

In class your child is learning to choose nutrition-packed snacks by combining at least 2 food-group foods to make a healthy mini-meal snack.

Simple Mini-Meal Snacks

- Peanut butter on apple slices
- Whole-wheat toast topped with avocado
- Hard-boiled egg with fruit
- Hummus and whole-grain crackers
- Yogurt, granola, and blueberries
- Vegetables and guacamole
- Yogurt and fruit

Share with the class:

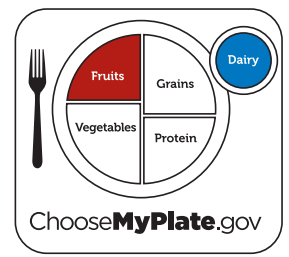
Choose a snack. Write the name of each food under the correct food group. Add a nutritious beverage or food to make a snack with at least 2 food groups!



Let's Cook Together

Prepare this recipe with family or friends.

Berry Good Banana Smoothies



Number of Servings: 4
Total Preparation Time: less than 15 minutes
Source: HealthyEating.org
Food Groups: Dairy, Fruits
Nutrition Content: Good source of calcium and fiber

Ingredients:

- 4 Bananas
- 4 cups Strawberries
- 2 cups Milk, low-fat
- 2 cups plain Yogurt made with low-fat milk

Preparation:

Blend all ingredients and enjoy!

Share with the class:

Describe your experience preparing this recipe.

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BONUS VIDEO: Enjoy this video as a family: "MyPlateMyWins for Snacks"
 (0:40)
<https://youtu.be/srJXLmrrmp7s>