**Snack - GO, GLOW & GROW Sandwich**

**Ingredients**

**GO Food:** - Pita bread

**GLOW Foods:**
- Chopped lettuce or grated cabbage or carrot
- Thin sliced apple or pear

**GROW Foods:**
- Sliced turkey or chicken or tuna
- Cheese - grated or thin sliced

**Directions**

1. Cut the pita bread into quarters.
2. Cut your choice of the GLOW & GROW foods into small pieces.
3. Stuff each pita section with the ingredients from the GO, GLOW & GROW foods.
4. Enjoy!

Remember to have your child wash her hands before preparing the snack.

Helping with cooking builds independence skills.

Competencies: 1A, 2E, 3A, 4
Snack — Pretzel Party

Ingredients

- 1 loaf of frozen whole wheat bread dough, defrosted overnight in the refrigerator
- 1 egg white plus 1 tsp water, slightly beaten
- Salt or parmesan cheese
- Baking sheets
- Shallow pan
- Non stick cooking spray

Directions

1. Separate defrosted dough into 16 pieces
2. Roll dough pieces and shape into a pretzel
3. Place on greased baking sheet
4. Let rest 20 minutes
5. Brush with egg white
6. Sprinkle with salt or parmesan cheese if desired
7. Place a shallow pan with one inch boiling water on the lower rack in the oven.
8. Bake the pretzels @ 350°F for 20 minutes on the cookie sheet above the water.

Serving suggestion

Thin peanut butter with milk and give your child a portion to use as a dip for the pretzels. Serve with 100% orange juice. Orange juice will enhance the absorption of iron in the peanut butter.

Food products labeled “multi-grain”, “stone-ground”, “100% wheat”, “crack wheat”, “seven-grain”, or “bran” may not be whole-grain products.
Go Glow Grow
Snack: GLOW Sticks

Ingredients
- Fruits and vegetables that will skewer easily, such as bananas, melons, oranges, tomatoes, squash, etc.
- Pretzel sticks
- Plates

Directions
1. Wash and cut up fruits and vegetables and place each in a separate bowl.
2. Give each child pretzels on a plate.
3. Allow each child to select fruits and vegetables from the bowls.
4. Show the children how to skewer the food onto pretzel sticks.
5. Eat and enjoy.

Note: Some foods may be too hard to skewer, just serve on the plate.

Ingredients
- Fruits and vegetables that will skewer easily, such as bananas, melons, oranges, tomatoes, squash, etc.
- Pretzel sticks
- Plates

Eat at least one vitamin A-rich fruit or vegetable a day, such as: cherries, apricots, mangos, carrots, spinach, sweet potatoes, string beans, cantaloupe, summer and winter squash.

Created By: Sharon Junge et al, University of California Cooperative Extension, Division of Agriculture and Natural Resources Placer and Nevada Counties
**Snack: Yogurt Parfait**

**Ingredients**
- Vanilla lowfat yogurt
- Bananas (seasonal or canned fruit may be substituted)
- Lowfat granola
- Clear plastic cups
- Spoons

**Directions**
1. Place ¼ cup yogurt in each plastic cup.
2. Top with 3 banana slices and 1 tablespoon granola. Repeat, making a second layer of yogurt, banana and granola.
3. Serve immediately or freeze for an hour to give yogurt the consistency of ice cream.
4. Let your child top their own parfait with additional fruit and granola before eating.

*Note: Parfaits can be made ahead of time (except for the final topping of fruit and granola) and frozen. Take out of the freezer 20 minutes before eating, to serve soften.*

**Let snacks fill in the gaps. If no fruit was eaten at lunch, offer it at snack time.**

**While children are eating their parfaits, this is a good time to reinforce the fact that yogurt is a **GROW** food.**

**Competencies: 1A, 2E, 3A, 4**
Snack -
French Toast Fingers

Remember to have your child wash her hands before preparing the snack.

Ingredients
- 1 egg
- 1 Tbs low-fat milk
- 2 slices whole wheat bread
- Cooking spray
- Powdered sugar and cinnamon for topping

Children gain confidence by helping in the kitchen!

Directions
1. Preheat oven to 350°.
2. Spray a sheet pan with cooking spray and set aside.
3. Cut each slice of bread into four strips, lengthwise – 8 strips in all.
4. In a small bowl, combine egg and milk and beat with a fork until frothy.
5. Dip each strip of bread in the egg mixture and coat completely.
6. Lay the strips on the cooking sheet.
7. Bake for about 12 minutes until brown.
8. Sprinkle lightly with powdered sugar and cinnamon and serve.
Snack: Pyramid Snack

**Ingredients and Supplies**
- Whole wheat crackers
- Carrot sticks
- Apple slices
- Cheese cubes
- Kidney beans
- Serving utensils
- Paper plates
- Marker

When doing physical activities, start with very brief activities so that overweight or inactive children can succeed.

**Directions**
1. Help your child draw a Food Guide Pyramid on a plate.
2. Set out the ingredients and have your child take a piece of each food and put it in the correct space on the pyramid.
3. Discuss the placement of the foods.
4. Eat the snack and enjoy!

This is a great opportunity for your child to share their knowledge with others who do not know about **GO**, **GLOW**, and **GROW** foods!
Snack: Egg Salad Mash

**Ingredients**
Per child:
- 2 snack size rice cakes or whole wheat crackers
- ½ hard boiled egg, shelled
- 1 teaspoon low-fat mayonnaise
- Dash of garlic salt
- Snack size recloseable bags

**Directions**
1. Give each child a sealed recloseable plastic bag with ½ hard-boiled egg, 1 teaspoon low-fat mayonnaise and a dash of garlic salt inside.
2. Ask each child to mash the egg with their fingers to make egg salad.
3. Cut off one corner of the bag with clean scissors.
4. Squeeze the egg salad onto a rice cake.
5. Enjoy!

**Note:** If you do not do this directly after HAND WASHING activities, make sure children wash their hands.

Demonstrate how to make the snacks. Show children how to mash and smash the egg.

Competencies: 1A, 2E, 3A, 4
Snack: Quick & Hearty Dip

Ingredients
- 1 can black beans, drained
- ½ cup mild salsa
- grated cheese (optional)
- chopped onion (optional)
- chopped cilantro (optional)

Directions
1. Mix beans, salsa and other ingredients together in a bowl.
2. Serve with baked tortilla chips.
3. This also makes a tasty filling for quick burritos.
   - Spoon onto flour tortilla, add optional topping.
   - Roll up and enjoy.

Remember to have your child wash his hands before preparing the snack.

Children love to help in the kitchen. This dip is perfect for little ones.

Point out words on food packages. This reinforces why reading is important.

Competencies: 1A, 2E, 3A, 4
Snack: Fruit Salad

Remember to have your child wash her hands before preparing the snack.

Ingredients

- 1 can of pineapple in its own juice, undrained
- 1 pear, chopped
- 1 apple, chopped
- 1 banana, sliced

Directions

1. Mix all ingredients in a large bowl.
2. Cover and refrigerate for one hour to blend flavors.
3. Enjoy!

Children learn math skills through measuring and counting.

Any seasonal fruit can be substituted for this recipe.

Competencies: 1A, 2E, 3A, 4

Teacher 4 Activities 18
Recipe

Power Punch Ball

Supplies:
- Measuring cups and spoons
- Mixing bowl
- Wooden spoon
- Plate

Ingredients:
- 1/3 cup peanut butter
- 3 tablespoons honey
- 1/2 cup crushed corn flakes
- 1/2 cup quick oatmeal
- 1/4 cup dry milk

What to Do:
1. Mix peanut butter and honey together in a bowl.
2. Add corn flakes, oatmeal and milk to the mixture and mix well.
3. Pinch off a small amount of dough and roll into a ball.
4. Put on a plate and enjoy!

Books to Read with Your Child:
- Wash Your Hands by Tony Ross
- Germs on their Fingers by Wendy Wakefield
- Germs Make Me Sick by Melvin Berger
- Germs! Germs! Germs! by Bobbi Katz
Ingredients per child:
- 2 broccoli florets
- 2 apple slices
- 2 ham cubes
- 3 pretzel sticks
- Small amount of cheese sauce*
- Plates
- Sample-size paper cups

*Cheese sauce ingredients:  (Serves 20)
- 1 tablespoon butter
- 3 tablespoons flour
- 1 cup non-fat milk
- 2 cups diced low-fat Cheddar cheese

Instructions:
1. Melt butter in a sauce pan.
2. Whisk in flour and mix well.
3. Gradually whisk in milk and stir until thickened.
4. Add cheese and stir over low heat until smooth.
5. Pour small amounts into sample cups and serve with items to dip into the "Fun-do".

Reminder:
- Be aware of children’s food allergies.
- Make food substitutions, when necessary.
- Wash hands before preparing, serving, or eating food.
Ingredients per child:
1 tablespoon low-fat cream cheese
1 teaspoon shredded cheddar cheese
1 tablespoon chopped nuts or crushed cereal
3 whole wheat crackers
Recloseable sandwich bag
Scissors

Instructions:
1. Give each child a recloseable sandwich bag with 1 tablespoon of low-fat cream cheese. Add 1 teaspoon of shredded cheddar cheese. (If time permits, let the children shred the cheese).
2. Show the children how to close the sandwich bag and use their hands to squish and squash the mixture until the cheddar cheese is mixed into the cream cheese.
3. Squeeze the mixture to one corner of the bag.
4. Snip off the corner tip of the sandwich bag with clean scissors.
5. Squeeze the cheese mixture onto crackers.
6. Sprinkle chopped nuts or crushed cereal over the cheese.

Reminders:
* Be aware of children’s food allergies.
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* Wash hands before preparing, serving, or eating food.
Recipe

Peanut Butter & Banana Tortilla Roll-ups

Ingredients:

• 4 flour or whole wheat tortillas
• 1/2 cup peanut butter
• 1 banana, thinly sliced
• 1/4 cup raisins

What to Do:

1. Spread each tortilla with one tablespoon of peanut butter leaving a 1” border.
2. Spoon bananas and raisins on each tortilla.
3. Roll up.
4. Cut into slices and enjoy!

Books to Read with Your Child:

★ Beastly Feast by Bruce Goldstone
★ Eating the Alphabet by Lois Ehlert
★ Stone Soup by John J. Muth
★ D.W. The Picky Eater by Marc Brown
**P is for Peas**

- Peas are sweet and crunchy. They are green in color and the round peas inside are entirely edible.
- Sugar snap peas and snow peas are entirely edible.
- Sugar snap peas and snow peas can be served raw. They can also be served warm or chilled.
- Peas are a good source of Vitamin A, and Vitamin C and good source of fiber.

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**Cooking in the Preschool Classroom**

- Children can shell the green peas.
- Children can remove the leaves from the fresh herbs.
- Children can wash the peas.
- Children practice their fine motor skills removing the stems and strings of the peas.

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**Food Safety and Sanitation**

- Wash hands before preparing recipe.
- Wash peas before preparing the salad.
- Refrigerate all leftovers.

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**Create a child-friendly environment**

Avoid rushing meals and activities.

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### Pea Salad with Fresh Herbs

**Makes 25 tastes at ¼ cup each**

**Ingredients:**

- 3/4 pound sugar snap peas and snow peas
- 3/4 pound fresh green peas (about 1 cup shelled)
- 2 tablespoons chopped fresh mint and fresh parsley
- 2 tablespoons olive oil
- 1 tablespoon rice vinegar

**Supplies:**

- large bowl, paper plates, and spoons

**Preparation:**

2. Put snap and sugar peas in a large bowl and add water. Cover with a paper towel.
3. Microwave for 2-3 minutes until tender. Repeat with shelled green peas.
4. When tender, drain peas and cool on paper towel.
5. Mix together all peas in a large bowl. Add herbs, oil, and vinegar until smooth.
6. Pour over peas and serve.

Recipe adapted from: Discover the Secret to Healthy Living, Public Health Institute.

**Nutrition Information per serving:**

- Calories 32, Carbohydrate 4 gram, Protein 2 gram, Fat 1 gram, Saturated Fat 0 gram, Cholesterol 0 mg, Sodium 2 mg, Fiber 1 gram.

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Teacher

- Activities 3
- Activities 6-12
- Activities 18

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For more ideas, visit:  
www.fruitsandveggiesmatter.gov  
www.harvestofthemonth.com

For important nutrition information, visit  
www.cachampionsforchange.net. For food stamp information, call 877-847-3663. Funded by the USDA Supplemental Nutrition Assistance Program, an equal opportunity provider and employer.

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California Champions for Change
C is for Cabbage

- There are different varieties of cabbages. Their color, shape and taste vary.
- Cabbages are easy to grow in the garden. They are delicious raw in salads, and cooked with other meals.
- The most common cabbage in markets is the head cabbage.
- Cabbage is an excellent source of Vitamin C and folate.

Cooking in the Preschool Classroom provides many benefits to children

- Children can shred the cabbage leaves.
- Children can measure the liquids and ingredients.
- Children can cut fruits and vegetables using plastic knives or a knife with a dull tip.
- Involve children in cleaning the cooking area.

Food Safety and Sanitation

- Wash cabbages before cutting.
- Wash your hands before handling the cabbage.
- Always clean the surface area where you are going to cook.
- Refrigerate all leftovers.

Create a child-friendly environment
Encourage children to use all their utensils to enhance their small muscles coordination.

Fruity Cabbage Salad

Makes 25 tastes at ¼ cup each

Ingredients:

- 1 pound green or red cabbage (about 4 cups shredded)
- 2 cups chopped red apples (2 large apples)
- ¾ cup raisins
- ½ cup unsweetened 100% pineapple juice
- 1/3 cup light mayonnaise

Supplies

- Small paper plates and forks

Preparation

1. Wash cabbage. Shred or cut into thin strips.
2. Mix cabbage, apples, & raisins in large bowl.
3. In separate bowl, mix mayonnaise, and pineapple juice. Add to salad and toss gently.
4. Serve immediately. If recipe is prepared ahead of time, refrigerate until eaten.

Recipe adapted from: www.harvestofthemonth.com

Nutrition Information per Serving: Calories 29, Carbohydrate 6g, Protein 0g, Fat 1g, Saturated Fat 0g, Cholesterol 0mg, Sodium 7mg, Fiber 1g
P is for Peaches

- Peaches range in color from pink-blushed white to gold with red blush.
- Nectarine is a relative of the peach. The main difference between a peach and a nectarine is the skin.
- Nectarine does not need to be peeled before eating, but needs to be properly washed.
- One medium peach provides Vitamins C, A, E as well as B Vitamins.

Peach Smoothie

Makes 25 tastes at 1/4 cup each

Ingredients:
- 5 fresh pitted and sliced peaches and nectarines
- 3 1/2 cups plain low-fat yogurt or low-fat milk
- 3 1/2 cups 100% orange juice
- 5 tablespoons honey
- Blender

Supplies
- Small paper cups, measuring cup, pitcher
- Ice

Preparation
1. Wash fruit. Peel peaches and slice peaches and nectarines.
2. Blend all ingredients together with ice.
3. Serve cold in cups.

Adapted from: Kids Cook Farm-Fresh Food, CDE, 2002.

Nutrition Information per Serving: Calories 74, Carbohydrate 15 gm, Protein 3 gm, Fat 1 gm, Saturated Fat 0 gm, Cholesterol 2 mg, Sodium 25 mg, Fiber 1 gm.
**Nutrition Matters!**
Early Childhood Education Curriculum       Module II: From the Garden to the Classroom

**Snack on the Run**

**Snap Your Fingers for a Snap Pea**

**Ingredients**

✓ ½ lb sugar snap peas, trimmed and strings discarded

**Preparation**

Sugar snaps require no shelling or stringing. You may like to remove the "cap" end, but it is not necessary. They are delicious nibbled raw or just briefly cooked. Whether you are serving them warm or chilled, they are best blanched first.

**To blanch sugar snap peas**

Place them in a pan of boiling water for two minutes. With a slotted spoon, move them to a bowl of cold water and ice. Drain the peas when they are completely cold.

**Nutritional Information**

An average ½ sized cup (80 grams) of peas will contain:

- Food energy 62 Cal (128 kJ)
- Carbohydrate 11 g
- Dietary fiber 4 g
- Protein 4 g
- Sugar 6 g
- Vitamin A 34%
- Vitamin C 13%
- Calcium 2%
- Iron 7%

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Created By: Lucrecia Farfan-Ramirez, University of California Cooperative Extension, Division of Agriculture and Natural Resources Alameda County
Snack on the Run

Berries and Yogurt on the Go

Ingredients:
✓ ¾ cup light vanilla yogurt
✓ 1/3 cup berries

Optional:
Granola

Preparation
1. Place 1/3 cup of berries in a small bowl.
2. Top with scoop of vanilla yogurt and sprinkle with granola if available.

Nutritional Information

An average sized cup (125 grams) of raspberries will contain:

✓ Food energy 50 Cal (130 kJ)
✓ Carbohydrate 17g
✓ Dietary fiber 8g
✓ Calcium 2%
✓ Iron 2%
✓ Protein 1g
✓ Sugar 9g
✓ Vitamin C 40%