



CREATE YOUR OWN HEALTHFUL SNACK



We took the concepts of healthful eating and good nutrition learned in class to help create a unique, yet healthful snack.

Snacks can be part of a healthful diet and help children refuel between meals and satisfy hunger. Your child's snack choices are often influenced by catchy names and marketing strategies geared toward children.

Ask your child about his or her healthful snack idea, maybe someday you'll see your child's product on the store shelf!

AT HOME ACTIVITY



Try this healthful snack the next time your family is hungry for something between meals.

Popcorn crunch

Ingredients

- 3 cups air-popped popcorn
- 2 cups multigrain or whole-grain pretzel sticks

- 1 cup toasted oat cereal
- 2 tablespoons low-sodium soy sauce
- 2 teaspoons garlic powder
- 1 teaspoon onion powder
- 1 tablespoon Worcestershire sauce
- 2 tablespoons melted low-calorie margarine

Directions:

1. Preheat oven to 300 degrees Fahrenheit.
2. Mix all ingredients together in a bowl and spread out onto a nonstick baking sheet.
3. Bake for 20 to 30 minutes until the mixture is lightly toasted, shaking the pan occasionally.
4. Remove from the oven and let cool.
5. Place in a large bowl to serve. Store leftovers in zip-close bags.

MOVE TO THE MUSIC

Music is a great way to get our bodies moving and can even make household chores seem fun. Try turning on peppy music the next time your family is inside.

Let each family member pick a song to play. Take a vote on which one got your heart pumping the most or which one had most of the family dancing and moving?

