

Southern University and A&M College System

AGRICULTURAL RESEARCH AND EXTENSION CENTER

# NUTRITION NIBBLES

FAMILIES FIRST: NUTRITION EDUCATION WELLNESS SYSTEM

Nutrition Nibbles

## SNACKING THE HEALTHY WAY!!!!

Kids love to snack, and the good news is that snacking is important to a child's well-being. Most of us know that good health and proper nutrition are important. The first step in helping children learn good eating habits is for parents to practice good eating habits. Adults, especially parents, are the first role model for children.



### Why Snack Anyway?

Snacks are important in meeting nutrient requirements that are missed in everyday meals. If you have a poor appetite, snacks could help meet some of those requirements to help with growth and development.

### How to Fix Healthy Snacks

Offer healthy food choices in place of soft drinks, candy, chips or sweets. Examples of healthy snack foods are fruit and fruit juices, vegetable and meat sticks, yogurt, toast or crackers, oatmeal cookies, graham crackers, and puddings. Many snacks can be just like mini-meals such as a half of sandwich, cup of soup, or even cheese and crackers.



"Eat Healthy - Stay Healthy"

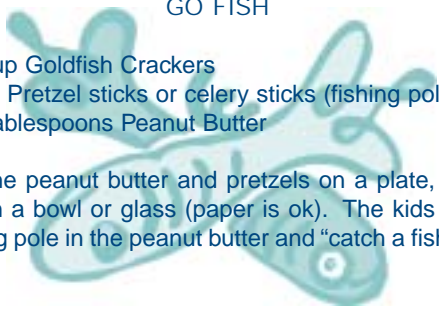
# What's Cooking?

## HAVING FUN WITH SNACKING IDEAS!!!!

### GO FISH

1/3 cup Goldfish Crackers  
 10-12 Pretzel sticks or celery sticks (fishing poles)  
 1-2 Tablespoons Peanut Butter

Put the peanut butter and pretzels on a plate, goldfish in a bowl or glass (paper is ok). The kids dip a fishing pole in the peanut butter and "catch a fish" with it.



### AQUARIUM SNACK

Clear Plastic Cups, Graham Crackers  
 Blue Jello, Gummy Fish

Get some clear plastic cups, put some graham cracker crumbs on the bottom. Get some blue jello and pour over the crumbs, add some gummy fish and when set this makes a great snack- the kids very own aquarium.

### PLAY DOUGH

These edible recipes for play dough are perfect for preschool children, especially if they love to eat their art supplies. A great thing about the edible play dough is that it allows children to experience different textures and use four out of their five senses. Make sure you cover the play area surface with waxed paper and let them have a great time creating various shapes.

### Oatmeal Dough

1 part flour  
 2 parts oatmeal  
 1 part water

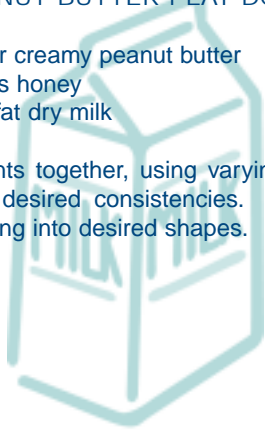
Mix ingredients together and form into shapes. The items made from this play dough recipe can be painted when they are dry.



### PEANUT BUTTER PLAY DOUGH

One 18-oz jar creamy peanut butter  
 6 tablespoons honey  
 3/4 cup non-fat dry milk

Mix ingredients together, using varying amounts of dry milk for desired consistencies. Knead it with fingers, forming into desired shapes.



### Jell-o Play Dough

1 cup flour  
 1/2 cup salt  
 1 cup water  
 1 tablespoon oil  
 2 teaspoons Cream of Tarter  
 1 (3-1/2-oz) package "unsweetened" Jell-O

Mix all ingredients together and cook over medium heat, stirring constantly until consistency of mashed potatoes. Let cool and knead with floured hands until dry. Make sure recipe is completely cooled before storing it in an airtight container.



References:  
 Health and Wellness Center, Bolling Air Force Base, DC  
 Centsible Nutrition Cook Book, University of Wyoming Cooperative Extension

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