



Lesson #17

Healthy Snacks and Easy Recipes

Goal: To learn what a healthy snack is and how to identify them.

Directions: Use the following information and what you learned about healthy snacks and easy recipes to write the healthy snacks and un-healthy snacks in the correct boxes.

- Unhealthy snacks have a lot of calories, sugar and fat.
 - Examples of unhealthy snacks are:
 - Candy
 - Cookies
 - Chips
 - Ice cream
 - Pop tarts
 - Soda
- Healthy snacks have vitamins, minerals and give you energy.
 - They should contain at least two food groups.
 - Grains
 - Vegetables
 - Fruits
 - Milk
 - Meat & Beans
 - Oils – not a food group but need a small amount in diet
 - Remember, the more food groups you can get into a snack the better!
 - Examples of healthy snacks are (you can write some of these on the board):
 - Veggies with low-fat dip or salad dressing
 - Veggies:
 - Broccoli
 - Carrots
 - Cauliflower
 - Celery
 - Cucumber
 - Bell peppers
 - Snap peas
 - Tomatoes
 - Dips
 - Bean dip
 - Guacamole
 - Hummus
 - Salsa
 - Peanut butter



Grades 3-5

- Whole grain pita pockets with fun fillings
 - Add hummus and veggies
 - Add peanut butter and apples or bananas
 - Add tomato sauce and low-fat mozzarella cheese and heat in the microwave or oven
- Ants on a log
 - Celery with peanut butter (soy butter, sunflower seed butter, or almond butter for those with peanut allergies)
 - Top with raisins or dried cranberries
- Whole grain crackers with low-fat cheese or peanut butter
- Trail mix
 - Combine cheerios, dried cranberries, sunflower seeds, mini dark chocolate chips and walnuts
- Fruit smoothies
 - Blend frozen fruit, bananas, yogurt and milk
- Other drinks:
 - Water
 - Low-fat or fat-free milk
 - 100% fruit juice

Food Bank:

Low-fat yogurt



banana and peanut butter



Potato Chips



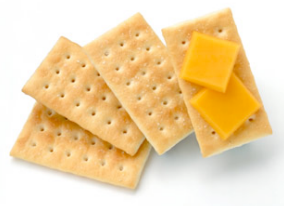
Candy Bar





Grades 3-5

whole-wheat crackers and low-fat cheese



Healthy Snacks

Unhealthy Snacks