

Fun with Food: Snack Ideas

Teddy Bear Toast



Ingredients:

1. Whole wheat bread (sliced)
2. Peanut butter, or any nut butter
3. Blueberries
4. Banana (sliced)

Fun Facts:

- Blueberries have antioxidants to help keep you healthy! Plus they're a beautiful blue color!
- Bananas are good for your memory and heart health!
- Peanut butter is a good, plant based source of protein to keep you full longer!
- Whole wheat toast is high in fiber and vitamins!
- These Teddy Bear Toasts make a nutritious snack with lots of fiber and protein to keep you full for a long time!

Veggie Lady Bug



Ingredients:

1. Whole wheat bread (sliced)
2. 1 Cheese slice
3. 1 Tomato slice (halved)
4. 1 Cherry tomato (halved)
5. 1 Lettuce leaf
6. 6 Black olive slices
7. Mayo
8. 2 lettuce stems

Fun Facts:

- We recommend making these adorable, vegetable lady bugs on top of whole wheat toast. Whole wheat toast is a healthy source of grains that contain lots of fiber and vitamins!
- Tomatoes are rich in lycopene, a powerful antioxidant to help improve your vision and keep your heart healthy
- Green lettuce is full of healthy vitamins and minerals to keep you active and healthy!
- Black olives are another good source of iron and antioxidants and can help keep your bones healthy!
- Choose a low-fat cheese to put between the bread and veggies. Low-fat cheese is high in protein and calcium to help keep your bones nice and strong!

Fruity Palm Trees



Ingredients:

1. 2 bananas (sliced)
2. 2 kiwis (sliced)
3. 1 tangerine (peeled and sliced)

Fun Facts:

- Kiwis are high in vitamin C. Vitamin C helps protect the immune system to prevent sickness!
- Kiwis are high in vitamin A. Vitamin A helps keep your eyes healthy!
- Bananas are a great source of carbohydrates with all-natural sweetness to make a great energy boosting snack!
- Tangerines are high in fiber. Fiber improves digestion!
- Did you know that you are supposed to have 5 servings of fruits or vegetables every day?

Veggie Tree



Ingredients:

1. Cauliflower florets
2. Broccoli florets
3. Cherry tomatoes
4. Bell peppers (sliced)
5. Mini pretzel sticks
6. Dressing of your choice

Fun Facts:

- Broccoli and cauliflower both belong to the cabbage family
- Both broccoli and cauliflower are packed with vitamin C and fiber
- Bell peppers are actually fruits
- National Pretzel Day is April 26th
- Cherry tomatoes can come in a range of colors: gold, orange, purple, red, and green