

Take-Out: Outside-style snacks that are fun!

Incorporating snack time with outside time can lead to fun and good health! Think how enjoyable simple outside-style snacks can be: healthy food, fresh air, and lots of fun play. Along with healthy food choices, children need outside time, connection with their community, and connection with nature daily. Research suggests that children should spend at least one hour outside every day and also have one hour of physical activity per day.

Caution: When offering foods to young children, be aware of choking hazards such as nuts, popcorn, raw vegetables, and hot dogs; do not give these to infants. Closely supervise young children when they eat.

Get Physical

Collect enough scarves for each child and dance outside, moving the scarves with the wind, music, and natural movements of the children.

The following snacks are suitable for children over the age of three. Always supervise snack and eating times.

Take-out Picnic

Ingredients per child

- 4 small rice cakes (add filling of choice)
- 4-6 orange slices or citrus fruit of choice
- Small cup
- Napkin

Use take-out boxes or reusable bags (ask local restaurant if they will donate, search local craft or cooking stores, or create your own style "take-out" container)

Extras:

- Consider adding a fortune cookie for fun; many grocery stores carry boxes of these or you can substitute using a ginger snap and wrap with a little note or picture. Have the children make the "fortunes" ahead of time.
- Have children help assemble their boxes of snack items and possibly help in preparations.
- Pour cold water from a teapot into small cups.
- Label boxes with names so you can reuse.
- Play music from other countries while outside for added beauty.

Croque Monsieur

("Crunch Mister" in French; a popular French sandwich)

Ingredients per child:

2-4 small slices of semi-hard cheese

2 small pieces of French bread or bread of choice (preferably whole wheat)

Large cloth napkins to put snack items in to carry outside (dish towels can be used as a substitute)

A small handful of grapes as a side

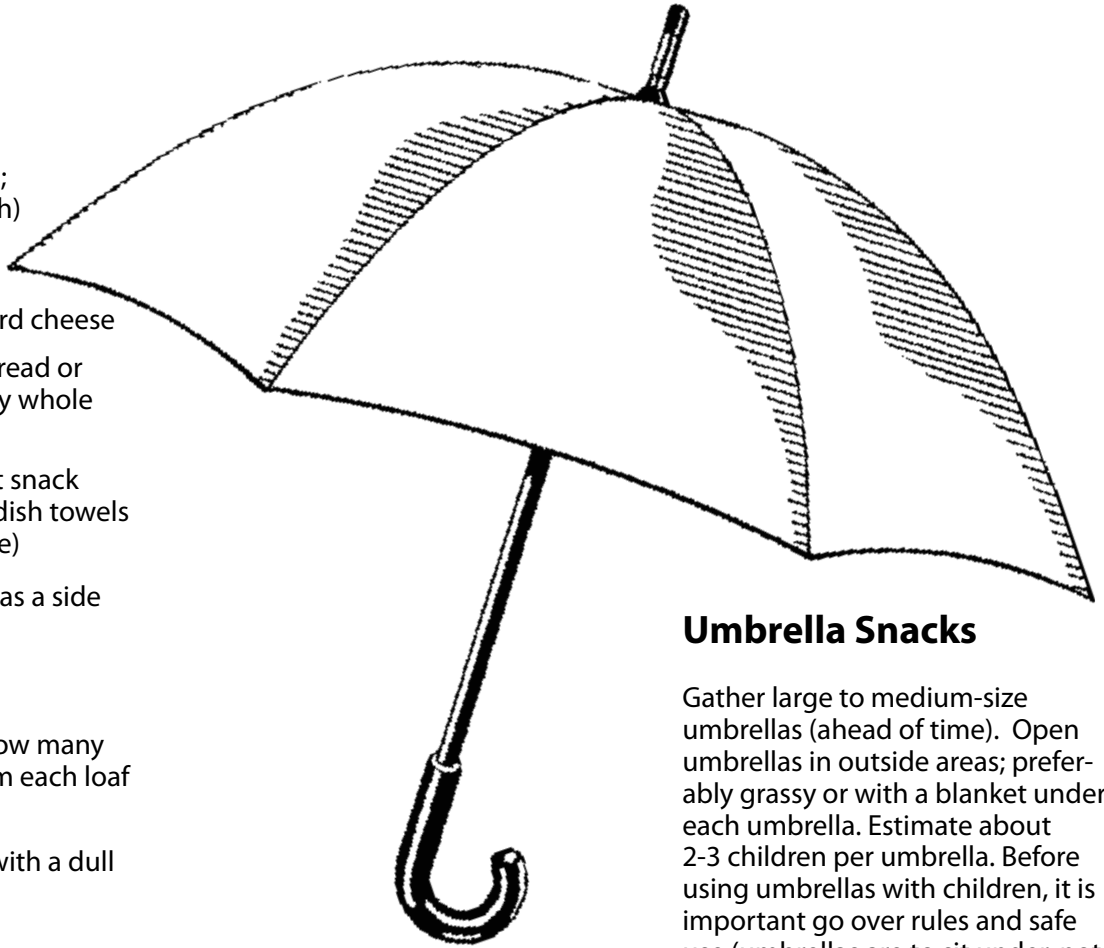
Extras:

- Children can estimate how many pieces they may get from each loaf of French bread.
- Children can cut bread with a dull butter knife (with adult supervision).
- Children can assemble items into their napkins and tie with adult's help.
- Wash napkins to reuse again.

Get Physical

Ballet moves - Try simple ballet moves and stretches or make up your own!

Health Alert: Always have children wash their hands before and after preparing food, before and after eating food, before and after toileting, and before and after going outside. Wash your hands with warm water and soap for at least 20 seconds.



Umbrella Snacks

Gather large to medium-size umbrellas (ahead of time). Open umbrellas in outside areas; preferably grassy or with a blanket under each umbrella. Estimate about 2-3 children per umbrella. Before using umbrellas with children, it is important to go over rules and safe use (umbrellas are to sit under, not open and close, adults put umbrella away, etc.). Clip name cards onto the umbrella so children know where to sit.

Using the umbrella creates a social setting and unique snack opportunity. Choose your favorite simple snack to have, such as cheese and whole wheat crackers, or fruit and low-fat, low-sugar yogurt.

Get Physical

Be an umbrella - Pretend to open and close like an umbrella, or be caught in a wind and rain storm.

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College of Agricultural Sciences
Cooperative Extension

Dr. James E. Van Horn, CFLE, Better Kid Care Program Director

Developed by Christine Belinda, Penn State Better Kid Care Program
253 Easterly Parkway, State College, PA 16801 • Phone: 800-452-9108 • Website: betterkidcare.psu.edu

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