

# MyPlate snack tips for kids



## 10 tips for making great tasting snacks

If you're a budding chef, it's easy to create a great tasting snack!  
Below are some quick ideas that you can make on your own.

### 1 create a yogurt sundae

Top plain, low-fat or fat-free yogurt with fresh, frozen, or canned fruit, like bananas, strawberries, or peaches. Sprinkle whole-grain cereal on top for crunch.



### 2 make pita pockets

Stuff a small whole-wheat pita with sliced bell peppers, salsa, and a slice of low-fat cheese. Melt in the microwave for 15-20 seconds.

### 3 jazz up your favorite cereal

Make a trail mix! Stir 1/4 cup of unsalted nuts, 1/4 cup of dried raisins or cranberries, and 1/4 cup of whole-grain cereal together.



### 4 make a fruit sandwich

Cut an apple into thin slices. Spread peanut butter or almond butter between two slices to create "apple sandwiches."

### 5 dip your veggies

Create veggie treats by dipping slices of cucumbers, peppers, and carrots in a low-fat salad dressing or hummus.

### 6 pack an afterschool snack

For a healthy afterschool snack, keep a fruit cup packed in 100% juice or water in your bag. Some fresh fruit, like bananas and oranges, are also easy to pack and eat any time.



### 7 try a piece of cheesy toast!

Toast a slice of whole-wheat bread and top with a slice of your favorite low-fat cheese.

### 8 freeze your fruit

For a frozen treat on hot days, try freezing grapes or bananas! Don't forget to peel bananas and pull grapes from the stem before freezing.

### 9 power up with 'roll-ups'

Roll a slice of low-salt deli turkey or ham around an apple wedge or around a slice of low-fat cheese.

### 10 build a fruit salad

Mix your favorite sliced fruits such as pineapple, grapes, and melon.





## Tell Me More!



### Have Fun Talking About Healthy Food!

1. Mix up the cards. Take turns choosing a card and responding. There are no wrong answers!
2. Think up your own questions, and write them on the blank cards.
3. After everyone has had a turn, you can vote for the funniest answer, or the most creative!

Anyone can download these cards at:  
[www.FoodHero.org/tellmore](http://www.FoodHero.org/tellmore)



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## Did you know?

Bees eat bee bread:  
nectar and pollen  
mixed and then broken  
down by bacteria.  
Name two foods you  
like to eat together.



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## Pollination Happens!

Pollination happens when  
bees fly from flower to  
flower to collect nectar and  
pollen. Bees are the only  
insect that collects pollen  
for their young.



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## Did you know?

Beet juice is often used  
as a natural dye in  
foods or on fabrics!



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## Did you know?

Turnips can be eaten  
raw or cooked and  
can be a sub for  
potatoes in recipes.



HARVEST  
SCHOOLS

## Did you know?

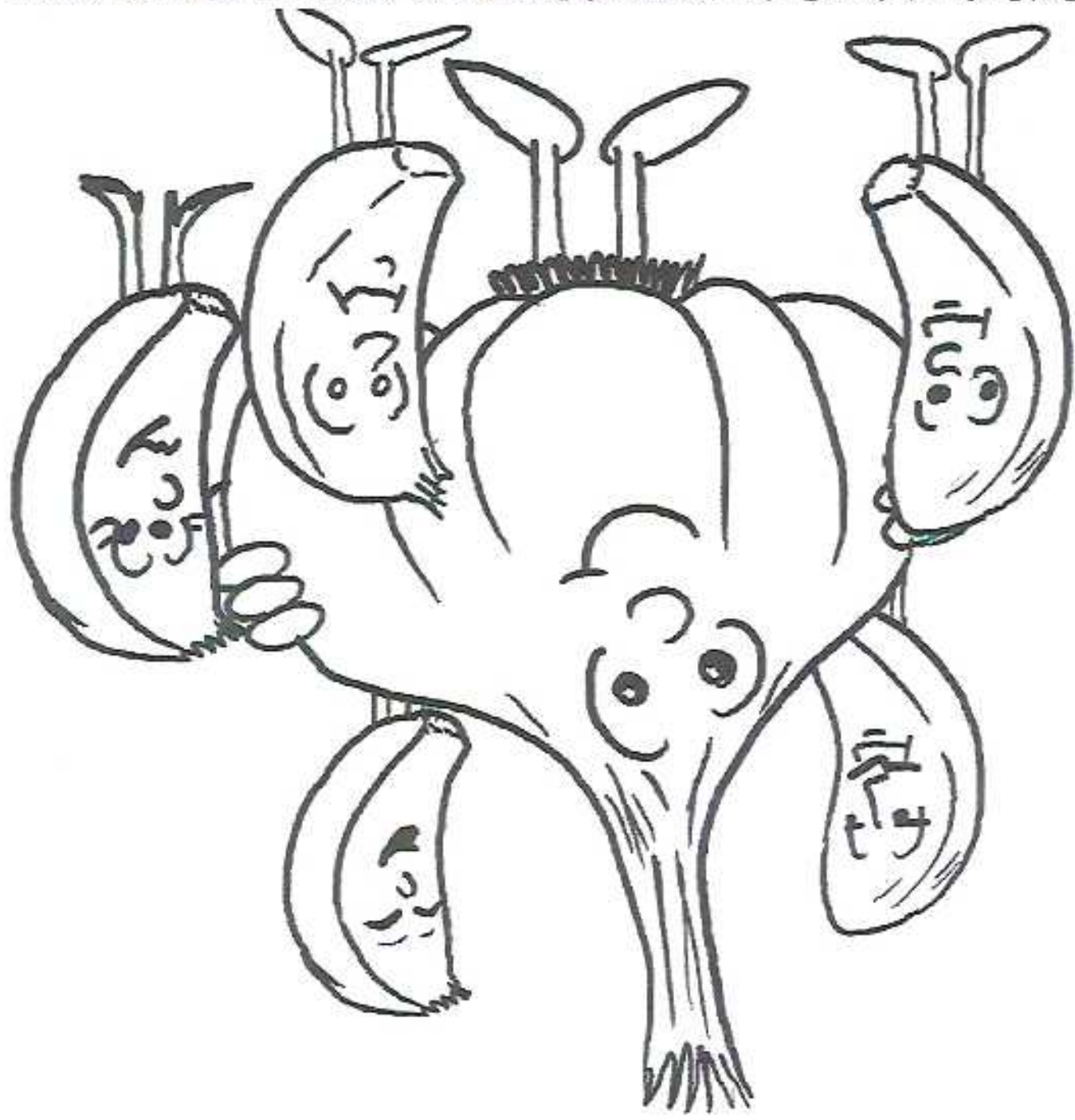
Cranberries grow in  
bogs - a low area where  
water becomes trapped  
and, over time, piles of  
dead plants turn into  
a spongy layer.



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SCHOOLS

# G is for Garlic

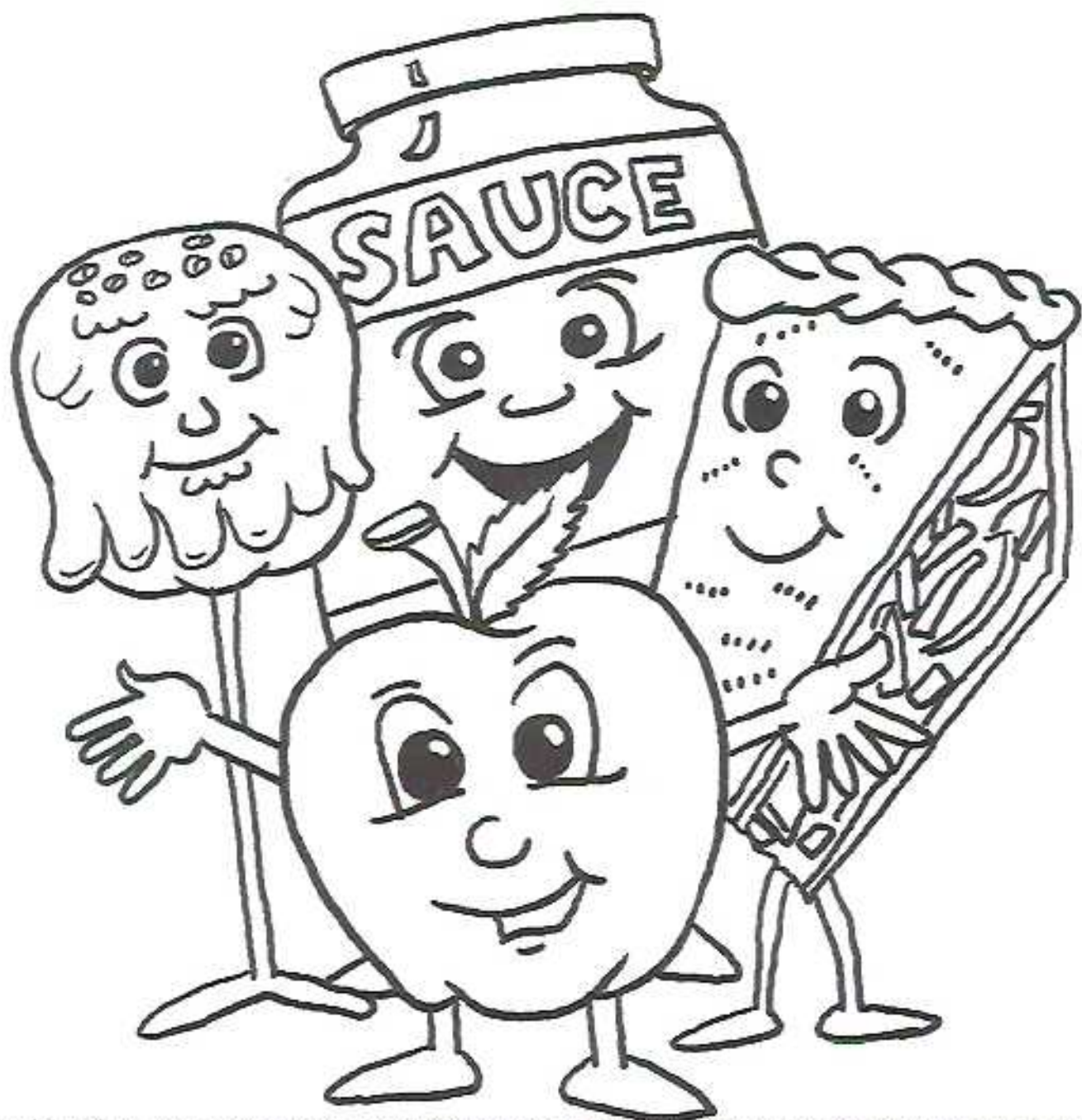
Garlic is white with thin paper-like covering. Garlic is sold as a head made up of wedges much like a grapefruit. You can buy garlic in jars ready to use. It gives a strong flavor to foods that some people don't like. Garlic is a member of the onion family.





# A is for Apples

Have you heard people say, "An apple a day keeps the doctor away"? As a snack or part of a meal, they are delicious. You can have them as applesauce, apple pie, taffy apples or just plain apple slices. Apples are yellow, red or green. See if there is an orchard close by where you can pick your own.





## MyPlate Word Blanks

# "Cook-Off Craze"

**How to play:** Fold the paper in half so that the story is hidden. Read the Word Blanks below and fill in a word for each one. Match the numbered words from your word list with numbered blanks in the story. When you've finished, read your funny story out loud! You can also play with friends by writing down their choices for the word list, adding their words to the story, and then reading their special story to them.

### WORD LIST

1. Noun: \_\_\_\_\_
2. Your name: \_\_\_\_\_
3. Friend's name: \_\_\_\_\_
4. Verb (ending in "ing"): \_\_\_\_\_
5. Verb (ending in "ing"): \_\_\_\_\_
6. Green vegetable: \_\_\_\_\_
7. Noun (plural): \_\_\_\_\_
8. Noun (plural): \_\_\_\_\_
9. Color: \_\_\_\_\_
10. Orange/red vegetable: \_\_\_\_\_
11. Grain food: \_\_\_\_\_
12. Lean protein food: \_\_\_\_\_
13. Dairy food: \_\_\_\_\_
14. Noun (plural): \_\_\_\_\_
15. Adjective: \_\_\_\_\_
16. Fruit: \_\_\_\_\_
17. Verb (ending in "ing"): \_\_\_\_\_
18. Verb (past tense): \_\_\_\_\_

----- Fold Here -----

## "Cook-Off Craze"

It was the end of the school year, and summer was just around the corner. It was almost time for the annual (1) \_\_\_\_\_ County School End-of-Year Cook-Off! (2) \_\_\_\_\_ and (3) \_\_\_\_\_ entered themselves in the cook-off. They knew they had a good chance of winning if they used fresh veggies from Grandma and Grandpa's garden — the secret to their recipe! They were ready to start (4) \_\_\_\_\_!

Once they got the pot of water (5) \_\_\_\_\_, they began adding the ingredients. While (2) \_\_\_\_\_ chopped up the (6) \_\_\_\_\_, (3) \_\_\_\_\_ washed the (7) \_\_\_\_\_. (8) \_\_\_\_\_ and (9) \_\_\_\_\_ cabbage were next. After this, they threw in some grated (10) \_\_\_\_\_, going crazy with all of their yummy fresh veggies! Making sure they didn't forget some grains, they added some whole wheat (11) \_\_\_\_\_, and for protein power, chopped (12) \_\_\_\_\_. For a finishing touch, they sprinkled some low-fat (13) \_\_\_\_\_ on top. *Vaià!* Summer Garden Soup!

The day of the cook-off finally arrived and they were ready. The event was a huge success! At the end of the day, it came time for the group of (14) \_\_\_\_\_ to announce the winners. After Runner-Up went to a (15) \_\_\_\_\_ (16) \_\_\_\_\_ frozen yogurt, (2) \_\_\_\_\_ and (3) \_\_\_\_\_ were (17) \_\_\_\_\_ their breath. "And first place, with the highest score, goes to (2) \_\_\_\_\_ and (3) \_\_\_\_\_'s Summer Garden Soup!!!" They were so happy that they (18) \_\_\_\_\_ all day long!



Word Blank #1



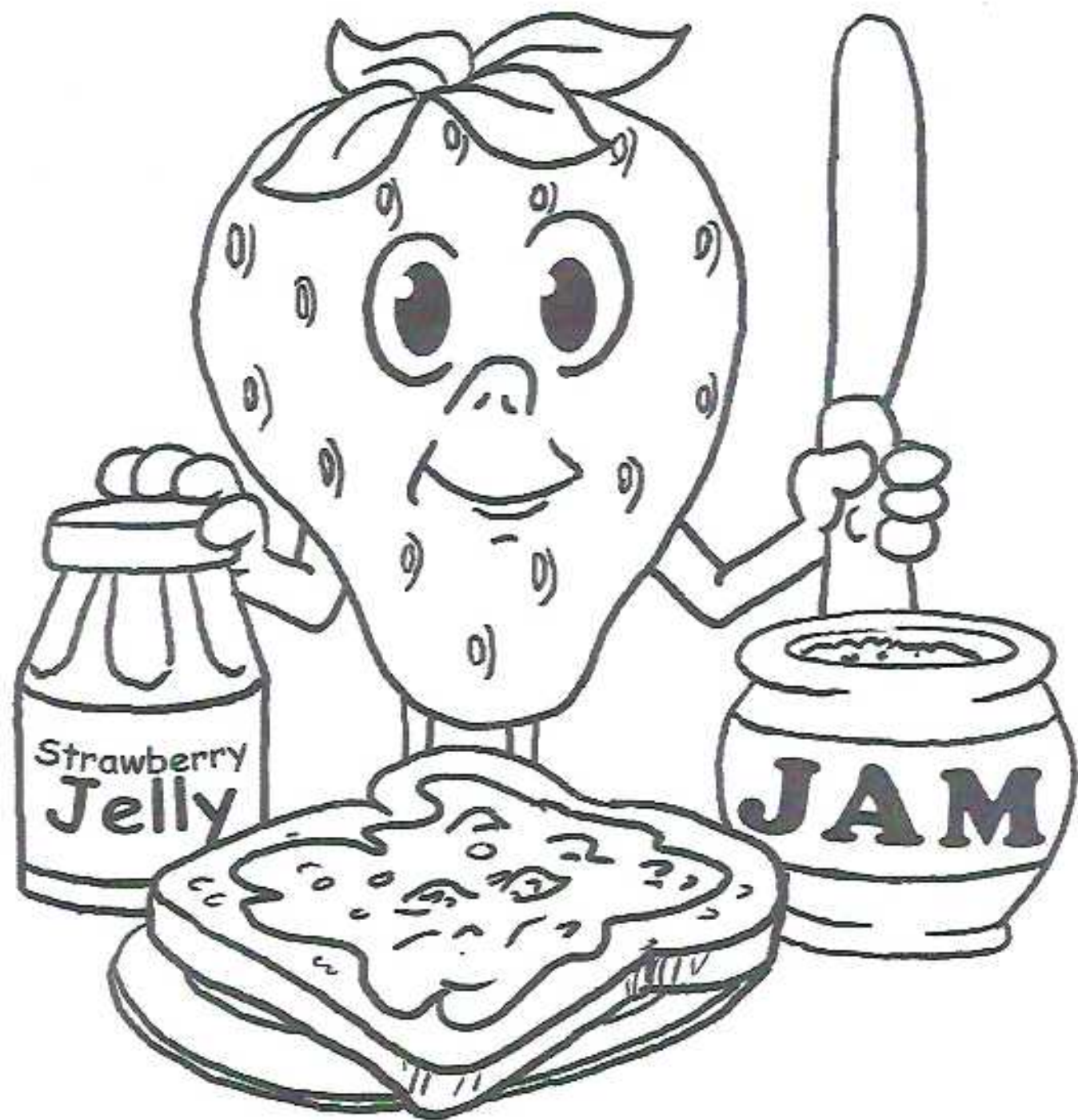
# R is for Rutabaga

What do you get when you combine a turnip and a cabbage plant - it's a rutabaga! It is a root vegetable. It looks like a great big brown ball. It can be eaten after taking the skin off. You can eat it raw, in salads, baked, or boiled. Before there were pumpkins, rutabagas were hallowed out and carved with faces and made into lanterns for Halloween.



# S is for Strawberry

S is for strawberry. These yummy, sweet berries are great for eating right from the garden or can be used in pies. They also can be made into jams and jellies for peanut butter and jelly sandwiches.





# S is for Sweet Corn

Nothing says summer like corn on the cob! A sweet corn plant produces only one or two ears. Sweet corn can be yellow, white or can have both colors of kernels on the same ear.

