



# SNACKS FOR FITNESS



## INTRODUCTION

Super Snacks contains creative, nutritious snacks that make food preparation an educational experience. These snacks require little or no cooking. They are quick and easy to prepare nutritious snacks on their own. Each snack serves approximately ten children.

The snacks are divided into the basic food groups. Each section is devoted to teaching specific nutrition concepts through the preparation of snacks. Individual snacks are accompanied by a short section of nutrition questions and topics to discuss with students. Sanitation, knife safety, and food storage are other important topics to cover when working with the children.

Super Snacks can be used with Vitality Games to form a nutrition plan that includes food preparation, nutrition information, and educational games. The goal of Super Snacks is to increase the food knowledge and improve the eating habits of youth and adults.

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# FRUITS & VEGETABLES

The Fruit and Vegetable group provides us with two essential vitamins, A and C. These vitamins are important for helping our bodies resist infection, helping our skin to be healthier, and helping our eyesight. The following food experiences are centered around foods contained in the Fruit and Vegetable group.

## FRUIT AND VEGETABLE OPTION 1

### VEGGIES AND FILLER

<u>Food Supplies</u>	Veggies: carrots, broccoli, zucchini, cauliflower, or other veggies in season Fillers: peanut butter <u>or</u> cheese slices
<u>Equipment</u>	Paper towels, wax paper
<u>Other Supplies</u>	Knives (sharp), knife (dull)
<u>Procedure</u>	*Cut and wash vegetables. *Spread with one of the above fillers.
<u>Nutrition</u>	*Discuss the food groups and servings being eaten. *Broccoli, carrots, cauliflower, and zucchini contain Vitamin A. *Vitamin A promotes growth and helps eyes. *Broccoli and cauliflower also contain Vitamin C. *Vitamin C helps heal cuts and fight infection. Everyone needs a Vitamin C food every day.

## FRUIT AND VEGETABLE OPTION 2

### APPLES, ORANGES, n' CHEESE

<u>Food Supplies</u>	Apples, oranges, cheese
<u>Equipment</u>	Wax paper
<u>Other Supplies</u>	Knives
<u>Procedure</u>	*Wash apples and cut in slices horizontally for sandwich halves. *Cut cheese in thin slices. *Peel oranges and cut horizontally. *Make sandwiches with all ingredients, using apples as "bread."
<u>Nutrition</u>	*Discuss food groups and servings eaten. (Milk and F & V's) *One-half of our population doesn't eat enough fruits and vegetables. *Oranges and citrus fruits are excellent Vitamin C foods. These fruits can be eaten for snacks, dessert, or breakfast.

### FRUIT AND VEGETABLE OPTION 3

#### FRUIT SALAD

<u>Food Supplies</u>	2 bananas; 2 cans fruit cocktail <u>or</u> fresh fruit in season
<u>Equipment</u>	Spoons, cups, wax paper
<u>Other Supplies</u>	1 can opener, 1 knife
<u>Procedure</u>	*Open cans of fruit cocktail and drain (or slice fresh fruit). *Peel bananas and slice into fruit cocktail. *Serve in cups.
<u>Nutrition</u>	*Discuss food groups and servings being eaten. (F & V's) *See if the group can name all the ingredients contained in the fruit salad. *Encourage group to try this at home. *Have the group name vitamins in fruit cocktail and what they do for our bodies. (Vitamin A - sharp eyes, promotes growth; Vitamin C - fights infection, heals cuts)

### FRUIT AND VEGETABLE OPTION 4

#### VEGGIES AND DIP

<u>Food Supplies</u>	Veggies: broccoli, cauliflower, 2 carrots, other fresh vegetables in season (optional) Yogurt Dip (see recipe, page 12)
<u>Equipment</u>	Spoon, wax paper
<u>Other Supplies</u>	Knives, bowl
<u>Procedure</u>	*Wash vegetables and cut into interesting shapes which can be dipped in a nutritional sauce. *If you do not have time to do this in the class, mix up dip and slice vegetables before class.
<u>Nutrition</u>	*Discuss food groups and servings eaten. (F & V's and Milk) *Point out that broccoli is high in vitamins A and C. *We need Vitamin A 2 or 3 times a week. Our bodies store it. *There are fewer calories and more nutrition in homemade dips than in most store-bought dips; encourage students to try making dips at home.

## FRUIT AND VEGETABLE OPTION 5

### VEG-K-BOBS

<u>Food Supplies</u>	Cauliflower Carrots Broccoli Cucumber, zucchini, <u>or</u> various veggies in season Seasonings (salt)
<u>Equipment</u>	Toothpicks, wax paper, paper towels
<u>Other Supplies</u>	Cutting knives
<u>Procedure</u>	*Wash vegetables and cut in chunks. *Place on toothpicks and serve. *Cut vegetables before class if time is short, and let students make their own combinations.
<u>Nutrition</u>	*Discuss food groups and servings being eaten. *Talk about Vitamin A in carrots, zucchini, cauliflower, and broccoli. (Eye, health, and growth helpers) *Talk about Vitamin C; everyone needs it daily because it isn't stored in the body. Broccoli, tomatoes, and cauliflower all contain Vitamin C. *Talk about foods having both Vitamin A and C, such as broccoli and cauliflower.

## FRUIT AND VEGETABLE OPTION 6

### CARROT AND RAISIN SALAD

<u>Food Supplies</u>	5 carrots 1/2 cup raisins 1/4 cup mayonnaise <u>or</u> salad dressing lemon juice
<u>Equipment</u>	Plates, spoons, wax paper
<u>Other Supplies</u>	Measuring cup, bowl, 2 knives
<u>Procedure</u>	*Finely chop or grate carrots; mix all ingredients well.
<u>Nutrition</u>	*Raisins are a fruit; carrots are a vegetable. *One-half cup of this salad is one serving of the Fruit and Vegetable group. *Carrots are high in Vitamin A. *Raisins are excellent energy food and a good source of iron.

## FRUIT AND VEGETABLE OPTION 7

### WALDORF SALAD

<u>Food Supplies</u>	2 cups diced apples (skin on) 2 cups diced celery 1 cup chopped nuts 3/4 cup mayonnaise lettuce or spinach leaves
<u>Equipment</u>	Wax paper, spoon
<u>Other Supplies</u>	Mixing bowl, knives
<u>Procedure</u>	*Combine each of the ingredients in the bowl; add mayonnaise. *Serve on dark green leaf lettuce. (Dark green leafy vegetable and spinach are high in vitamins A and C.)
<u>Nutrition</u>	*Apples and celery, from Fruit and Vegetable group, contain vitamins and minerals essential for growth and body repair. *Nuts are from the Meat group and provide some protein.

## FRUIT AND VEGETABLE OPTION 8

### CHILLED FRUIT/VEGETABLE JUICES

<u>Food Supplies</u>	Apricot, pineapple, or tomato juice; <u>or</u> any juice the children request. Ice cubes
<u>Equipment</u>	Paper cups, can opener
<u>Procedure</u>	*Put ice cubes in cup. Fill with juice.
<u>Nutrition</u>	*Fruit and vegetable juices are high in vitamins A and C, necessary for bodily growth, regularity, and repair. *One-half cup of juice is a serving from the Fruit and Vegetable group. *Fruit <u>drinks</u> contain 10% or less fruit juice. Encourage children to read the label and make sure it is labeled <u>juice</u> and not drink or beverage.

## FRUIT AND VEGETABLE OPTION 9

### COVERED FRUIT

<u>Food Supplies</u>	Bananas, apples, <u>or</u> oranges Cereal, nuts, <u>or</u> coconut Peanut butter <u>or</u> fruit juice
<u>Equipment</u>	Paper bag, wax paper, plastic knives, toothpicks
<u>Other Supplies</u>	Knife
<u>Procedure</u>	*Wash or peel fruit. *Dip in fruit juice or cover with peanut butter. *Roll in garnish. *Slice if necessary. *Spear with toothpick.
<u>Nutrition</u>	*An orange is a Vitamin C food. We need Vitamin C every day. *Cereal has B vitamins for long-lasting energy. *Four tablespoons of peanut butter are the same as 1 serving of meat.

## FRUIT AND VEGETABLE OPTION 10

### FRUIT SMOOTHIES

<u>Food Supplies</u>	1 cup fruit 1 cup fruit juice Crushed ice (optional)
<u>Equipment</u>	Cups, jar for mixing
<u>Other Supplies</u>	Knife
<u>Procedure</u>	*Peel, cut up, and mash fruit. *Mix thoroughly in jar with fruit juice. *Suggested combinations: bananas and dates with orange juice; strawberries and raspberries with pineapple juice; pineapple and apples with orange juice; apples and pears with apricot juice.
<u>Nutrition</u>	*Four servings of fruits and vegetables are needed every day. *Fruits and fruit juices that are a good source of Vitamin A are pineapple and apricot. *One-half cup of juice is 1 serving of fruits and vegetables. *Oranges and strawberries contain Vitamin C.





# BREADS & CEREALS

The following food experiences are centered around foods contained in the Bread and Cereal group. Everyone needs four servings from this group daily. Breads and cereals provide us with carbohydrates for energy and other B vitamins. Each recipe serves ten students.

## BREAD AND CEREAL OPTION 1

### VARIOUS CRACKERS AND CHEESE

<u>Food Supplies</u>	Crackers: 1/2 package of soda crackers, Rye Crisp, <u>or</u> Wheat Thins Cheese: 1/2 pound of an assortment of cheeses
<u>Equipment</u>	Wax paper
<u>Other Supplies</u>	2 cutting knives
<u>Procedure</u>	*Serve different kinds of cheese and crackers. *Make designs with the cheese (faces, numbers, abstracts).
<u>Nutrition</u>	*Encourage the students to eat this snack rather than candy, cupcakes, or sweet rolls. *Cheese and crackers give longer lasting energy than do sweet breads and cereals. *Discuss the food groups being eaten. (Breads & Cereals and Milk groups) *Talk about the number of servings needed daily. (4 servings from Breads and Cereals; 3 from Milk)

## BREAD AND CEREAL OPTION 2

### OPEN-FACED CHEESE SANDWICHES

<u>Food Supplies</u>	1/2 slice bread for each child 1/2 pound of cheese
<u>Equipment</u>	Wax paper
<u>Other Supplies</u>	2 cutting knives
<u>Procedure</u>	*Let the students make designs out of the cheese and put them on the bread.
<u>Nutrition</u>	*Discuss food groups and servings being eaten. (B & C's and Milk) *One slice of bread is 1 serving. *Encourage the students to try this snack at home. *We need 3 servings from the Milk group every day. *Cheese can replace some of the milk needed.

### BREAD AND CEREAL OPTION 3

#### VEGGIE SANDWICHES

- Food Supplies 1/2 slice of bread per child  
One of the following combinations:  
(a) 3 grated carrots (or strips), 2 minced celery stalks, salad dressing or mayonnaise  
(b) 2 bananas cut into thin slices, peanut butter  
(c) Cottage cheese (1/2 carton), 2 apples or bananas (sliced)  
(d) 1/2 pound raisins, peanut butter
- Equipment Wax paper
- Other Supplies Bowl, knife, spoon
- Procedure \*Use 1/2 slice of bread per person to make a small sandwich.
- Nutrition \*Discuss food groups and servings being eaten. (B & C's. Meat, Fruit and Vegetables)  
\*What do breads and cereals do for your body? (Provide energy and promote growth.)  
\*Make designs with the filling and ask the students for some sandwich ideas.  
\*Encourage the students to try these at home.

### BREAD AND CEREAL OPTION 4

#### GRANOLA

- Food Supplies Granola  
Milk and bananas
- Equipment Cups, spoons
- Other Supplies Knife
- Procedure \*Put small amount of granola in cups.  
\*Slice a few bananas on each.  
\*Granola may be eaten dry as a snack food or with milk added.
- Nutrition \*Rolled oats, sunflower seeds, and rolled wheat are very nutritious.  
\*Good for a snack or a quick breakfast.  
\*Discuss food groups and servings being eaten. (One-half to 3/4 cup granola is 1 Bread and Cereal serving.)  
\*Granola is a great food for giving you that "full" feeling and works in your body to provide energy and assists growth.

## BREAD AND CEREAL OPTION 5

### RICE CEREAL

<u>Food Supplies</u>	Cooked rice, cold Milk or cream Cinnamon Raisins Sugar or other sweetner (optional)
<u>Equipment</u>	Cups, spoons
<u>Procedure</u>	*Put a small amount of rice in each cup. *Add milk, raisins, and cinnamon. (Sweetner if desired)
<u>Nutrition</u>	*Discuss what food groups are being eaten. (Milk, B & C's) *How many servings are needed daily from the Bread and Cereal group? (4) *What vitamin is found in bread and cereals? (Vitamin B) *How does this vitamin help our bodies? (Helps the cells use energy from food; helps keep nerves and skin in good condition) *Discuss other ways rice can be eaten. (Hot, as part of dinner; or as a dessert, such as rice pudding)



# MILK

The following food experiences are centered around foods contained in the Milk group. Each recipe serves ten students. Everyone 12 years and under needs three 8-ounce servings of milk daily. Teens need four 8-ounce servings daily. Milk group foods are excellent sources of calcium, which helps to build strong bones and teeth. Milk group foods also contain protein for growth and to build healthy muscles.

## MILK OPTION 1

### COTTAGE CHEESE WITH FRUIT

<u>Food Supplies</u>	Cottage cheese Fruit cocktail, pineapple slices, <u>or</u> canned pears
<u>Equipment</u>	Cups, spoons
<u>Procedure</u>	*Place small amount of cottage cheese in a cup. *Drain juice from fruit. *Top cottage cheese with one of the above fruits; serve.
<u>Nutrition</u>	*What food groups and servings are being consumed? (Milk and Fruit & Vegetables) *Cottage cheese can be eaten for meals, dessert, or snacks. *What nutrients does cottage cheese contain? (Protein and calcium)

## MILK OPTION 2

### YOGURT WITH FRUIT OR NUTS

<u>Food Supplies</u>	Yogurt (plain), 1 quart 1 orange, 2 apples, corn syrup; <u>or</u> Canned fruit cocktail <u>or</u> bananas <u>or</u> 1/2 cup nuts <u>or</u> Use your imagination
<u>Equipment</u>	Cups, spoons
<u>Other Supplies</u>	2 knives
<u>Procedure</u>	*Place small amount of yogurt in cups. *Top with fruit and a drop of corn syrup if desired. *Or top with other foods suggested above.
<u>Nutrition</u>	*What food group is yogurt in? (Milk) *How much do you need for a serving? (1 cup) *Eat yogurt as a part of meals or for snacks. *Yogurt is a great energy and growth food.

### MILK OPTION 3

#### YOGURT DIP

- Food Supplies 1 cup yogurt  
2 tablespoons lemon juice  
1/2 teaspoon dry mustard  
1/2 teaspoon salt  
1 teaspoon paprika
- Other Supplies Bowl, spoon, measuring spoons
- Procedure \*Mix together well and serve with vegetables.
- Nutrition \*What food group is yogurt in? (Milk)  
\*How much is a serving? (1 cup is 1 Milk serving)  
\*What 4-4-3-2 foods can you dip? Name as many as possible.  
HINT: Don't be traditional.

### MILK OPTION 4

#### CHEESE AND FRUIT SPEARS

- Food Supplies Fruits in season  
2 ounces cheddar cheese
- Equipment Wax paper, toothpicks
- Other Supplies Knives
- Procedure \*Spear a chunk of pineapple, a cherry tomato, a chunk of apple or pear or any fruit in season.  
\*Then add a cube of cheddar cheese to the toothpick.
- Nutrition \*What food groups are being consumed? (Fruit & Vegetables and Milk)  
\*What nutrients does cheddar cheese contain? (Protein and calcium)

## MILK OPTION 5

### EGG NOG

<u>Food Supplies</u>	3 eggs 3 cups cold milk 3 teaspoons sugar 1 teaspoon vanilla
<u>Equipment</u>	Paper cups
<u>Other Supplies</u>	Bowl, beater, measuring cups, measuring spoons
<u>Procedure</u>	*Mix all ingredients together; serve while still foamy. *Makes 6-8 small servings.
<u>Nutrition</u>	*Discuss food groups consumed and servings needed daily. (Meat and Milk) *Milk is a quick nutritious snack that helps everyone's bones and teeth. *Milk promotes growth and a clear complexion. *Encourage the group to try this snack at home.

## MILK OPTION 6

### CHEESE LOG

<u>Food Supplies</u>	1/2 pound American or Cheddar cheese 1 small package cream cheese 1/2 teaspoon Worcestershire sauce (optional) Salt and pepper 1/2 pound crackers Chopped nuts (optional)
<u>Equipment</u>	Wax paper, spoon
<u>Other Supplies</u>	Grater, mixing bowl, knives
<u>Procedure</u>	*Grate Cheddar cheese; add cream cheese and other ingredients and mix well. *Pat into a roll; roll in chopped nuts (optional). *Serve with crisp crackers.
<u>Nutrition</u>	*Cheese contains protein and calcium. *What food groups are in this snack? (Milk, Breads & Cereals) *How many servings do we need from these food groups daily? (3 servings Milk; 4 servings Breads & Cereals)



## MILK OPTION 7

### FRUIT MILK SHAKES

- Food Supplies 2 cups milk  
Choice of one of the following:  
1 banana, mashed  
1 cup prune juice  
2 cups orange juice, 1/4 teaspoon almond flavoring,  
and sugar to taste  
1/2 cup sweetened strawberries, crushed  
4 tablespoons molasses  
1/2 package instant pudding (chocolate, vanilla, or  
banana cream)  
Nutmeg (optional)
- Equipment Cups, jar with lid, blender
- Other Supplies Knife
- Procedure \*Have milk thoroughly chilled.  
\*Shake or beat with fruit until well-blended.  
\*Use 2 cups milk and add various flavors, as desired.  
\*The beverage may be sprinkled with nutmeg, if desired.
- Nutrition \*Discuss the food and servings being eaten. (Milk and  
Fruits & Vegetables)  
\*What main nutrient is found in milk? (Calcium)  
\*What does this nutrient do for our bodies? (Builds  
strong bones and teeth.)  
\*How many servings do we need daily? (3)  
\*Milk promotes growth and clear complexions.

## MILK OPTION 8

### STUFFED CUCUMBERS

- Food Supplies 2 cucumbers  
One of the following: Cheddar cheese, cottage cheese,  
or cream cheese
- Equipment Wax paper
- Other Supplies Knife
- Procedure \*Wash and hollow out cukes.  
\*Stuff with cheese or mixture of your own.  
\*Slice and eat.
- Nutrition \*What food groups are being eaten? (Fruits & Vegetables  
and Milk)  
\*How many servings of milk are needed daily? (3)  
\*How much cheese is needed for a serving? (1 square inch or  
1 ounce)

## MILK OPTION 9

### COTTAGE CHEESE STUFFING

- Food Supplies      3/4 cup cottage cheese  
                         1/4 teaspoon garlic salt  
                         Carrots, lettuce leaves or spinach
- Equipment           Wax paper, paper towels, toothpicks
- Other Supplies      Potato peeler, measuring cup and spoon, bowl, mixing spoon,  
                         knife for spreading
- Procedure            \*Mix cottage cheese and garlic salt together.  
                         \*For carrots: Wash well. Use potato peeler to make carrot slices.  
                         \*For lettuce or spinach: Wash well. Pat dry with paper towels.  
                         \*Spread vegetables with cottage cheese mixture.  
                         \*Roll up.  
                         \*Eat with fingers or toothpicks.
- Nutrition             \*Cottage cheese is in the milk group.  
                         \*One and one-half cups cottage cheese has the same amount  
                         of calcium as one cup milk.  
                         \*We need at least 3 glasses of milk daily.



# MEAT

The following food experiences are centered around foods contained in the Meat group. Foods in the Meat group supply protein, iron, and B vitamins. Protein builds and repairs. It is needed by every cell in the body. As a child grows, muscles are built from proteins and as adults, we need protein to help repair muscles as well as other cells. We need two servings from the Meat group daily.

## MEAT OPTION 1

### APPLEWICHES

<u>Food Supplies</u>	Apples, cheese slices, peanut butter
<u>Equipment</u>	Wax paper
<u>Other Supplies</u>	Sharp knife. dull knife
<u>Procedure</u>	*Wash apples and slice horizontally. *Spread with peanut butter and press on cheese. *Use apple slices as bread for sandwiches.
<u>Nutrition</u>	*Discuss food groups and servings eaten. (Milk, Fruits & Vegetables, and Meat group) *What key nutrients do these foods have? (Protein and calcium) *Discuss what these key nutrients do for your body.

## MEAT OPTION 2

### PROTEIN SANDWICHES

<u>Food Supplies</u>	Bread Peanut butter Bananas, apples, peanuts, shredded carrots
<u>Equipment</u>	Wax paper
<u>Other Supplies</u>	Sharp knife Dull knife
<u>Procedure</u>	*Spread peanut butter on a slice of bread. *Make faces or designs with one or more of the last four ingredients listed above.
<u>Nutrition</u>	*Discuss food groups and servings being eaten. (Breads & Cereals, Meat, and Fruits & Vegetables) *Have a funny face contest with the sandwiches.

### MEAT OPTION 3

#### PEANUTS

<u>Food Supplies</u>	1 bag of peanuts in shell
<u>Equipment</u>	1 empty paper bag
<u>Procedure</u>	*Let children crack the peanuts themselves.
<u>Nutrition</u>	*Peanuts are in the Meat group and are a nutritious snack. *They provide energy and promote growth.

### MEAT OPTION 4

#### HOT DOGS AND CHEESE

<u>Food Supplies</u>	Hot dogs Cheese
<u>Equipment</u>	Wax paper, foil (optional)
<u>Other Supplies</u>	2 sharp knives
<u>Procedure</u>	*Cut hot dogs in half. *Slice them halfway through, lengthwise. *Slice cheese in 2-inch sticks and let children place them in hot dogs. *If oven is available, wrap in foil and bake at 300 degrees for 10 minutes.
<u>Nutrition</u>	*Discuss food groups and servings needed. (Meat and Milk groups) *This is a quick lunch, breakfast, or snack.

### MEAT OPTION 5

#### SEEDS AND NUTS SNACK

<u>Food Supplies</u>	1/2 cup sunflower seeds 1/2 cup soy nuts 1/2 cup raisins
<u>Equipment</u>	Cups, spoons
<u>Procedure</u>	*Mix three ingredients in cups and serve to children. (Or this may already be mixed up.)
<u>Nutrition</u>	*Meat and Fruit and Vegetable groups are in this snack. *Discuss serving amounts needed. (1/4 cup nuts for Meat serving; 1/4 cup raisins for Fruit and Vegetable serving) *This is a long-lasting ENERGY snack.

## MEAT OPTION 6

### HARD-BOILED EGGS

- Food Supplies 1/2 egg per person (should be prepared before class)  
Salt
- Other Supplies 1 sharp knife
- Procedure \*Boil eggs and serve cold with seasoning or  
\*Boil eggs and let them sit in a can of beet juice overnight  
in refrigerator. They will turn purple and are interesting  
to the students.
- Nutrition \*Eggs are in the Meat group; 2 eggs make 1 serving.  
\*Eggs contain protein.

## MEAT OPTION 7

### DEVEILED EGGS

- Food Supplies 5 hard-boiled eggs  
Mayonnaise  
Salt and pepper  
Pickle relish (optional)
- Equipment Wax paper
- Other Supplies Small bowl, knife, fork
- Procedure \*Cut hard-boiled eggs in half; scoop out the yolk and put it  
in bowl.  
\*Mix with pickle relish, salt and pepper, and mayonnaise  
until of spreading consistency.  
\*Fill each egg half with yolk mixture; makes 10 servings.
- Nutrition \*Eggs are in the Meat group; 2 eggs make 1 serving.  
\*Eggs contain protein.  
\*Eggs are an inexpensive way to get energized.  
\*Encourage children to make this snack at home.

MEAT OPTION 8

ANTS ON A LOG

Food Supplies

Celery  
Peanut butter  
Raisins

Equipment

Wax paper, plastic knife

Procedure

- \*Wash celery. Cut or break into serving sizes.
- \*Fill celery with peanut butter.
- \*Place raisins in peanut butter to form "ant brigade."

Nutrition

- \*Peanut butter is in the Meat group because it contains protein.
- \*Four tablespoons of peanut butter equal 1 serving of meat.
- \*We need 2 servings of meat every day.

# SPECIAL SNACKS

## NACHOS

<u>Food Supplies</u>	Tortillas or corn chips Refried beans Cheddar cheese Fruit or vegetable juice
<u>Equipment</u>	Grater, knives, bowl, baking sheet, oven
<u>Procedure</u>	*Grate cheddar cheese. Gently spread tortillas with refried beans. *Place on baking sheet and top with grated cheese. Heat until cheese melts. *Serve with fruit or vegetable juice to include a food from each of the basic food groups.
<u>Nutrition</u>	*Beans are in the Meat group. *Cheese is in the Milk group. *Tortillas are in the Bread and Cereal group. *This snack is high in nutrition and calories.

## EASY PIZZA

<u>Food Supplies</u>	English muffins Tomato sauce Oregano Salami or other meats Mozzarella cheese slices Vegetables
<u>Equipment</u>	Knives, tablespoons, baking sheets, oven
<u>Procedure</u>	*Spread 1/2 English muffin with 1 Tbsp. tomato sauce. *Sprinkle with pinch of oregano. Place one slice of meat on top. *Top with slice of cheese and vegetables. *Place on baking sheet and bake about 10 minutes at 425°.
<u>Nutrition</u>	*Easy pizza is a quick nutritious snack which can include household leftovers. *This snack can contain all of the basic food groups.



### YOGURT DRESSING

<u>Food Supplies</u>	1 cup plain yogurt 2 tablespoons honey 1 teaspoon lemon juice 1 tablespoon pineapple juice 1/4 teaspoon salt 1/8 teaspoon pepper
<u>Equipment</u>	Measuring cup, measuring spoons, medium bowl, egg beater, refrigerator
<u>Procedure</u>	*Children can measure all ingredients into bowl. *Beat until smooth. Chill. Serve with fruit or vegetable.
<u>Nutrition</u>	*This dressing is from the Milk group and is an excellent way to finish a salad.

### BANANA NOG

<u>Food Supplies</u>	1 cup milk 1 egg 1 very ripe banana 1 scoop vanilla ice cream
<u>Equipment</u>	Fork, quart jar with lid, blender (optional)
<u>Procedure</u>	*Peel and mash the banana with a fork. *Put all ingredients into jar and put lid on tightly; shake jar to blend. Can also be made in a blender. Makes 2 cups.
<u>Nutrition</u>	*This snack contains the Meat (egg), Milk, and Fruit and Vegetable food groups. *Banana Nog is a nutritious snack or dessert.

### BASIC FOOD GROUP SANDWICHES

<u>Food Supplies</u>	Whole grain bread Wheat crackers Cucumbers, tomatoes Apples, bananas Sliced roast beef, chicken, or turkey Hard-cooked eggs Cheese
<u>Equipment</u>	Knives, cutting surface, serving trays, small plates

## Basic Food Group Sandwiches (cont'd)

- Procedure            \*Wash fruits and vegetables in a basin; slice produce, hard-cooked eggs, cheese into sandwich-sized pieces and arrange them attractively on trays.  
\*Group foods on the table and label each group accordingly.  
\*Select at least one food from each group to make a sandwich.
- Nutrition            \*Sandwiches can be excellent meals.  
\*This basic food group sandwich is easy to prepare and nutritious.

### ORANGE-YOGURT FREEZE

- Food Supplies        1 small can of frozen concentrated orange juice  
1 pint plain yogurt  
2 tablespoons vanilla  
Honey to sweeten, if desired
- Equipment            Egg beater, large bowl, popsicle molds, freezer
- Procedure            \*Beat ingredients together until well-blended. Fill popsicle molds.  
\*Freeze 24 hours. Makes eight 1/2-cup servings.
- Nutrition            \*Yogurt is in the Milk group.  
\*Orange juice is in the Fruit and Vegetable group and is an excellent source of Vitamin C.

### BANANA ROLLS

- Food Supplies        Firm but ripe bananas  
Graham crackers  
Peanut butter  
Milk
- Equipment            Knives, cutting surface, popsicle sticks, bowls
- Procedure            \*Crush graham crackers. Peel banana and cut in half crosswise.  
\*Insert stick in flat end. Spread with peanut butter and roll in graham cracker crumbs.  
\*Serve with glass of milk.
- Nutrition            \*Bananas are in the Fruit and Vegetable group.  
\*Peanut butter is an excellent source of protein and in the Meat group.  
\*Graham crackers are in the Bread and Cereal group.

### FRUIT SHAKE

- Food Supplies 1 cup ripe fresh fruit  
1 cup milk  
4 ice cubes, crushed
- Equipment Blender, measuring cup, knife
- Procedure \*Peel fruit if necessary and cut into pieces.  
\*To crush ice cubes, place in a heavy plastic bag and crack them into small pieces with a rolling pin or hammer.  
\*Combine fruit, milk, and crushed ice and blend.
- Nutrition \*This snack contains the Fruit and Vegetable and Milk groups.  
\*This snack is an excellent way to utilize ripe fruit.

### VEGGIE ROLLUPS

- Food Supplies 4 lettuce, cabbage, or spinach leaves  
4 tablespoons peanut butter
- Equipment Paper towel, knife
- Procedure \*Wash veggie leaves and dry with paper towel.  
\*Spread with peanut butter, roll, and eat.  
\*Variation: Roll in a thin slice of turkey, roast beef, or cheese instead of peanut butter.
- Nutrition \*Veggie Rollups contain the Fruit and Vegetable and Meat groups.

### GROW YOUR OWN SPROUTS

- Food Supplies Seeds desired: 1/4 cup alfalfa, mung bean, lentils, or wheat kernels
- Equipment Small jar or bottle, cheesecloth, rubber band, paper bags
- Procedure \*Soak 1/4 cup of seeds overnight in a small jar or bottle of warm water.  
\*Cover the top of the jar with cheesecloth and secure with rubber band.  
\*Drain off soaking water, keeping seeds slightly moist but not wet.  
\*Put jar on its side in open paper bag or in a warm, dark, humid place.  
\*Rinse and drain water from sprouts 2-3 times a day.  
\*Store in covered container in refrigerator when sprouts are desired length. Sprouts may be used raw or cooked, in salads, grain or vegetable dishes, and omelets.

## Grow Your Own Sprouts (cont'd)

### Nutrition

- \*Sprouts are in the Fruit and Vegetable group.
- \*Sprouts can be eaten alone, on sandwiches, in main dishes, and included in many other different foods.

## FRUIT LEATHER

### Food Supplies

- 2 cups fully ripe fruit (cherries, plums apricots, peaches, berries, apples, or a mixture of any you may choose)
- 2 tablespoons honey or sugar (optional)
- Ground cinnamon, nutmeg, and/or cloves
- Lemon or orange peel (optional)
- Raisins or coconut (optional)

### Equipment

- |                 |                               |
|-----------------|-------------------------------|
| Knife           | Wooden spoon                  |
| Cutting surface | Nylon net                     |
| Blender         | Sunshine                      |
| Large saucepan  | Hot plate or range (optional) |
| Baking sheets   | Oven (optional)               |
| Plastic wrap    |                               |

### Procedure

- \*Wash fruit in a basin but do not peel. Cut in large chunks and place in blender. Add honey or sugar and blend 15 seconds. Fruit mixture may be simmered if desired. This blends flavors, especially if you add spices, citrus peel, or raisins. Cover baking sheets with plastic wrap (adult help may be needed because it can be very frustrating to handle the wrap). Make sure the wrap extends over top of sheets so fruit mixture does not leak under wrap.
- \*Pour fruit mixture onto sheets. Spread evenly with wooden spoon to about 1/8-inch thickness. Set in direct sun to dry until firm and not sticky to touch (this takes about 12 hours or a hot, dry day). Keep insects off by covering with nylon net. Leather may also be dried for about 4 hours in a 150° oven with door ajar. When dry, roll and store. Fruit leather keeps frozen or stored in a tightly covered container for 6 months to a year. This is an excellent snack for field trips or outdoor activities--no mess and no dishes required when eating.

### Nutrition

- \*Fruits are in the Fruit and Vegetable group.
- \*We need the four servings of fruits and vegetables each day.
- \*This is an excellent way to save abundant summer fruit for the winter.



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The Snacks for Fitness lesson plan was written by Bill Boldt, Staff Chairman, Multnomah County, and Janice Broome, 4-H/EFNEP Agent, Lane County, Oregon State University Extension Service. The publication was formerly titled Super Snacks.

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