

Smart Snacking

Smart Snacking

Audience: Children

Preparation Time

Activity 1: 10 min
Activity 2: 10 min
Activity 3: 20 min

Duration of Lesson

Introduction: 5 min
Activity 1: 20 min
Activity 2: 15 min
Activity 3: 10 min
Closing: 5 min

Take Home Handouts

Parent Pages
This is a Healthy Snack

Goal

To increase knowledge and awareness of the importance of eating nutritious snacks.

Participant Objectives

Children will:

1. State one reason why it is important to eat healthy snacks.
2. Name one new healthy snack that they will try.

Points to Cover

1. Explain that healthy snacks help children's bodies grow strong and give them energy to play.
2. Explain that there are many healthy snacks and they taste good too.
3. Discuss healthy snack ideas.

Activities

Activity 1: Banana Sundae

Activity 2: Growing Colors

Activity 3: Healthy Snack Artwork

Closing

1. Review participant objectives.
2. Discuss the next class.
3. Provide take home handouts.

References

[A Healthier You](#)

[Growing Colors](#)

[More Than Mud Pies](#)

[Nibbles for Health](#)

[Tickle Your Appetite](#)

www.fruitsandveggiesmorematters.org



Smart Snacking

Audience: Children

Activity 1: Banana Sundae

Preparation Time: 10 min

Activity Time: 20 min

Ingredients (for 12 servings)

6 ripe bananas
4 1/2 cups low-fat vanilla yogurt
3/4 cup crushed cereal.

Supplies

large zippered bag
rolling pin
bowl
plastic wrap
small plates
knives
plastic sundae cups
spoon
napkins.

Preparation Prior to Class

1. Place cereal in bag, zip the bag closed, and roll over the cereal with a rolling pin to crush it.
2. Place crushed cereal in the bowl and cover with plastic wrap.

Implementation

1. Ask the children to wash their hands.
2. Explain to the children that each of them will make a banana sundae.
3. Tell them why this is a healthy snack and that it tastes good.
4. Distribute plate, knife and 1/2 banana to each child.
5. Show the children how to peel their banana and slice it on the plate. Direct them to do this.
6. Give each child a clear plastic sundae cup and direct them to place banana slices in it.
7. Ask each child to spoon yogurt on top of banana slices. Assist as needed with verbal prompts if a child has difficulty determining how much to take.
8. Explain what the topping is, and tell the children that they may spoon some crushed cereal on top of the yogurt if they wish. Assist as needed with verbal prompts if a child has difficulty determining how much to take.
9. Encourage children to taste their banana sundaes.
10. Ask them if they like their snack and if they would like to make this at home.

Additional Discussion During the Activity

Discuss highlights from the lesson plan:

- Healthy snacks help your bodies grow strong and give you energy to play.
- Low-fat dairy products help build strong bones and teeth.
- Additional healthy snack ideas.

Smart Snacking

Audience: Children

Activity 2: Growing Colors

Preparation Time: 10 min

Activity Time: 15 min

Supplies

Growing Colors by Bruce McMillan
food models of healthy snacks.

Preparation Prior to Class

1. Familiarize yourself with the book.
2. Think about what information you will share with the children in addition to the colors such as the name of the fruit or vegetable, whether it grows in, on or above the ground, if it is grown locally, etc.

Implementation

1. Review with the children why healthy snacks are good for them and explain that fruits and vegetables are healthy snacks.
2. Read Growing Colors to the children, telling them additional information about each fruit and vegetable pictured.
3. Pass out the food models – one per child.
4. Give each child the opportunity to tell the class what their healthy snack is and whether they have ever tried it before.
5. Thank the children for helping.

Additional Discussion During the Activity

Discuss highlights from the lesson plan:

- There are many healthy snacks and they taste good.
- Healthy snack ideas.

Smart Snacking

Audience: Children

Activity 3: Healthy Snack Artwork

Preparation Time: 20 min

Activity Time: 10 min

Supplies

This is a Healthy Snack handout

pictures of healthy snacks that the children may take home (2/child)

glue

crayons.

Preparation Prior to Class

1. Print several pictures of healthy snacks.
2. Display healthy snack pictures where the children can see and reach them.

Implementation

1. Explain why children should eat healthy snacks.
2. Name the snack in each picture, and explain why it is a healthy snack.
3. Ask each child to choose one picture of a healthy snack that they enjoy or would like to try. The children may choose two pictures if they desire.
4. Distribute one handout to each child.
5. Distribute glue and crayons.
6. Direct the children to glue the picture(s) on their handouts. Assist as needed.
7. Help each child put their name on the handout.
8. Ask the children to decorate their pictures with crayons (or draw another healthy snack) if they wish.

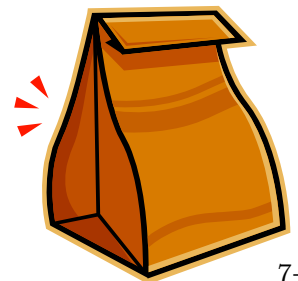
Additional Discussion During the Activity

Discuss highlights from the lesson plan:

- There are many healthy snacks, and they taste good.
- Healthy snack ideas.



This is a Healthy Snack that
_____ Wants to Eat!



PARENT PAGES

Smart Snacking



Hearty Snack Ideas

1. 1/4 cup vanilla low-fat yogurt with 1/4 cup apple slices
2. 10 thin wheat crackers with peanut butter
3. 1/2 cup toasted oat cereal with 1/2 cup low-fat (1% or less) milk
4. 1/2 tuna or egg salad sandwich and 1/2 cup water
5. 1/2 toasted English muffin with peanut butter
6. 1/4 cup crunchy snack mix (recipe on this page) with 1/2 cup low-fat (1% or less) milk
7. 1/4 cup low-fat cottage cheese with 1/4 cup fruit cocktail
8. 1/2 whole-wheat tortilla with 1/4 cup bean spread

Today at child care your child learned why it is important to eat healthy snacks. Small children need snacks because they get hungry between meals. Healthy snacks will help them grow strong. They learn from watching you. Eat healthy snacks and your child will too. Save money by making your own snack mix using the easy recipe below.

Snack Mix

Yield: 4 cups

Serves: 8 adults

Ingredients

1 cup toasted oat cereal
1 cup wheat square cereal
1 cup reduced-fat cheese crackers
1 cup fun-shaped mini pretzels.

Steps

1. **Pour cereals, crackers and pretzels into a medium bowl.**
2. **Stir.**
3. **Enjoy!**

Note: You may put this snack into small plastic bags to carry when traveling.

Have your child help you do the bold steps.

Tips and Shopping List

Ways to Save Money When Shopping:

- Look at grocery ads to see what is on sale.
- Plan your meals and snacks around weekly specials.
- Make a shopping list and stick to it!
- Don't shop when you are hungry.
- Buy whole fruit and vegetables, and cut or shred them yourself.
- When fresh cost too much, buy frozen or canned fruit and vegetables.
- Buy frozen juice and mix with water instead of bottled juice.
- Buy store brand rather than name brand items.



-----Use this handy list to jot down what you need to buy-----

Shopping List

Breads, Cereals, and Crackers <hr/> <hr/> <hr/> <hr/> <hr/>	Fruits/Juice <hr/> <hr/> <hr/> <hr/> <hr/>	Vegetables <hr/> <hr/> <hr/> <hr/> <hr/>	Milk, Cheese, Yogurt, and Eggs <hr/> <hr/> <hr/> <hr/> <hr/>
Pasta, Rice, and Noodles <hr/> <hr/> <hr/> <hr/> <hr/>	Canned Beans, Fish, and Peanut Butter <hr/> <hr/> <hr/> <hr/> <hr/>	Chicken, Turkey, and Fish <hr/> <hr/> <hr/> <hr/> <hr/>	Beef and Pork <hr/> <hr/> <hr/> <hr/> <hr/>
Baking Supplies <hr/> <hr/> <hr/> <hr/> <hr/>	Paper Products <hr/> <hr/> <hr/> <hr/> <hr/>	Other <hr/> <hr/> <hr/> <hr/> <hr/>	Other <hr/> <hr/> <hr/> <hr/> <hr/>

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Smart Snacking

Audience: Adults

Preparation Time

Activity 1: 15 min
Activity 2: 10 min
Activity 3: 5 min

Duration of Lesson

Introduction: 10 min
Activity 1: 15 min
Activity 2: 30 min
Activity 3: 15 min
Closing: 5 min

Take Home Handouts

Chick Pea Dip recipe
Banana Oatmeal Muffins
recipe



Goal

To increase knowledge and awareness of the importance of providing nutritious snacks to children.

Participant Objectives

Participating adults will:

1. State one reason to provide nutritious snacks to children.
2. Name one smart snacking tip that promotes good health.
3. Identify one healthy snack that they will offer at home.

Points to Cover

1. Explain that snacks are important for children because they have small stomachs and cannot eat enough at 3 meals/day to meet their nutritional needs and satisfy their hunger between meals.
2. Advise that most young children do best with four to six small meals per day.
3. Discuss the following smart snacking tips:
 - Snacks should complement meals – not replace them. Offer them at regular times each day, at least 1 1/2 hours before a meal.
 - Offer small snacks. If children are still hungry, they can ask for more. Let your child decide how much is enough.
 - Snacks should be offered to satisfy hunger. Do not offer a snack to calm a child or reward behavior.
 - Offer healthy snacks that will provide needed nutrients.
 - Be a good role model – eat healthy snacks with your child.
4. Review healthy snack ideas.

Activities

Activity 1: Chick Pea Dip
Activity 2: Banana Oatmeal Muffins
Activity 3: Healthy Low-Cost Snack Ideas

Closing

1. Review participant objectives.
2. Discuss the date, location and subject of the next class.
3. Provide take home handouts.

Smart Snacking

Audience: Adults

References

[A Healthier You](#)

[More Than Mud Pies](#)

[Nibbles for Health](#)

[Tickle Your Appetite](#)

www.fruitandveggiesmorematters.org



Smart Snacking

Audience: Adults

Activity 1: Chick Pea Dip

Preparation Time: 15 min

Activity Time: 20 min

Ingredients

fresh vegetables of choice:

- broccoli
- carrots
- celery
- green beans
- green peppers
- zucchini

chick peas

lemon juice

low-fat mayonnaise

garlic powder.

Supplies

recipes

cutting sheets

knives

plates

colander

bowl

measuring cups and spoons

blender

bowl

small plates

napkins.

Preparation Prior to Class

1. Wash fresh vegetables if teams won't have access to a kitchen sink.
2. Place ingredients needed by each team in one container and supplies needed by each team in a second container.
3. Place the ingredient containers in the refrigerator until class time.

Implementation

1. Warmly welcome participants, creating a comfortable environment where they feel valued and safe being open and honest.
2. Ask participants to wash their hands.
3. Divide the participants into teams and give each team their two containers.
4. Pass out the recipes and review the steps with the participants. Explain that their children may help with the bold steps when they prepare this at home.
5. Circulate among the participants to assist or answer questions as needed.
6. Discuss additional information as participants are cooking.
7. Encourage parents to try a variety of vegetables in the dip that they prepared. Review why fresh vegetables are a nutritious snack choice. Remind parents to monitor children at snack time. Children should be seated and should chew their raw vegetable sticks carefully to prevent choking.
8. Explain that this nutritious dip may also be used as a sandwich spread or a filling for pita bread.
9. Help them feel good about themselves, and remind them that they are powerful as

Smart Snacking

Audience: Adults

Activity 1: Chick Pea Dip

Preparation Time: 15 min

Activity Time: 20 min

each small action they take can make a positive difference in the lives of their children.

Additional Discussion During the Activity

1. Discuss sanitation issues:
 - Wash hands thoroughly before cooking or eating and whenever they become contaminated.
 - Wash all fresh produce with cold, running water. Wash regardless of whether the produce will be served whole, peeled or cooked.
 - Refrigerate chick peas after they have been opened and any leftover dip.
2. Discuss wise buying suggestions:
 - Shop for seasonal and local produce for the best price and quality.
 - Locations where Food Stamp EBT cards can be used to purchase fresh vegetables economically.
 - Purchase whole vegetables and cut them rather than purchasing already prepared vegetables.
 - Purchase store brand items rather than the more expensive brand name items.
 - Unit pricing information helps identify economical choices.
3. Discuss highlights from the lesson plan:
 - Why children need small snacks between meals.
 - Smart snacking tips.
 - Healthy snack ideas.
4. Discuss the Food Stamp Program:
 - Benefits of participation.
 - How to find out if they are eligible for this benefit and receive assistance completing the application.
 - Contact information for the local Nutrition Outreach and Education Program (NOEP) agency.

Chick Pea Dip

Yield: 1½ cups

Serves: 6 adults

Ingredients

fresh vegetables of choice:

- broccoli
- carrots
- celery
- green beans
- green pepper
- zucchini

1 16-ounce can chick peas
1 tablespoon lemon juice
2 tablespoons low-fat mayonnaise
1/4 teaspoon garlic powder.

Steps

1. **Wash the fresh vegetables.**
2. Cut carrots and celery into 3" sticks.
3. Break broccoli into florets.
4. Arrange vegetables on serving plate.
5. **Drain chick peas in colander over bowl** and save liquid.
6. **Put chick peas, 1/3 cup liquid, lemon juice, mayonnaise and garlic powder into a blender.**
7. Blend until desired consistency is reached, slowly adding more liquid if needed.
8. Put dip into a serving bowl.
9. **Dip vegetables into dip and enjoy!**

Have your child help you do the bold steps.

Smart Snacking

Audience: Adults

Activity 2: Banana Oatmeal Muffins

Preparation Time: 10 min

Activity Time: 30 min

Ingredients

bananas
vegetable oil
egg
low-fat milk
vanilla extract
flour
quick-cooking oatmeal
sugar
baking powder
cinnamon
salt
vegetable cooking spray.

Supplies

recipes
medium mixing bowl
measuring cups and spoons
spoon
small bowl
muffin tin
pot holders
small plates
napkins.

Preparation Prior to Class

1. Place ingredients needed by each team in one container and supplies needed by each team in a second container.
2. Place the ingredient containers in the refrigerator to chill until class time.

Implementation

1. Warmly welcome participants, creating a comfortable environment where they feel valued and safe being open and honest.
2. Ask the participants to wash their hands.
3. Divide the participants into teams and give each team their two containers.
4. Pass out the recipes, and review the steps with the participants. Explain that their children may help with the bold steps when they prepare this at home.
5. Circulate among the participants to assist or answer questions as needed.
6. Discuss additional information as participants are cooking.
7. Help them feel good about themselves, and remind them that they are powerful as each small action they take can make a positive difference in the lives of their children.

Additional discussion during the activity

1. Discuss sanitation issues:
 - Wash hands thoroughly before cooking or eating and whenever they become contaminated.

Smart Snacking

Audience: Adults

Activity 2: Banana Oatmeal Muffins

Preparation Time: 10 min

Activity Time: 30 min

- Keep dairy products and eggs refrigerated.
 - Check expiration dates and purchase freshest milk and eggs.
2. Discuss wise buying suggestions:
- Ripe bananas, perfect for this recipe, are often available at a reduced price.
 - Purchase store brands rather than the more expensive name brand items.
 - Check the unit price to determine which container size of vegetable oil, low-fat milk and quick-cooking oats is the best buy (as long as it can be used while fresh).
 - Unit pricing information helps identify economical choices.
3. Discuss highlights from the lesson plan:
- Why children need small snacks between meals.
 - Smart snacking tips.
 - Healthy snack ideas.
4. Discuss the Food Stamp Program:
- Benefits of participation.
 - How to find out if they are eligible for this benefit and receive assistance completing the application.
 - Contact information for the local Nutrition Outreach and Education Program (NOEP) agency.

Banana Oatmeal Muffins

Yield: 10 muffins

Serves: 10 adults

Ingredients

2-3 mashed ripe bananas (1 cup)
2 tablespoons vegetable oil
1 large egg
1/4 cup low-fat milk
1 teaspoon vanilla extract
3/4 cup flour
3/4 cup quick-cooking oats
1/4 cup sugar
1 tablespoon baking powder
1 teaspoon cinnamon
1/4 teaspoon salt
vegetable cooking spray.

Steps

1. Preheat oven to 350 degrees.
2. Spray 10 muffin cups with cooking spray.
3. **Peel bananas and place them in a medium-size bowl.**
4. **Mash bananas with a fork.**
5. Add vegetable oil, egg, low-fat milk and vanilla to the mashed banana and mix well.
6. **Add flour, oats, sugar, baking powder, cinnamon and salt to the banana mixture.**
7. Mix quickly and lightly. Do not beat. The batter will be lumpy.
8. Spoon about 1/4 cup of batter into each muffin cup.
9. Bake for 12 to 15 minutes. Insert a wooden pick in the center of a muffin. If it comes out dry, the muffin is done.
10. Run a butter knife around the outside edge of each muffin to loosen, and lift out.
11. **Enjoy.**

Have your child help you do the bold steps.

Smart Snacking

Audience: Adults

Activity 3: Healthy Low-Cost Snack Ideas

Preparation Time: 5 min

Activity Time: 15 min

Supplies

easel
easel pad
markers.

Preparation Prior to Class

1. Assemble the easel and place a pad on the easel.
2. Determine whether a brainstorm or facilitated group discussion will be the most effective teaching strategy.

Implementation

1. Warmly welcome participants, creating a comfortable environment where they feel valued and safe being open and honest.
2. Begin by explaining that most young children need to have four to six mini-meals per day.
3. Review smart snacking tips and give parents basic information on what to consider when determining whether a snack is healthy (nutrient dense vs. empty calorie).
4. Introduce the purpose of this activity, which is to get ideas for nutritious low-cost snacks that other parents have discovered their preschool children enjoy.
5. Start with an icebreaker: What is your favorite snack?
6. Record participant responses to the icebreaker on the easel pad.
7. Discuss results:
 - Is there a snack that is a favorite of many?
 - Is there a snack that is a favorite of only one?
 - Is there a wide variety of snacks represented?
8. If you are leading a brainstorm, review brainstorming rules:
 - Any idea is fine – no comments on the ideas of others.
 - It is okay to build on someone else's idea.
 - Yell your ideas out.
 - We will discuss the ideas later.If you are not leading a brainstorm, go to step 11.
9. Move into the brainstorming questions:
 - What is your preschool child's favorite fruit?
 - What *unusual* fruit does your child enjoy?

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Audience: Adults

Activity 3: Healthy Low-Cost Snack Ideas

Preparation Time: 5 min

Activity Time: 15 min

- How did your child start eating that fruit?
 - What have you done to get your child to try a new fruit?
10. Record participant responses to brainstorming questions on the easel pad.
11. If you are facilitating a group discussion instead of a brainstorm or need to move the brainstorm along, share each suggestion prompt below.

Ideas that require no preparation:

- Fruits: fresh (with or without low-fat yogurt dip), frozen or canned.
- Frozen fruit juice on a popsicle stick.
- Raw vegetables: plain or with low-fat dip/dressing.
- Low-fat dairy: yogurt, cheese cut in shapes, cottage cheese, and milk.
- Whole-grains: bread, pita bread, breadsticks, cereal, crackers, and muffins.
- Combinations of the above items.

Ideas for more substantial snacks that require some preparation:

- Whole-grains with protein:
 - Toasted English muffin with peanut butter.
 - Bread or bagel with peanut butter.
 - 1/2 sandwich made with whole-grain bread or pita bread and peanut butter, low-fat cheese, egg salad or tuna salad.
 - Whole-wheat muffin or pita bread pizza.
 - Whole-grain tortilla with melted low-fat cheese.
 - Crackers with low-fat cheese or peanut butter.
 - Tortilla with low-fat refried beans.
- Low-fat dairy and fruit:
 - Low-fat cottage cheese and fruit.
 - Low-fat yogurt and fruit.
 - Smoothie made with low-fat milk, yogurt and fruit.
 - Diced low-fat cheese and fruit kabobs.
- Low-fat dairy and vegetable:
 - Low-fat cottage cheese with raw veggie sticks.
 - Low-fat cheese shapes with raw veggie sticks.
 - Baked potato with melted low-fat cheese.
- Snacks that can be pre-portioned into small plastic bags for you to carry when traveling:
 - Whole-grain crackers.
 - Breadsticks.
 - Muffins.

Smart Snacking

Audience: Adults

Activity 3: Healthy Low-Cost Snack Ideas

Preparation Time: 5 min

Activity Time: 15 min

- Pretzels.
 - Cereal that can be eaten as a finger food.
 - Peanut butter sandwich made on crackers, bread or pita bread.
12. Use open-ended questions that will enable your participants to share how they have tried some of these snack ideas in the past or how they might try them in the future.
 13. Do not call on participants, but allow an adequate amount of time for them to volunteer answers.
 14. Affirm all responses.
 15. Review and expand upon the information shared in the brainstorm or group discussion in a way that will summarize and motivate.
 16. Ask the parents to name new nutritious low-cost snacks they will offer their children this week.
 17. Help them feel good about themselves, and remind them that they are powerful as each small action they take can make a positive difference in the lives of their children.

Additional Discussion During the Activity

Discuss the Food Stamp Program:

- Benefits of participation.
- How to find out if they are eligible for this benefit and receive assistance completing the application.
- Contact information for the local Nutrition Outreach and Education Program (NOEP) agency.

Staff Pages

This Week's Topic: **Smart Snacking**
This Week's Lesson: **Butterfly Bagels**

Today in your classroom children learned why it is good to eat healthy snacks. Preschool children need snacks because they get hungry between meals.

- On the back of this page is your lesson plan for this week's lesson "Butterfly Bagels." Use this lesson to reinforce the concepts from the Eat Well Play Hard in Child Care Settings (EWPHCSS) lesson provided to your class this week.
- Attached is a parent letter that explains what the children learned from this lesson and includes a fun activity to complete at home. Please make copies and send home following your lesson.

5 Smart Snacking Ideas for Your Classroom



1. **Healthy snacks** help children's bodies grow strong and give them energy to play.
2. Snacks are important for children because they have **small stomachs** and cannot eat enough at 3 meals/day to meet their nutritional needs.
3. Snacks should **complement meals**, not replace them.
4. Snacks should be offered to **satisfy hunger**. Do not offer a snack to calm a child or reward behavior.
5. **Model healthy snacking** by eating with the children. You can read about new foods, have a discussion, and help children learn new skills—all while enjoying a snack together.



For more EWPHCSS lessons go to: http://www.nyhealth.gov/prevention/nutrition/cacfp/ewphccs_curriculum/index.htm

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This Week's Lesson: Butterfly Bagels

Goals & Objectives: To increase the knowledge and awareness of the importance of eating nutritious snacks.

Prep Time: 10 minutes

Activity Time: 20 minutes


Supplies You Will Need

- Whole-wheat mini bagels, one half per child
- Low-fat whipped cream cheese, 1 small container
- 2 carrots, scrubbed and grated
- 1 can black beans, drained, and rinsed
- 10-12 grape or cherry tomatoes cut in half
- 1 green pepper, cut into thin slices
- Serving bowls, small tongs, small plates, napkins, and small cups
- Pitcher of chilled water

Preparation for Activity

1. Read through the entire lesson.
2. Cut the bagels in half. Placing the bagels on an individual small plate, put the halves curved end to curved end to form the body of the butterfly.
3. Spread a thin layer of the low-fat cream cheese on the top of flat side of the bagel halves.
4. Put the grated carrots drained black beans, tomato halves and green pepper slices in small bowls with appropriate serving spoons or tongs.

Activity

1. **Ask the children to wash their hands.** 
2. **Ask the children what they remember from the nutritionist's visit.** Remind them of the following points:
 - Healthy snacks help your body grow strong.
 - Healthy snacks give you energy to play.
 - Healthy snacks taste great.
3. **Tell them they are going to make a healthy snack, a bagel butterfly.**
4. **Show the children how to create their butterfly** using 2 pieces of green pepper slices for antennae, black beans for eyes, and cherry tomato halves and shredded carrots for decorations.
5. **Provide each child with a napkin and small plate** containing a butterfly bagel to decorate. Have the children enjoy their bagel butterfly with a glass of chilled water.
6. **Pass the serving bowls of beans and vegetables and serving spoons or tongs.** Allow children to serve themselves and then decorate their butterfly.

Options

For a CACFP creditable snack, prepare enough beans and vegetables for each child to have ½ cup portion. This in combination with the bagel will meet the CACFP Healthy Child Meal Pattern. Water must be served with snacks if no beverage is provided.

Extension Activity

Have the children build their own healthy snack by making a fruit and cheese kabob on a coffee stirrer. Use melon cubes, or banana slices with cheese cubes.






Dear Parent,

Your child is learning that healthy snacks can help their bodies grow strong and will give them energy to play.

Home Activity: Prepare a healthy snack with your children. Offer fresh fruits with a yogurt dip. Let your children help choose the fruits you will serve.



Tips

-  Snack time is a good time to introduce new foods.
-  Let your child help make the snack.
-  Offer a new food along with a familiar food.
-  Sometimes new foods take time. Give your child a taste at first and be patient with them.
-  Offer your child water with their snack.

They learn from watching you—eat healthy snacks and your child will too.

- 😊 Offer healthy snacks to help your child grow strong.
- 😊 Offer snacks between meals at regular times each day when your child is hungry.
- 😊 Do not offer snacks to calm a child or reward behavior.



Directions: Make the fruits and vegetables you serve your child kid-friendly by giving them neat names like orange smiles, cucumber or banana wheels, carrot coins, or broccoli trees.

Today I served my child _____.