

Shake-up Some Yummy Snacks and Lunches!

Children love to be active and help with the process of making things. Try the following recipes to shake up some learning, active participating, and yummy food!

SHAKY VEGETABLE TACOS

- 1–2 tomatoes, chopped
- 1 head of lettuce, chopped or shredded
- 1 onion, chopped (if desired)
- 1 (12-ounce) bag of low-fat shredded cheese
- 1 (6-oz.) can black beans, rinsed
- 1 (6-oz.) can chick peas, rinsed
- 1 (6-oz.) can corn, or frozen cooked corn
- 1 container of mild salsa
- 1 small container of low-fat sour cream
- 1 avocado, chopped (if desired)
- 4–6 taco shells, bowls, or tortillas

Spoon chopped tomatoes, lettuce, onion, cheese, beans (black beans, chick peas, pinto beans or any other cooked beans), and corn into a zipper-lock style bag for each child. Add small amount of mild salsa, sour cream, and avocado, if desired. Close bag and shake! (Tip: Play some festive music to accompany the shaking!) Pour into taco bowls, shells, or tortillas.

**Adults can warm and melt cheese in taco prior to adding other ingredients, if desired.*

BUTTER IN A JAR

(takes 10–20 minutes)

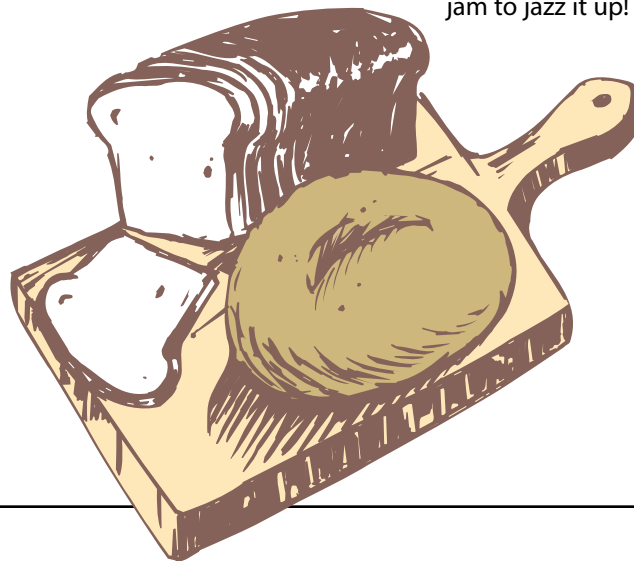
- 1–2 cups heavy whipping cream
- Dash of salt
- Crackers or bread
- Container with lid (preferably clear)

Talk about butter before making this. See what the children already know or don't know. It's fun to talk about how liquids can turn into solids, too.

Pour cream into container. Place lid on tightly and allow the shaking to begin. Be prepared for children to leave the shaking and come back; this takes a long time.



Shake about once a second. Add a pinch of salt after the butter has formed into a solid. The butter can be eaten immediately or cooled in the refrigerator, or even formed into a molded shape. Spread onto whole wheat bread, whole wheat crackers, or multi-grain bagels. Add some low-sugar jam to jazz it up!



SALAD IN A BAG

Place greens and other cut vegetables in a zipper-lock style bag. Add shredded cheese and small amount of salad dressing and croutons, raisins, or any other desired ingredients. Zip close and shake! Children can eat the salad out of the bag with a fork.

“MIXED-UP” YOGURT

Individual vanilla or plain yogurt (around 6 oz., with lids)

Whole grain cereal or granola

Fresh or thawed frozen fruit

Remove half of yogurt from container (save for later). Have children spoon in small amounts of whole grain cereal, granola, dried fruit, or fresh fruit. Replace lid and give a few gentle shakes. Remove lid and eat with a spoon.

PAPER BAG SNACK MIX

(not for children under three)

Have children scoop small cups of popcorn, pretzels, dried fruit pieces, wheat crackers, nuts, and small chocolates pieces or carob pieces into a paper bag. Close the top of the bag and let the children shake the bag until the snack is properly mixed. Shake again every few bites!

Caution: Young children can easily choke on nuts, seeds, popcorn, raw vegetables, peanut butter, meat sticks, and hot dogs. Do not give these foods to infants. Watch young children closely when they are eating these foods.

YUM-SPUN APPLES

1 apple

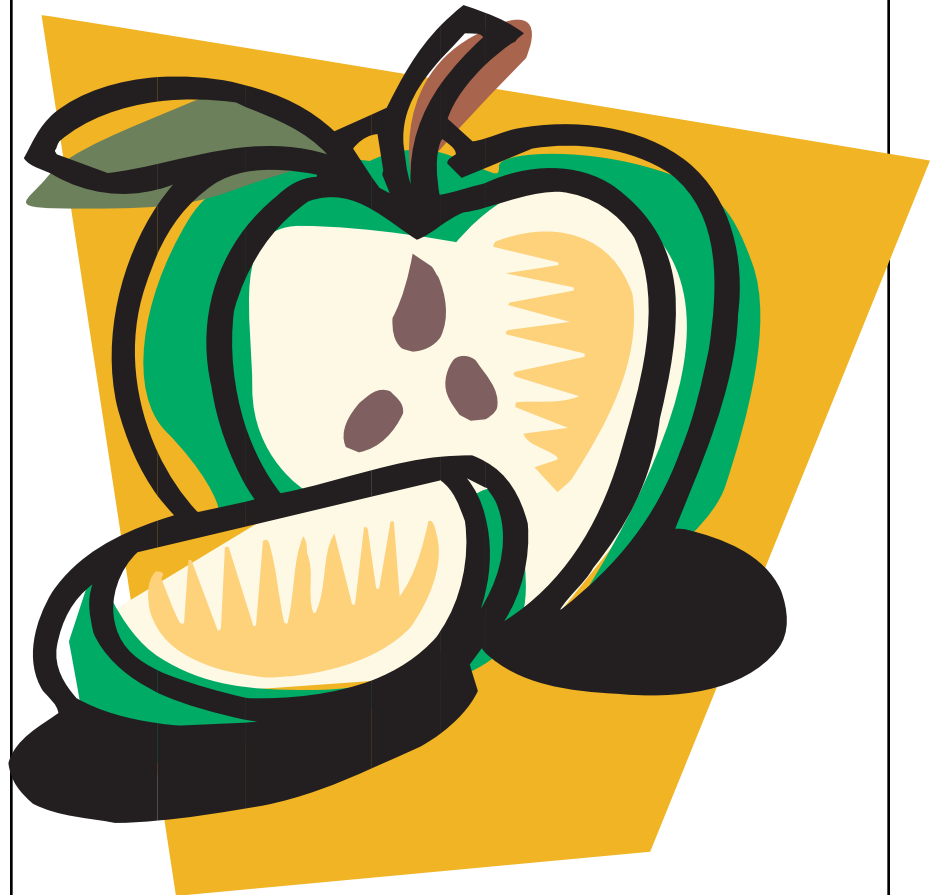
1 T sugar

1/2 tsp. cinnamon

Zipper-lock style bags

Cut apples into thin slices (remove seeds, core, and skin). Combine sugar and cinnamon in small bowl. Place apple slices in bag, spoon sugar/cinnamon mixture over apples, seal bag, and spin and shake apple slices gently.

Makes 3–4 snack-size servings.



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Sources: www.allrecipes.com, www.nncc.org, Iowa State University Cooperative Extension.

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Supported by funds from the Pennsylvania Department of Public Welfare, Office of Child Development.

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