

HEALTHY SNACK ATTACK

Goal:

Children will know what makes a snack “healthy,” and will help make a healthy snack.

| Activity/Recipe Materials: | Grocery List |
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| MyPlate Image Pictures of food from each food group (you could use same pictures used during MyPlate for MyBody activity. Suggestions: milk, cheese, strawberries, banana, carrots, celery, peanut butter, whole wheat crackers) Small zipper bags Spoons (to eat with and to serve) Bowls | Bananas (1 banana for every 4 children) Low-fat or non-fat plain or strawberry yogurt Graham crackers (each sheet divided into fourths) Pineapple (diced fresh or canned/drained pieces) |

Before Activity:

- Review pages 14-16 (*Talking about Food, Cooking with Children, & Taste Testing*).
- Break graham cracker sheets into four sections (break along seems), and place each small section into zipper bags (squeeze out as much air as possible before sealing).

Activity Plan:

- Briefly review MyPlate, including how each food group helps bodies to grow. (Refer to MyPlate for MyBody on page 19. Remember to do the motions!)
- Discuss snacks with children.
 - *“Today, we are going to talk about snacks! My favorite snack is _____.”*
(Insert your favorite snack here, making sure that it is a healthy snack that includes two food groups. Example: yogurt and strawberries.)
 - *“What is your favorite snack?”* (allow children to answer)
 - *“Snacks help our bodies to grow and keep us full between meals.”*
- With children’s help, place 2-3 food pictures in each part of your MyPlate image.
- Using pictures on MyPlate, tell children about your favorite snack again, making sure it includes 2 different food groups.
 - *“There is a secret to a healthy snack...do you want to know what it is? A healthy snack will include food from 2 different MyPlate groups!”*
- Using the food pictures that have been placed on MyPlate, ask children to choose 2 foods that would make a healthy snack.
- Explain that you will now be making a healthy snack that will include 2 of the MyPlate Food Groups: A banana split. Make recipe as described on next page.

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Healthy Banana Split (ingredients needed per child):

- ¼ banana (cut lengthwise, so there is a flat side of the banana)
- 1-2 Tbsp of strawberry or plain, non-fat yogurt
- 1-2 Tbsp of diced or crushed pineapple
- ¼ of a graham cracker (sealed in a plastic zipper bag)

Directions:

- Demonstrate making a banana split for yourself first, then allow children to make their own after watching you.
- Crush graham crackers using fingers (cracker should be sealed inside of a zipper bag). Place banana in bowl, then top with small amount of yogurt, then pineapple. Open bag of crushed graham cracker, and pour on top. Taste with children, asking them to tell you how it tastes.
 - Suggested questions: *How does it taste? Is it cold? Mushy? Crunchy? What makes it crunchy? What food groups are in this snack?* (Fruit and dairy - pointing out that there are 2 food groups in this healthy snack)
 - Encourage children to try making this at home with their families. Discuss what other fruits could be used in their own banana split.



QUICK TIP

Making a Banana Split

You may ask children to cut their banana into smaller pieces before topping with yogurt. This will make it easier for young children to eat when finished.

