

# Fun Nutrition Activities

Each event should feature a minimum of two nutrition activities. This section provides fun ideas to meet the requirement. Feel free to use these ideas or create your own.



## Nutrition Activities

This section contains nutrition activities that are well-suited for a Family Fun, Food and Fitness event. As you plan and prepare for your event, review the activities in this section to generate ideas. Remember to plan a minimum of 2 nutrition activities for your event! We highly recommend that one of the nutrition activities involves a cooking or tasting component. Hands-on food activities are an important and fun part of learning about good nutrition and they also serve as a way that families learn to bring healthy food practices into their own kitchens. This section is not meant to be all inclusive and grantees may offer activities at their event that are not featured in this planning guide, but remember to ensure that

information being presented is evidence-based. If you'd like assistance with this, contact a Team Nutrition staff person to assist you.

### **Nutrition Activity Tips:**

- Consider what activities meet your needs including: time, space, budget and theme.
- If you are expecting large crowds at your event, multiple stations of the same activity may be needed.
- Think about the number of volunteers that are needed to conduct the activity.
- Make a list of the supplies you will need prior to your event.
- Modify activities to meet the needs and age ranges for your target audience.



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### What's the Combination?

Combination foods belong in more than one food group. Using photos of combination foods, like pizza or tacos, families can compete as they guess the different food groups that each item contains.

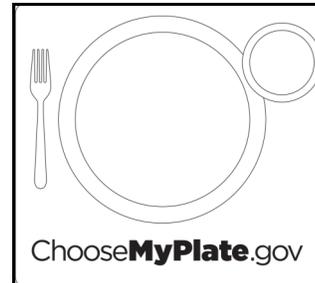
1. Gather pictures of combination foods or develop a PowerPoint with pictures of combination foods.
2. Hang a MyPlate poster in the activity area. Don't have a MyPlate poster? Order a free poster at <http://tn.ntis.gov/>.
3. Divide participants into teams of 2-3. Give each team a dry erase board and marker (or several blank pieces of paper and a pen).
4. Display a combination food picture and have teams work together to determine which food groups are represented. Have the activity leader reveal the correct answer. Continue presenting a variety of combination foods and having teams answer.
5. Optional: Points may be awarded to teams who correctly answer.

#### Materials Needed:

- Pictures of combination foods found in the appendix or that you have found. If using a powerpoint with pictures, a computer and projector will be needed.
- MyPlate poster
- Small dry erase boards (one for each team) or several blank pieces of paper per team
- Dry erase markers (one for each team) or regular markers if using paper.

### Complete Meal Challenge?

Are families up to the challenge of creating a complete meal using MyPlate as a model?



1. Lay out coloring supplies or pictures of food.
2. Provide each participant with a blank MyPlate coloring sheet.
3. Instruct participants to "fill their plate" correctly in the least amount of time, competing against their family members or other participants.

#### Materials Needed:

- Crayons/Markers/Colored Pencils **or** Magazines/Scissors/Glue Sticks **or** Pictures of Foods
- MyPlate Coloring Sheets found in the appendix.



## Nutrition Letter Line-Up Relay



1. Divide participants into two or more teams.
2. Line up teams on one side of the room.
3. Scatter a set of alphabet letters face-up on the floor opposite each line.
4. Have the leader call out a nutrition related question, such as "What food group does rice belong to?"
5. Teams will need to decide the answer to the question together and then one team member at a time will race to the set of alphabet letters across the room to grab one letter to help the team spell the answer. After grabbing a letter the team member will come back to tag the next teammate in line so they can grab another letter to help spell the answer.

In the example above team members would need to spell out:



6. The first team to correctly spell out the answer wins!

### Materials Needed:

- Multiple sets of "Alphabet Letters" printed on paper with one letter of the alphabet on each page. Make enough alphabet sets for each team represented. (Be sure to make duplicates of vowels and frequently used consonants). Use the following link to download a set of alphabet letters: [http://www.kansasteamnutrition.org/TN\\_Menus/TN\\_Power\\_Panther\\_Pals.htm](http://www.kansasteamnutrition.org/TN_Menus/TN_Power_Panther_Pals.htm)

## Gone Fishing for Nutrition

Prior to event:

- Make fishing rod(s) by tying a 2-3 foot string to a stick or cardboard tube and attach a magnet to the other end of the string.
- Make paper fish by printing a fish graphic and cutting out the outline. Attach 1-2 paperclips to the mouth of the fish.
- Develop nutrition questions and write out one question per fish. Make an answer key for leader(s) of the activity.

1. Set up a fishing station. Use an empty plastic kiddie pool or set up a sheet that participants must fish over. Whatever you choose, ensure that the string on the fishing rod is the right length for your fishing station.
2. Have participants fish for nutrition questions. Participants can play individually or the activity could be conducted in a relay with multiple teams. If the team gets their question wrong, they have to throw their fish back out to sea. If the question is answered correctly, that team keeps their fish for a point.

### Materials Needed:

- Gift wrap cardboard tubes or long clean sticks
- String
- Paper Clips
- Magnets
- Paper Fish
- Fishing station



**Fruit Basket Upset**



This activity is similar to musical chairs. Divide participants into four equal – sized groups. Assign each group a different fruit. For instance, apples, grapes, pineapple and mango. Form a circle with a number of chairs equal to one less than the number of players. One player will be left without a chair, and will stand in the center of the circle. That player will call out one of the fruits, all players in that group must stand up from their seats and move to another seat\* in the circle. The player in the center must attempt to take one of the free seats while the other players are moving. A new player will then be left in the center, enabling the game to be repeated. The person in the middle of the chairs does have the option of saying, “Fruit Basket Upset” which will require that all players get up and find a new chair.

*\*Tell players they may not move to the seat directly next to their own.*

**Alternate Version:**

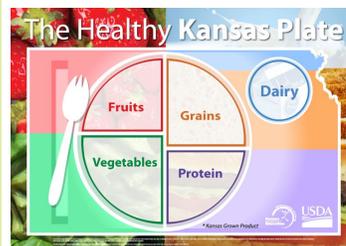
MyPlate Upset— Divide the group into five groups (fruits, vegetables, grains, protein and dairy) and play the game! Rather than fruit basket upset, the leader could call “MyPlate Upset”.

**Food Group Relay**

1. Designate five food group stations within the room (fruits, vegetables, grains, protein and dairy).
2. Divide participants into two equal teams and have each team form a line.
3. Place a basket of food models or pictures of foods from each of the food groups between the two groups.
4. Instruct participants to grab a food from the basket and run and place it at the appropriate food group station.
5. Participants should then run back and tag the next team member in line.
6. The first team to get all their team members through the activity wins!

**Materials Needed:**

- Basket
- Food models or pictures of food from each of the food groups
- Signs or graphics for food group stations



*Schools can request laminated Healthy Kansas Plate posters for free from Kansas Team Nutrition which could be used for this activity.*

**Food Group “Go Fish”**

This game is played much like the original “Go Fish” card game, except with colorful food group cards.

1. Print or copy a minimum of two sets of cards from the appendix to this section.
2. Families can sit together at desks or tables and play against one another. The team/individual that finds the most matches wins the game!

**Materials Needed:**

- Food Group “Go Fish” cards—minimum of 2 sets.
- Tip: Laminate or print cards on heavy paper to provide durability and allow for future use beyond the event.



# MyPlate Station Ideas

Set up food group stations at your event to teach participants about each of the five food groups! See below for sample activities and tastings you could conduct. To encourage participants to visit each of the stations, distribute blank MyPlate handouts or even a paper plate and have cutouts of the various food group sections at each of the stations that participants can collect and add to their plate with a piece of tape! The MyPlate Puzzle Activity sheet and other activities referenced below can be found within this section.

## Fruits



### Activity Ideas:

- “Have Fun with Fruits and Vegetables” Word Search
- “Power Your Day the Fruit and Veggie Way” Coloring Page
- Engage participants in a game of Fruit Basket Upset.

### Tasting Activities:

- Offer a variety of fresh fruits for tasting and have participants vote on their favorite.
- Have participants construct fruit kabobs
- Demonstrate cutting of unique/ unfamiliar fruits



## Grains

### Activity Ideas:

- Whole Grains—Word Scramble
- Invite a local farmer to come in a discuss how grains are grown and share about the different parts of the grain.
- Identify whole grain foods by using information of food packages.

### Tasting Activities:

- Practice measuring skills while making a snack mix with a variety of whole grain cereals.
- Provide a sample of a whole grain product featured on the school lunch or breakfast menu.

## Dairy



### Activity Ideas:

- Where’s the Dairy Activity Sheet
- Farm Family Crossword
- Dairy Trivia Game using Fast. Fresh. Facts

### Tasting Activity:

- Smoothie sample made with fat-free and/or low-fat dairy products.
- Milk mustache photo booth

## Vegetables



### Activity Ideas:

- “Vegetable Subgroups” Activity
- “Fruits and Veggies They’re Everywhere” Coloring Page

### Tasting Activities:

- Offer a variety of fresh vegetables for tasting and have participants vote on their favorite.
- Have participants arrange raw vegetables into a fun shape or design and name their veggie creation! Take a picture before they eat their work of art.



## Protein

### Activity Ideas:

- Protein Bookmarks Coloring Handout
- Read a children’s book about meat and/or protein. Find a book at <http://www.schoolnutrition.org/Content.aspx?id=752>

- “Your Favorite Proteins” Handout

### Tasting Activities:

- Have participants prepare turkey, hummus and cheese roll-ups featuring a variety of protein sources.
- Demonstrate making hummus from scratch for participants and provide samples with whole-grain pita

### **Re-Think Your Drink Activity**

Many people are unaware of the amount of sugar in their favorite beverages. At this station, have participants calculate and measure the amount of sugar in their favorite beverages.

1. Instruct participants to choose a beverage from those available and locate the grams of sugar on the nutrition facts label. (Note: If the container has more than one serving, multiply the number of grams of sugar by the number of servings to get the total grams of sugar in the container)
2. Divide the total grams of sugar by 4 to get the number of teaspoons of sugar.
3. Have participants gather the correct number of sugar cubes for their beverage. (1 sugar cube = 1 tsp sugar)

**Materials Needed:**

- Sugar cubes
- Variety of beverage bottles with nutrition label intact (soda, juice, water, sports drinks, coffee drinks, sweetened iced tea, milk)
- Calculator(s)

**Helpful Calculation Hints:**

Total Grams of Sugar ÷ 4 = Teaspoons of Sugar

1 Sugar Cube = 1 tsp Sugar



### **Who Wants to be a Foodinaire?**

This activity is played much like the “Millionaire” game show only using nutrition facts. Families can choose one member of their family to be in the “hot seat” and answer questions. You could run the game with multiple contestants by providing blank paper and pens to allow multiple people to be playing at once. Example questions are provided later in the appendix to this section. Questions become increasingly more difficult.

Each individual gets three “lifelines” to use if they need help.



**Lifeline #1—Poll the Audience** (Ask onlookers which answer they think is correct using a show of hands)



**Lifeline #2—Phone a Friend** (The contestant can pick one audience member to ask for help)



**Lifeline #3—50/50** (The host can eliminate two of the wrong answers for the contestant)

Suggestion: Prepare a PowerPoint with the questions prior to the event or just have the “host” verbally ask the questions to the contestant(s).

**Materials Needed:**

- Foodinaire Questions (found in the appendix to this section or make up your own)
- Chair(s) for Contestant(s)
- Chair for Host
- Paper and Pens (if running multiple contestants at one time)
- Projector/Computer/Screen (if questions will be projected for display)

## **Fresh Fruit and Vegetable Quiz!**

Test attendees ability to identify some common and uncommon fruits and vegetables at your event!



**Mango**

1. Purchase a variety of fresh fruits and vegetables for display at the event.
2. Make name cards for each of the fruits and vegetables.
3. Display fruits and vegetables on a rectangular table. Consider buying two of each so you can showcase one version in its whole form as well as showing attendees how the produce looks cut.
4. Ask participants visiting the station to identify the fruits and vegetables by placing the appropriate name card with the correct fruit or vegetable.
5. Reveal the correct answers once participants have completed the quiz. Consider also incorporating a taste test as a part of the quiz!

### Materials Needed:

- Rectangular Table
- Fresh fruits and vegetables
- Paper plates to display fruits and vegetables
- Name cards



**Jicama**



**Sugar Snap Peas**

## **Taste Testing**

One way to encourage students and their families to make healthier choices is to offer taste tests! Taste testing is a tool that can be used to introduce students to the smell, texture, and flavor of food. Provide nutrition education handouts such as the 10-Tips Nutrition Education Series found at [choosemyplate.gov](http://choosemyplate.gov) and/or recipes that incorporate the featured foods.

### Materials Needed:

- Foods for tasting
- Small portion cups
- Trash can
- Tables for serving



### Tips:

- Check out the “Taste Testing Tool-Kit” from Ohio Action for Health Kids for ideas on what foods to feature! <http://www.ohioactionforhealthykids.org/wp-content/uploads/2012/01/OAFHK-2012-Taste-Testing-Toolkit-WEB.pdf>
- Ensure that food samples look appealing and that there is enough for everyone to try!
- Follow proper food safety procedures when preparing and serving food at your tasting station.
- Consider adding new foods that students liked to the school cafeteria menu.



**Students at Goddard Academy—USD 265 taste test asparagus. Students preferred roasted over raw!**

**Making Foods Sound Good Enough to Eat**



Increasing student's taste expectations increases their likelihood of noticing and trying new foods!

Have attendees at your event "spice up" the school breakfast and lunch menu by having them "re-name" foods that are currently being served! Provide copies of the school's menu or compile commonly served items into a worksheet that students and their families can work on! This is a great opportunity to emphasize language arts competencies that students may be working on in the classroom!

After the event, the name suggestions could be compiled and students could vote on their favorite! Ask a teacher who is teaching graphing in math if they might be willing to have their students work on revealing the results to the student body. Also, consider asking the food service department if they would be willing to display name tags of the most popular names next time they are served!



**Milk Mustache Booth**



Let attendees be milk mustache stars at your event! This popular station is a great way to encourage kids to drink more milk! It can be used in conjunction with dairy product taste tests or be a stand-alone activity.

1. Decide whether you'd like attendees to have "real" milk mustaches in which you could use drinkable yogurt to ensure participants have great milk mustaches. You can also make paper mustaches on a stick. Lots of free templates are online. In addition to white mustaches, consider having strawberry (pink mustaches) and chocolate (brown mustaches) as well!

**Linking Nutrition and Physical Activity with Reading**

There is a natural link between nutrition, physical activity, and reading. Children are particularly interested in stories that describe or depict things that are connected to their own daily lives. Reading books that focus on preparing and eating healthy foods and being physically active can motivate students to adopt positive food and physical activity behaviors that can last a lifetime.



Set up a reading station with a book that compliments the theme of your event! Search for the perfect children's book from a list of over 400 book ideas broken into specific themes at:

**Michigan Team Nutrition Preschool Booklist**

[http://healthymeals.nal.usda.gov/hsmrs/MI\\_Preschool\\_Booklist.pdf](http://healthymeals.nal.usda.gov/hsmrs/MI_Preschool_Booklist.pdf)

**Michigan Team Nutrition Booklist**

<http://www.michigan.gov/documents/mde/>



2. Use an instant camera or a digital camera. Print photos and post them around the cafeteria or school. You may consider having attendees write captions for their photos about why they drink milk!
3. Print off "Get Your Dairy Today" Handouts from the 10-Tips Nutrition Education Series at [www.choosemyplate.gov](http://www.choosemyplate.gov)

**Materials Needed:**

- Mustache Materials (i.e. Drinkable Yogurt and Small Paper Cups or mustaches on a stick)
- Camera
- Backdrop for pictures



# Nutrition "Minute To Win It" Games

Have contestants take part in a series of 60-second challenges that use commonly available objects. Each of the game ideas below have a suggestion for nutrition education that could be integrated as part of the activity. Having duplicate materials will allow multiple participants to participate at one time!

## Johnny Applestack



**The Goal:** Stack 5 apples to make a completely freestanding tower.

**How to Play:** To set up the game, place five apples in a row on a table. Once the time starts, you have 60 seconds to stack all five apples in free-standing tower. The tower must stand unassisted for at least 3 seconds!

**Nutrition Education:** Not everyone knows about the many varieties of apples available. Apples come in so many different shapes, colors, textures and tastes. Provide several varieties that attendees can taste. Consider posting nutrition facts about apples at the station.

## Breakfast Scramble

**The Goal:** Assemble a puzzle made from the front of a cereal box (preferably whole-grain), which has been cut into 20 pieces.

**How to Play:** Put the pieces of the puzzle into a plastic baggie. Once the timer starts, you have 60 seconds to turn over the pieces and reassemble the box cover.

**Nutrition Education:** Provide the Power Up with Breakfast Flyer found at: <http://www.eatright.org/nutritiontipsheets/>

## Egg Roll Game

**The Goal:** Using an empty pizza box as a fan, move three eggs across the floor and into a marked target zone.

**How to Play:** Place the eggs on the floor, far from the designated target area, spaced out several feet apart. Once the timer begins, you have 60 seconds to get all three eggs in the target area using only the pizza box as a fan. Consider using hardboiled or plastic eggs to reduce breaking.

**Nutrition Education:** Provide a pizza recipe that has a whole-grain crust like the Eagle Pizza featured in Team Nutrition's Recipes for Healthy Kids Cookbook—<http://www.fns.usda.gov/sites/default/files/cookbook-homes.pdf>

## Noodling Around

**The Goal:** Collect uncooked penne pasta noodles along a strand of uncooked spaghetti using only your mouth.

**How to Play:** The player begins the game holding the piece of uncooked spaghetti in their mouth. In sixty seconds the player must skewer penne noodles one at a time, onto the spaghetti using only their mouth until all of the penne noodles (4-6 noodles) are threaded on the strand.

**Nutrition Education:** Provide the "Make half your grains whole" from the 10 Tips Nutrition Education Series at [www.choosemyplate.gov](http://www.choosemyplate.gov).



**The recipes that follow are great activities to get children and adults to roll up their sleeves and learn how to make a new healthy snack! Cooking with children can help get them interested in trying new healthy foods.**



## Fruit Rainbow Parfait

**Yield:** 1 parfait

**Ingredients:**

½ cup low-fat vanilla yogurt

1/3 cup fruit mixture

2-3 tablespoons fruit circles cereal

**Directions:**

1. **PLACE** mixed fruit in the bottom of a clear cup.
2. **DISH** yogurt over the fruit.
3. **SPRINKLE** with cereal.



*Yoplait Parfait Pro*

## Graham Cracker Stoplight

**Serving Size:** ½ graham cracker sheet  
(2 graham cracker sections)

**Yield:** 16 servings

**Ingredients:**

8 graham cracker sheets, broken into cracker sections

32 apricot halves, drained

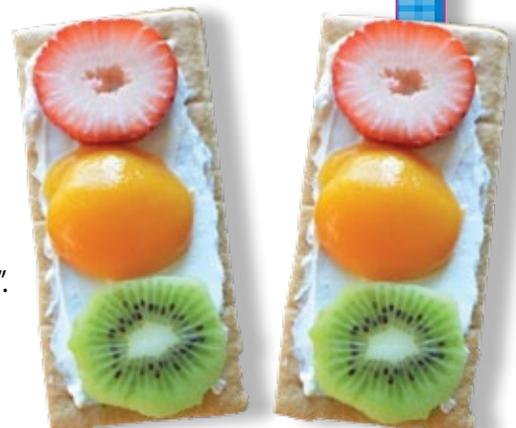
8 oz tub of low-fat or non-fat cream cheese

4 kiwis

8 strawberries

**Directions:**

1. **CUT** each strawberry into 4 thin slices.
2. **SLICE** each kiwi into 8 thin slices.
3. **SPREAD** thin layer of cream cheese on graham cracker sections.
4. **ADD** a strawberry slice on the top of graham cracker section for "STOP".
5. **PLACE** an apricot half in the middle for "SLOW".
6. **ADD** kiwi slice on the bottom for "GO".
7. **LOOK** both ways and take a big bite!



## Scooter Snack

**Yield:** 1 scooter

### Ingredients:

4 slices zucchini or cucumber (¼ inch thick)  
4 pretzel sticks  
1 string cheese stick

1 tablespoon spreadable garden low-fat vegetable cream cheese  
2 cherry tomatoes, halved

### Directions:

- 1. THREAD** two zucchini or cucumber slices through a pretzel stick, leaving a 1-in. space in the center for axle.
- 2. REPEAT** step one again for second axle.
- 3. POSITION** string cheese between two axles.
- 4. ATTACH** a pretzel rod with cream cheese to scooter and top with a pretzel stick for handlebars using cream cheese to attach.
- 5. ADD** tomato hubcaps with cream cheese.



[www.tasteofhome.com](http://www.tasteofhome.com)

## Banana Butterfly

**Serving Size:** 1 butterfly

**Yield:** 3 servings

### Ingredients:

Banana, cut into thirds  
6 pretzel twists

6 apple slices  
6 raisins or raisins

### Directions:

- 1. GENTLY** push pretzel twists into side of banana.
- 2. PRESS** apple slices into top of banana to make antennas.
- 3. PLACE** raisins or raisins as eyes on front of the banana.



## Fruit Tree

**Serving Size:** 1 tree

**Yield:** 2 trees

### Ingredients:

- 1 Banana
- 4 Kiwis
- 1 small can Mandarin Oranges, drained

### Directions

1. **CUT** kiwis into sections.
2. **CHOP** banana into segments.
3. **ARRANGE** fruit on plate to resemble a palm tree using mandarin oranges for the "sand", banana slices for the "trunk" and kiwi slices for the "leaves".



## Honey Lime Fruit Toss

**Serving Size:** ½ cup

**Yield:** 7 servings

### Ingredients:

- |   |                              |
|---|------------------------------|
| 1 can (20 oz) pineapple chunks          | 1 cup quartered strawberries |
| 1 can (11 or 15 oz) mandarin oranges    | 2 tbsp fresh lime juice      |
| 1 banana, sliced                        | 1 tbsp honey                 |
| 1 kiwi fruit, peeled, halved and sliced |                              |

### Directions:

1. **DRAIN** pineapple, reserving ¼ cup juice.
2. **COMBINE** fruit in large serving bowl.
3. **STIR** together reserved pineapple juice, lime juice, and honey in small bowl.
4. **POUR** over salad; toss to coat.



## Cucumber Yogurt Dip

**Serving Size:** 1/3 cup

**Yield:** 6 servings

**Ingredients:**

2 cups non-fat plain yogurt

1/2 small onion (diced)

1 tbsp cilantro

1 seedless cucumber (peeled & diced)

1 tsp lemon juice

1 tsp ground pepper

Raw vegetables for dipping, such as carrots, celery, tomatoes, zucchini, etc.

**Directions**

1. **BLEND** all ingredients except raw vegetables together.
2. **SERVE** with a variety of raw vegetables for dipping.



<http://www.squidoo.com>

## Salad on a Stick

**Serving Size:** 1 skewer

**Yield:** 8 skewers

**Ingredients:**

8 Bamboo Skewers

1 green or red bell pepper, seeded and cut into 1" pieces

1 cucumber, cut into 1" pieces

16 cherry or grape tomatoes

Bagged Romaine or Spinach Salad Pieces

Light Balsamic Vinaigrette Dressing (or other light or non-fat dressing)

**Directions:**

1. **THREAD** vegetables on skewer by alternating vegetables.
2. **DRIZZLE** lightly with dressing over plate.



## Cereal Attack

**Serving Size:** ½ cup

**Yield:** 20 servings

### Ingredients:

2 ½ cups frosted mini-wheats bite size cereal

1 cup banana or apple chips

2 ½ cups cracklin' oat bran (contains coconut)

1 cup dried fruit

2 ½ cups toasted oats cereal

1 cup chocolate chips

### Directions

1. **COMBINE** all ingredients in large bowl.
2. **STORE** leftovers in airtight container.



## Breakfast Tortilla Roll-Up

**Serving Size:** ½ roll-up or 4 slices

**Yield:** 8 servings

### Ingredients:

1 (8 oz.) container low-fat strawberry cream cheese

1 cup granola

¼ cup strawberry jam

4 – 6" whole grain tortillas

1 cup frozen mixed berries thawed

### Directions:

1. **COMBINE** cream cheese, jam, and thawed berries in a medium mixing bowl.
2. **SPREAD** a quarter of the cream cheese mixture over each of the whole grain tortillas.
3. **SPRINKLE** ¼ cup granola over cream cheese mixture.
4. **ROLL** up tortilla and slice into 8 pieces



## Southwestern Taco Dip

**Serving Size:** ¼ cup

**Yield:** 20 servings

### Ingredients:

2 teaspoons chili powder	1 cup shredded reduced-fat Cheddar cheese
1 (16-ounce) can fat-free refried beans	1 tomato, seeded and chopped
⅓ cup chunky medium salsa	⅓ cup sliced green onion
1 (8-ounce) container plain fat-free or low-fat yogurt	1 small can (2.25 oz) sliced black olives, drained
1 cup finely chopped romaine lettuce	Tortilla Chips for Dipping
1 cup shredded reduced-fat Mozzarella cheese	

### Directions

- 1. STIR** chili powder into beans and spread evenly onto a clear pie dish.
- 2. SPREAD** yogurt over the bean dip, and then spread the salsa over the yogurt. Leaving a narrow border around each layer's edge.
- 3. SPRINKLE** remaining ingredients evenly over the salsa.
- 4. SERVE** with tortilla chips for dipping.



## Tortilla Roll-Ups

**Serving Size:** ½ wrap or 4 slices

**Yield:** 2 servings

### Ingredients:

1 whole grain tortilla	1 slice of cheese cut into half
1 Tbsp mustard	¼ cup spinach or romaine
3-4 slices of ham	

### Directions:

- 1. SPREAD** tortillas with mustard.
- 2. TOP** with ham and cheese.
- 3. PLACE** spinach on bottom half of tortilla.
- 4. ROLL** tortilla and cut into 8 slices.



## Strawberry and Chocolate Yogurt Parfait

**Yield:** 1 serving

### Ingredients:

½ cup low-fat strawberry yogurt

2 Tbsp chocolate puff cereal

½ cup strawberries (fresh or frozen)

### Directions

1. **DISH** a layer of strawberries in glass.
2. **SCOOP** a layer of yogurt over the strawberries.
3. **SPRINKLE** cocoa puff cereal over top.



## Pineapple Crush Smoothie

**Serving Size:** ¾ cup

**Yield:** 4 servings

### Ingredients:

1 banana

12 oz fat-free strawberry yogurt

2 oranges

1 cup 100% orange juice

6 pineapple rings and pineapple juice (from can)

1 cup skim milk

### Directions:

1. **REMOVE** rind from oranges and separate orange sections.
2. **PEEL** banana and cut into chunks.
3. **PLACE** all ingredients in blender and blend until desired consistency.
4. **POUR** into glasses and enjoy.



## Red, White and Blue Brunch Bruschetta

**Serving Size:** ½ English Muffin

**Yield:** 4 servings

### Ingredients:

1 cup strawberries, quartered

2 whole grain English muffins

6 ounces non-fat vanilla yogurt

Lime juice

1 cup blueberries

### Directions

1. **COMBINE** strawberries, blueberries and yogurt in bowl.
2. **ADD** a squeeze of lime.
3. **SPREAD** ¼ cup yogurt/fruit mixture onto each English muffin half.



## Hummus Heads

**Serving Size:** 4 crackers

**Yield:** 2 servings

### Ingredients:

2 romaine lettuce leaves, cut into very thin strips

1 cucumber, sliced

¼ cup drained bottled roasted red pepper strips

½ cup shredded carrot

8 cherry tomatoes, halved

½ cup hummus

1 small can, sliced black olives

8 round whole grain crackers

### Directions:

1. **PLACE** the vegetables in piles on a plate.
2. **SPREAD** crackers with hummus.
3. **USE** the vegetables to make funny face.



## Red, White and Blue Kabobs

**Serving Size:** 2 kabobs

**Yield:** 3 serving

### Ingredients:

6 strawberries with green end cut off

6 blueberries

2 cheese sticks cut into thirds

6 toothpicks

### Directions

1. **WASH** strawberries and blueberries.
2. **LAYER** strawberry, cheese and blueberry on toothpicks.



## Celebration Yogurt Banana Split

**Yield:** 2 splits

### Ingredients:

1 banana

¼ cup granola

¼ cup strawberry, non-fat yogurt

½ cup fruit

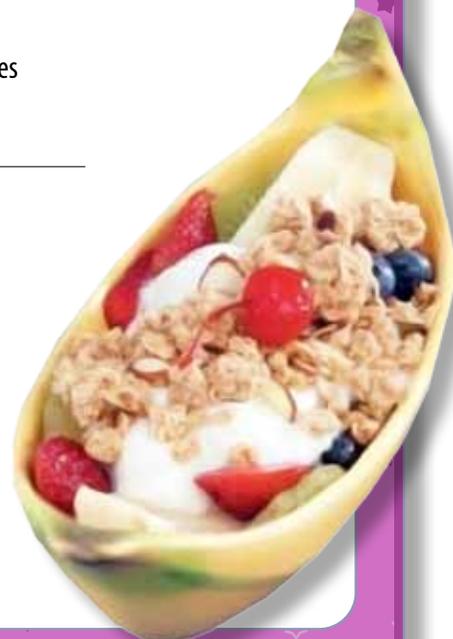
¼ cup blueberry, non-fat yogurt

2 maraschino cherries

¼ cup vanilla, non-fat yogurt

### Directions:

1. **CUT** banana in half. Peel and place one half into a bowl.
2. **SLICE** banana down middle.
3. **DISH** 2 tablespoons of each yogurt flavor onto banana.
4. **TOP** with ¼ cup fruit.
5. **SPRINKLE** with 2 tablespoons granola.
6. **PLACE** a cherry on top.



## Fruit Pizza

**Serving Size:** ½ English muffin

**Yield:** 4 servings

### Ingredients:

2 whole grain English muffins

½ cup whipped low-fat strawberry yogurt

6 strawberries sliced

10 green or red grapes halved

1 small can (11 oz) mandarin oranges, drained

### Directions

1. **SPREAD** 2 tablespoons cream cheese on each English muffin half.
2. **ARRANGE** fruit on top of cream cheese.



[www.candostreet.com](http://www.candostreet.com)

## Rainbow Fruit Kabobs

**Serving Size:** 1 kabob

**Yield:** 6 kabobs

### Ingredients:

6 purple grapes

12 blueberries

6 green grapes

6 pineapple chunks

6 cantaloupe chunks

6 strawberries

6 bamboo skewers

### Directions:

1. **THREAD** fruit onto bamboo skewers.



[www.followpics.com](http://www.followpics.com)

## Celery Cheese Boats

**Serving Size:** 2 boats

**Yield:** 3 servings

### Ingredients:

2 celery sticks, cut into 4" sticks

¼ cup carrot shreds

6 Tablespoons low-fat whipped cream cheese

24 fish shaped crackers (pretzel or cheese flavored)

### Directions

1. **FILL** each celery "boat" with 1 Tablespoon cream cheese.
2. **TOP** with carrots.
3. **ARRANGE** fish shaped crackers swimming on the cream cheese filling.



[www.kitchendaily.com](http://www.kitchendaily.com)

## Vegetable Flowers

### Ingredients:

Radish slices

Celery sticks

Fresh spinach leaves

Baby carrots

Cucumber slices

Sugar snap peas

Cherry tomatoes

Low-fat Ranch for dipping

### Directions:

1. **SET** vegetables on plate.
2. **DESIGN** vegetable flowers on plate or paper towel.



[www.familyfun.go.com](http://www.familyfun.go.com)

## Snack Attack Snack Mix

**Serving Size:** ½ cup

**Yield:** 10 servings

### Ingredients:

- |                                       |                       |
|---------------------------------------|-----------------------|
| 1 cup apple cinnamon oat cereal       | 1 cup animal crackers |
| 1 cup low-fat popcorn                 | 1 cup dried fruit     |
| 1 cup multi-grain toasted oats cereal | 1 cup pretzel twists  |

### Directions

1. **COMBINE** all ingredients in large bowl.
2. **SERVE** ½ cup to each person.
3. **STORE** leftovers in air tight container.



[www.bettycrocker.com](http://www.bettycrocker.com)

## Tortilla Pinwheels

**Serving Size:** ½ roll-up or 4 sections

**Yield:** 2 servings

### Ingredients:

- |                                     |                                       |
|-------------------------------------|---------------------------------------|
| 1 whole wheat tortilla              | 2 Tablespoons low-fat shredded cheese |
| 2 Tablespoons fat-free cream cheese | ¼ cup mild salsa                      |

### Directions:

1. **STIR** together cream cheese, shredded cheese and salsa.
2. **SPREAD** the mixture evenly on the tortilla.
3. **ROLL** up tortilla.
4. **CUT** into 8 pieces.



## Black Bean and Corn Salsa

**Serving Size:** ¼ cup

**Yield:** 25 servings

### Ingredients:

- 3 - 15 ounce cans black beans
- 1 - 15 ounce bag frozen corn, thawed
- ½ cup green bell pepper, diced
- ½ cup red bell pepper, diced
- ⅓ cup red onion, diced
- Whole grain tortillas for dipping

### Dressing Ingredients:

- 2 Tablespoons lemon juice
- 1 ½ teaspoons dried parsley
- ¾ cup salsa
- 1 Tablespoon Canola oil

### Directions

1. **DRAIN** and rinse black beans.
2. **COMBINE** black beans, corn, diced peppers and onion in a bowl.
3. **MIX** the remaining ingredients to make the dressing.
4. **POUR** dressing over the black bean mixture and toss lightly to combine.
5. **CHILL** 2 hours before serving
6. **SERVE** with tortilla chips.



[www.kn-eat.org](http://www.kn-eat.org)

## Turkey Pinwheels

**Serving Size:** ½ wrap or 4 slices

**Yield:** 2 servings

### Ingredients:

- |                           |                          |
|---------------------------|--------------------------|
| 1 whole grain tortilla    | 2 slices deli turkey     |
| ¼ cup store-bought hummus | ¼ cup spinach or romaine |
| 1 slice low-fat cheese    |                          |

### Directions:

1. **SPREAD** tortilla with hummus.
2. **TOP** with turkey and cheese.
3. **PLACE** spinach on bottom half of tortilla.
4. **ROLL** tortilla and cut into 8 slices.



## Pilgrim Parfait

**Yield:** 1 parfait

### Ingredients:

½ cup low-fat vanilla yogurt

½ cup diced apples

1 Tablespoon unsweetened applesauce

1 Tablespoon canned pumpkin

1 teaspoon brown sugar

3 Tablespoons cinnamon squares cereal

### Directions

1. **COMBINE** applesauce, pumpkin, and brown sugar in a clear cup.
2. **MIX** in diced apples.
3. **DISH** yogurt onto fruit mixture.
4. **SPRINKLE** with cereal.



*Yoplait Parfait Pro*

## Apple and Cheese Boat

**Serving Size:** 2 boats

**Yield:** 4 servings

### Ingredients:

2 slices low-fat cheese

1 apple

8 toothpicks

### Directions:

1. **CUT** apple into 8 thick slices.
2. **SLICE** cheese slice into triangles.
3. **ATTACH** cheese "sail" to apple "boat" with toothpick.



## Blue Buster Smoothie

**Serving Size:** 2 Smoothies

**Yield:** 4 servings

### Ingredients:

1 (6 ounce) container low-fat blueberry yogurt	$\frac{1}{3}$ cup peaches
$\frac{1}{2}$ cup apple juice	5-6 ice cubes
$\frac{1}{3}$ cup fresh or frozen blueberries	

### Directions

1. **BLEND** all ingredients in blender (amount of ice will vary depending upon consistency).
2. **POUR** in a glass and serve chilled.



[www.nationaldairycouncil.org](http://www.nationaldairycouncil.org)

## School of Fish

**Serving Size:** 4 fish

**Yield:** 1 serving

### Ingredients:

2 dried apricots	2 teaspoons non-fat cream cheese
4 mini-pretzel twists	4 mini-chocolate chips

### Directions:

1. **SLIT** one end of a dried apricot and insert the bottom of a mini-pretzel.
2. **PINCH** the apricot around the pretzel to hold it in place.
3. **PIPE** on a small dot of cream cheese (a plastic bag with a corner snipped off works well for this).
4. **PRESS** a mini-chocolate chip (tip down) into the cream cheese.

