

Snacktivity



WHOLESOME TRAIL MIX GRADES: K-8

Ingredients:

- Whole-grain cereal
- Popcorn (low-fat)
- Pretzels
- Chocolate chips
- Variety of dried fruit (raisins, cranberries, dates, figs)
- Nuts (optional for nut or seed allergies)

Trail mix is a great way for students to explore different whole-grain options. It is also fun for students to make their own creations and discover new flavors.

1 Pour each ingredient into separate bowls with spoons and create an area where students can come and make their own trail mix!

2 While students are eating their snack, teachers can discuss the importance of choosing whole grain food.

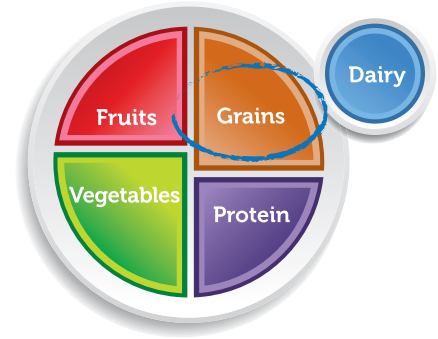
Whole-grain foods have:

- more vitamins
- more minerals
- and more fiber, which helps keep you feeling full.



WHOLE GRAINS

Grains are divided into two categories, whole and refined. Whole grains contain more vitamins, minerals, and fiber. Examples of whole grains include: whole-wheat flour, bulgur, oatmeal, and brown rice.



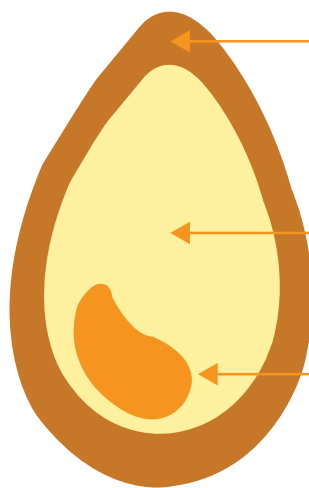
TIPS ON HOW TO INCLUDE MORE WHOLE GRAINS INTO YOUR DAY

- ✓ Try **brown rice or whole-wheat pasta** with your meals.
- ✓ Choose **unsweetened** whole-grain cereals and add fresh fruit.
- ✓ Use **whole-grains** in mixed dishes, such as soups, casseroles, and salads.
- ✓ Choose **whole-wheat** bread for sandwiches.
- ✓ Snack on **homemade** popcorn, pretzels, or whole-grain crackers.

WHOLE GRAIN

VS

"WHITE" GRAIN



BRAN

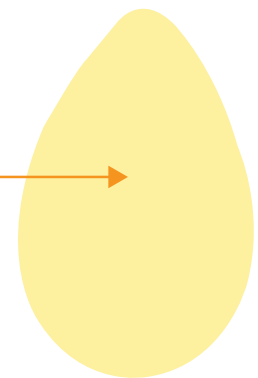
The fiber-rich outer layer that protects the seed and contains B vitamins and trace minerals.

ENDOSPERM

The middle layer that contains carbohydrates along with proteins.

GERM

The small nutrient-rich core that contains antioxidants, including vitamin E, B vitamins, and healthy fats.



Seymour says:



"Make half your grains whole grains."

May 2019

National Physical Fitness & Sports Month

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
Asian-Pacific American Heritage Month	Screen Free Week		School Principals' Day		Two Different Colored Shoes Day	Star Wars Day
Lemonade Day	Nurses Day	Teacher Appreciation Day	Bike to School Day		Clean Up Your Room Day	
Mother's Day Women's Health Week		Dance Like a Chicken Day		Love A Tree Day	Walnut Day	Learn to Swim Day
	Pick Strawberries Day			Lucky Penny Day	Don't Fry Day	
Memorial Day					Meditation Day	