Snacks

Complete the five steps to earn your Snacks Badge.

1. **Find out about different types of snacks:** Watch this video to learn about different types of healthy snacks. Then play one of the following games:
   a. **My plate** – an online matching game
   b. **My plate Bingo** – get the bingo sheet then look in your kitchen for the items until you get Bingo!
   c. **My plate treasure hunt** - get the treasure hunt sheet then look in your kitchen to find all the items.

2. **Make a savory snack:** Gather your favorite fruits and vegetables. Then cut them up into different shapes and sizes to make a funny face or a cool design. Once you made your creation, eat it!

3. **Try a sweet snack:** Follow this chocolate chip cookie recipe, but instead of chocolate chips make it with your favorite ingredient. You can use dried fruit, candy, or even marshmallows. Get creative with your new and improved cookie.

4. **Snack for energy:** Watch the attached video to learn how to make an easy energy snack.

5. **Slurp a snack:** Smoothies are great snacks. Use the chart below to help you come up with your yummy and healthy smoothie.
Build Your Own Smoothie

Pick your fruits:
- Bananas
- Apples
- Strawberries
- Blueberries
- Blackberries
- Raspberries
- Oranges
- Pineapple
- Mango
- Peaches
- Pears
- Cherries
- Kiwi
- Watermelon
- Cantaloupe
- Melon
- Apricots
- Plums
- Grapes

Kick up the nutrition:
- Spinach
- Kale
- Avocados
- Carrots
- Celery
- Cucumber
- Swiss Chard
- Bok Choy

Add a base:
- Lowfat Milk
- Water
- Almond Milk
- 100% Juice
- Rice Milk
- Lowfat Yogurt
- Coconut Milk
- Coconut Water

Throw in some add-ins (optional):
- Peanut Butter
- Nut Butter
- Flax Seed
- Chia Seeds
- Walnuts
- Almonds
- Oatmeal
- Vanilla Extract
- Honey
- Agave Nectar
- Cinnamon
- Ginger

Place all ingredients in blender, blend & enjoy!

Visit produceforkids.com for more smoothie recipes.