

Fun Nutrition

Quick Fruit and Veggie Snacks

Purpose:

- Prepare easy and nutritious snacks
- Learn the importance of fruit and vegetables in the dietary food pyramid
- Demonstrate that food preparation is fun

Preparation:

Youth prepare for any food activity by tying their hair back, rolling up their sleeves, and washing their hands.

Note: Cover work surfaces to minimize clean-up time required.

- Peanut butter
- Raisins
- Celery stalks (2/participant)

Have each participant wash a couple of celery stalks. With knife, carefully spread peanut butter onto each celery stalk and top with raisins.

Activity 2: Fruit Kabobs

(Use any kind of fruit, or the fruit listed below)

Supplies (amount for 8 participants):

- 8 wooden skewers
- Styrofoam plate
- 1 cup of washed and cubed apples
- 1 cup of sliced bananas
- 1 cup of cubed pineapple
- 1 cup of cubed watermelon
- 1 cup of shredded, sweetened coconut

Have participants sprinkle shredded coconut on a plate. Roll fruit pieces on plate to coat with them with coconut. Push skewer through fruit chunks, mixing up shapes and colors.

Activity 3: Apple Teeth

(Make sure participants are not allergic to peanuts – may substitute cream cheese for peanut butter)

Supplies:

- Plastic knives to spread peanut butter or cream cheese (1/participant)
- Peanut butter or cream cheese

Background:

Obtain a copy of USDA food pyramid (http://teammnutrition.usda.gov/Resources/mpk_poster.pdf) and have the participants locate the fruit and vegetable groups. Ask the participants why they think it is important to consume fruits and vegetables daily. Explain that preparing healthy snacks containing fruits and vegetables can be easy and fun.

Activity 1: Ants on a Stick

(Make sure participants are not allergic to peanuts -- may substitute cream cheese for peanut butter)

Supplies:

- Plastic knives to spread peanut butter (1/participant)

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Adapted from: University of Hawaii <http://www.ctahr.hawaii.edu/fshn/fitkeiki/KidsRecipes.htm#kabob>; Central Kindergarten Corner <http://lw015.k12.sd.us/abcsongpages/t%20page.htm>; SD Department of Health <http://doh.sd.gov/Diabetes/Recipes/Wrap.aspx>



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- Red or green apples cut into wedges (2 wedges/participant)
- Bag of mini marshmallows

Apple Teeth



Have each participant spread peanut butter or cream cheese on one side of each of two apple wedges. Position marshmallow “teeth” on one wedge side coated with peanut butter. Place the other coated apple wedge side on top of the teeth. Apple skin should be facing out to make lips.

Activity 4: Veggie Wraps

Supplies (amount for 8 participants):

- Plastic knives to spread cream cheese and to cut tortilla (1/participant)
- Small bowl and spoon for mixing
- Measuring spoon
- 1 cup of cream cheese
- 8 (10 inch) flour tortillas
- 2 cloves garlic, chopped
- 8 green onions, chopped
- 8 white mushrooms, chopped
- 4 small zucchini, thinly sliced
- 4 carrots, peeled and thinly sliced
- 2 cucumbers, peeled and thinly sliced
- Salsa (optional)

Have a group of participants combine all vegetables into a small bowl and mix with a spoon. Instruct each participant to thinly spread about one tablespoon of cream cheese onto a tortilla. Add some of the vegetable mixture evenly across the center of the tortilla. Roll up the tortilla tightly and cut tortilla into 1-inch sections. If desired, serve with salsa.

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