

GET ACTIVE WITH



Healthy Snack Attack!

For Grades 3–8

Name: _____

Date: _____

The best snacks are fun and healthy, too! Check out three delicious snacks that are good for you. Then, create your own favorite healthy snack to satisfy your appetite and keep you fueled up for healthy activity.

Cheesy Fruit Kabobs

These are perfect for sleepovers!

Ingredients:

8 ounces of your favorite cheese(s)
8 ounces of your favorite fruit(s)
Toothpicks or wood skewers

Instructions:

1. Create stars, hearts, and other shapes out of the cheese using cookie cutters*
2. Cut or sort the fruit into bite-size pieces
3. Put alternating cheeses and fruits on each toothpick or wood skewer

Serves 2–4

Happy Corn

A great snack for when you're watching TV/movies!

Ingredients:

8 ounces of un-popped plain popcorn
A handful of dried or freeze-dried fruit like raisins, currants, pineapple, and bananas
1 cup unsalted pretzel sticks
1 cup whole grain cereal
A handful of almonds and/or sunflower seeds
4 ounces of your favorite cheese

Instructions:

1. Pop the popcorn with a minimal amount of oil or butter*
2. Slice the cheese into cubes
3. Put the popcorn in a bowl
4. Sprinkle in the dried fruit, pretzels, almonds/sunflower seeds, cereal, and cheese

Serves 2–4

Yogurt Pops

These are good for when you're hot. Maybe after practice?

Ingredients:

2 cups low-fat or nonfat vanilla yogurt
1 cup assorted berries (raspberries, blueberries, blackberries, chopped strawberries)
5 pretzel rods, broken into halves
foil

Instructions:

1. Stir together yogurt and fruit
2. Spoon into 4-ounce ice pop molds or 3-ounce paper cups
3. Cover with foil
4. Cut small hole in foil and insert cut/broken side of pretzel rod
5. Freeze overnight or until firm
6. Remove foil and paper cup mold before serving

Creates 6 yogurt pops

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It's Your Turn! Create or write the recipe for your own fun healthy snack below! Consider using some of these great ingredients:

Fresh fruit

Dried fruit with no added sugar

Hard-boiled eggs

Nuts

Fresh vegetables

Low-fat yogurt

Low-fat and low-sodium cheese

Lean meat

Fish

Your Healthy Snack's Name: _____

What's the best time to eat it? _____

Ingredients:

Instructions:

1. _____

2. _____

3. _____

4. _____

5. _____

6. _____

7. _____

8. _____

How many kids does it serve? _____

*Create & eat these snacks with the supervision & permission of a parent, guardian, or teacher. Always talk to a parent or guardian about food and other allergies before trying new snacks.