

# Healthy Snacks & Physical Activities

*for early childhood programs*



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# Healthy Snacks & Physical Activities

These cards promote the 2010 Dietary Guidelines and were funded by a Team Nutrition grant from the United States Department of Agriculture. The snack cards were prepared by Anita Turczynski R.D., L.D. and the activity cards were prepared by Anita and Katherine Thomas Thomas, Ph.D.



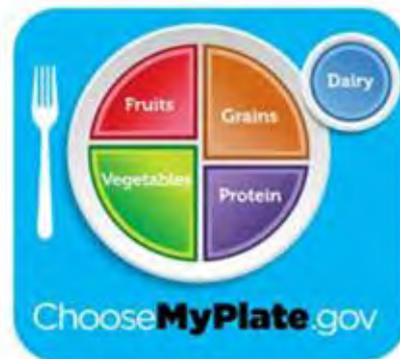
# Child and Adult Care Food Program

The recipes included meet the Child and Adult Care Food Program (CACFP) requirements. Offering nutritious snacks to young children:

1. Teaches children to appreciate a wide variety of food.
2. Replaces low nutrient foods with high nutrient foods.

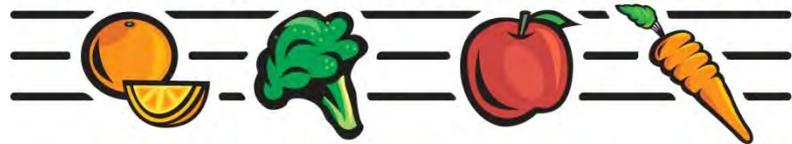
The Dietary Guidelines focus on building a healthy plate by:

- ✓ Making  $\frac{1}{2}$  your grains whole
- ✓ Making  $\frac{1}{2}$  your plate fruits and vegetables
- ✓ Varying your protein food sources
- ✓ Switching to low-fat or fat-free dairy products



# Healthy Snack Cards

Pick a **better** snack™



Each card provides a reimbursable snack idea under the Child and Adult Care Food Program (CACFP) for children ages 3-5. If the snack recipe contains multiple food items, the foods in parentheses are what have been counted towards the creditable snack.



Each card lists a book that provides the opportunity to develop reading skills and broaden the children's understanding and appreciation for a wide variety of foods.

# Clean, Separate, Cook, Chill

Be food safety smart! Four easy steps to prevent the spread of food borne illness:

1. **Clean:** Wash hands and surfaces often. This helps to keep illness causing bacteria away.
2. **Separate:** Don't cross contaminate. Bacteria from raw meat, poultry, seafood, and eggs can be spread to ready-to-eat food unless you keep them separate.
3. **Cook:** Cooked food is safe when it has been cooked to a high enough temperature to kill the harmful bacteria.
4. **Chill:** Refrigerate food promptly and properly to keep everyone safe from food poisoning at home. Illness causing bacteria can grow in as little as 2 hours so refrigerate quickly!

<http://www.foodsafety.gov>



# Tips for Involving Kids in the Kitchen

Involving young children in food preparation and serving promotes learning and appreciation for a wide variety of foods. Below are guidelines developed by the United States Department of Agriculture\* to determine how to involve children.

2-year-olds	3-year-olds	4-year-olds
Make “faces” out of pieces of fruit and vegetables.	Add Ingredients.	Peel and mix some fruits and vegetables.
Scrub vegetables or fruits.	Stir.	Peel hard boiled eggs.
Tear lettuce or greens.	Spread peanut butter or other spreads.	Wipe off counters.
Snap green beans.	Shake a drink in a sealed container.	Mash soft fruits, vegetables, and beans.
	Knead bread dough.	Measure dry ingredients.
		Measure liquids with help.

\* [http://www.fns.usda.gov/fns/corenutritionmessages/Files/Helping\\_kids\\_Learn.pdf](http://www.fns.usda.gov/fns/corenutritionmessages/Files/Helping_kids_Learn.pdf)