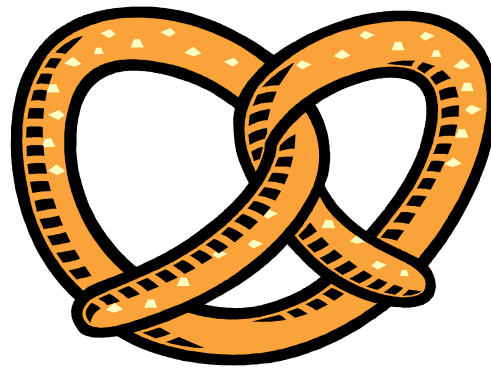


Healthy Snacks
Lesson 1



Worksheet: Healthy After School Snack Ideas
Activity: Make a healthy snack

1) Materials:

- Worksheet: 'Healthy After School Snack Ideas'
-One copy per child
- Any supplies or ingredients necessary for everyone to make the healthy snack of your choice

MAKE SURE YOU CHECK PRIOR TO THE CAPSULE DAY FOR ANY FOOD ALLERGIES THE CHILDREN MAY HAVE- SOME FOOD ALLERGIES ARE VERY SERIOUS!

3) Activity:

Make the healthy snack you chose

Eat the healthy snack you made

2) Introduction to lesson:

- Introduce yourself and any helpers to child(ren) if they do not already know you
- Ask the children who is hungry by the time they get home from school
- Tell them today they will learn some healthy snacks they can make after school
- Hand out the worksheet
- Go through the snack ideas together

4) Wrap-Up

- Thank the child(ren) for participating
- Fill out the capsule evaluation/report form and send to the state office

Let's Get Snackin'

Here are some ideas for great and healthy snacks you can try at home!

They are great for after school or anytime!

Make sure you ask an adult to help you, and always wash your hands before preparing food!

Cracker Stackers

Ingredients:

- 5-7 crackers
- 1 1/2 T. low fat cream cheese
- 1 slice sandwich meat
- 5-7 hamburger style pickles

Tear the sandwich meat into 5-7 pieces. Spread cream cheese on each cracker. Stack the crackers with the sandwich meat and a pickle.

Mini Pizzas

Ingredients(makes 2):

- English muffin or plain bagel
- Pizza sauce or spaghetti sauce
- Shredded Cheese
- Mushrooms
- Pineapple

Tear the English muffin in half. Spread sauce over both halves. Top with mushrooms and pineapple then sprinkle with cheese. Microwave 30 seconds-1 minute until cheese is melted.

Fruit & Cheese Kabobs

Ingredients:

- Fruit of your choice
- Cheese cubes
- Wooden skewers

Cut the fruit and cheese into cubes (about 1 inch). Slide the fruit and cheese onto the skewers in any pattern you choose & enjoy!

Veggies & Dip

Ingredients:

- 8 oz. package low fat cream cheese
- 2 T. low fat sour cream
- 1/2 packet of dry ranch seasoning
- Veggies of your choice to dip

Combine the first three ingredients. Dip veggies and enjoy!

Fruit Dippers

Ingredients:

- 1 cup yogurt (any flavor)
- Fruit of your choice cut up
- 1/2 cup low fat granola

Dip the fruit into the yogurt then sprinkle with granola.

Ants on a Log

Ingredients:

- 4-5 celery sticks (3 in. long)
- Low fat cream cheese or peanut butter
- Raisins or dried cranberries

Spread the cream cheese or peanut butter on the celery then top with the ants (raisins or cranberries)
*Variation-us apple slices instead of celery)

Happy Trails Mix

Ingredients:

- 2 cups multi grain cereal
- 1 cup pretzels
- 1 cup raisins or dried fruit
- 1 cup mini-marshmallows
- 1 cup low fat granola
- 1 cup bear shaped graham cookies
- 1 cup bite size cheese crackers
- 1/2 cup chocolate chips
- 1 cup peanuts (optional)

Place all ingredients in a large resealable plastic bag. Seal the bag and shake to mix.

Fruit Burritos

Ingredients:

- 4 6-in. tortillas
- 4 T. peanut butter
- 1 banana sliced
- 4 strawberries sliced
- 1 peach, peeled & sliced
- ¼ c. blueberries
- 4 T vanilla yogurt

Spread peanut butter on each tortilla. Place fruit in the center of the tortilla and drizzle fruit with yogurt. Roll up tortilla like a burrito and enjoy!

Goldfish Snack Mix

Ingredients:

- 3 cups cheddar cheese goldfish crackers
- 1 cup dried cranberries
- 1 cup dried apricots, chopped
- 1 cup peanuts

Mix all ingredients together then enjoy by the handful! Store in an airtight container.

Mexi Ranch Dip & Chips

Ingredients:

- ½ cup salsa
- ½ cup light ranch salad dressing
- Baked tortilla chips

Stir together, dip baked tortilla chips and snack away!

Strawberry Banana Smoothie

Ingredients:

- 2 cups strawberries
- 2 peeled bananas
- ½ cup strawberry yogurt
- 6 ice cubes

Place all ingredients into a blender and blend until smooth.

Fruity English Muffins

Ingredients:

- 2 English muffins, split
- 8 oz container pineapple yogurt
- ¾ cup sliced fresh strawberries
- ¾ cup drained crushed pineapple

Toast the muffins in the toaster. Spread each halve with pineapple yogurt. Top with strawberries and pineapple. Eat while English muffins are still warm!

Freezer Yogurt Grahams

Ingredients:

- 4 Graham Crackers
- ½ cup any flavor yogurt

Spread yogurt on a graham cracker square, top with another graham cracker. Wrap in plastic wrap and freeze.

PB & J With a Twist

Here are some other variations to try on your peanut butter sandwich:

Peanut Butter AND...

- Banana slices
- Cream cheese
- Cream cheese & crushed pineapple
- Honey
- Honey & apple slices
- Jelly & cream cheese
- Jelly & banana slices
- Marshmallow crème

Peanut Butter and Jelly ON...

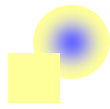
- Bagel
- Banana bread
- English muffin
- French toast
- Pancakes
- Raisin bread
- Tortillas
- Waffles

Apple Rice Pudding

Ingredients:

- 1 cup leftover cooked rice
- 1 cup lowfat vanilla yogurt
- 1 cup applesauce
- 1 teaspoon cinnamon

Mix all ingredients in a large bowl. Dish yourself up a small bowl and enjoy!



Evaluation & Report Form



Capsule 24
Healthy Snacks



Chapter: _____ **Report Filled Out By:** _____

Type of site: _____

Target Group: (Nutrition Buddies Projects must focus on eligible nutrition education activities provided in schools or groups with **50% or higher** number of students receiving free national school lunch)

_____ Entire School

_____ Church group

_____ Specific grade level (what grade)

_____ Community partner _____

_____ After school group

_____ One on One Mentorship

_____ Other: _____

Audience:

New Nutrition Buddies

(If unknown include all Buddies as new)

Number in age group

Birth to 5 _____ 6 to 10 _____

11 to 14 _____ 15 to 18 _____ **Totals=** _____

Returning Nutrition Buddies

(If unknown include all Buddies as new)

Number in Age Group

Birth to 5 _____ 6 to 10 _____

11 to 14 _____ 15 to 18 _____ **Totals=** _____

_____ Total number of youth that participated

_____ Percentage of youth who receive reduced or free lunches (must be at least 50%)

_____ Family Audience Taught (if applicable)

Describe evidence of learning you witnessed in the child(ren) from the beginning of the capsule session to the completion of the capsule

Based on your observations rank the child(ren)'s level of knowledge (0-10) on this topic at the beginning of the capsule session and at the end of the capsule session.

0-little to no knowledge – 10-know it all!

Beginning _____

Completion _____

Comments:

Comments:

List any comments you have on this capsule and/or ways it could be improved: