



Exploring the Food Groups

Fifth-grade nutrition education newsletter

Lesson 9

Snacks to Fuel You through Your Day

When people think about snacks, they often think about less healthy foods like chips, cookies, or candy bars. Snacks are actually great opportunities for your child to boost nutrition and fuel their body. Here are some quick and easy snack ideas from each food group. Consider keeping some of these snacks on hand for your family.

Fruits

- Whole or cut fresh fruit
- Frozen fruit or canned fruit packed in juice
- Frozen grapes
- Fruit smoothie
- Fruit and yogurt parfait

Vegetables

- Cut fresh veggies like bell peppers, cucumbers, cauliflower, or broccoli
- Cherry tomatoes
- Carrots or celery with peanut butter
- Sugar snap peas
- Fresh salsa with whole grain baked tortilla chips

Protein

- Hard-boiled egg
- Tuna pouch
- Hummus for dipping veggies
- Handful of almonds or another nut
- Shelled edamame (soybeans)

Grains

- Whole grain crackers
- Slice of whole grain bread with peanut butter
- Popcorn
- 1 cup whole grain cereal
- Whole grain pita with hummus and cucumbers

Dairy:

- String cheese
- Low-fat yogurt
- Cottage cheese
- Low-fat milk



Baked Tortilla Chips with Fresh Salsa

Makes 4 servings

Ingredients:

Chips

- 4 whole grain 8-inch tortillas
- Nonstick cooking spray
- Salt

Salsa

- 3 large tomatoes, chopped
- 1 small onion, diced
- 1 bell pepper, chopped
- 1 clove garlic, minced
- 1 tablespoon lime juice or vinegar
- 2 tablespoons fresh cilantro, minced
- Optional ingredients – corn, black beans, jalapeno

Directions:

1. Preheat oven to 375 degrees.
2. Cut tortillas into triangles. Spray triangles with nonstick cooking spray. Arrange on a cookie sheet, and lightly sprinkle with salt.
3. Bake about 8-10 minutes or until golden brown and crispy.
4. While chips are baking, combine salsa ingredients in large bowl. Serve fresh with warm chips.

60 minutes a day

Regular physical activity is important for everyone, regardless of age. Kids and teens should be active for at least 60 minutes and up to several hours every day. Use the MyActivity Pyramid to help your child get all the benefits of being active, such as:

- Reducing stress and anxiety
- Keeping bones and muscles strong and healthy
- Building endurance and strong muscles
- Improving posture
- Boosting self-esteem
- Maintaining a healthy weight
- Warding off health problems like high blood pressure, heart disease, diabetes and some cancers



What can you do to encourage your family to be active?

- Model the behavior you want to see in your child, and encourage your family to join you.
- When the weather is nice, go for a family walk after dinner.
- Include physical activity as part of family events or celebrations. Get together to go on walks, hikes or bike rides.
- As a family, write a list of active things to do together. Put these ideas on pieces of paper in a jar. Randomly select a different activity each day or week.
- Don't forget to plan for indoor activities. Put on some music for a dance party. Play balloon volleyball. Challenge each other to see who can do the most pushups, jumping jacks, or sit-ups during commercials when watching TV.

Funded in part by USDA SNAP.

For more information, call MU Extension's Show Me Nutrition Line at 1-888-515-0016. Running out of money for food?

Contact your local food stamp office or go online to mydss.mo.gov/food-assistance/food-stamp-program.