Fall
Child Passenger Safety Awareness Week	24	25	26	27	28	29
30			Better Breakfast Day			