

# Snacks

Complete the five steps to earn your Snacks Badge.

1. **Find out about different types of snacks:** Watch this [video](#) to learn about different types of healthy snacks. Then play one of the following games:
  - a. [My plate](#) – an online matching game
  - b. [My plate Bingo](#) – get the bingo sheet then look in your kitchen for the items until you get Bingo!
  - c. [My plate treasure hunt](#)- get the treasure hunt sheet then look in your kitchen to find all the items.
2. **Make a savory snack:** Gather your favorite fruits and vegetables. Then cut them up into different shapes and sizes to make a funny face or a cool design. Once you made your creation, eat it!
3. **Try a sweet snack:** Follow this [chocolate chip cookie recipe](#), but instead of chocolate chips make it with your favorite ingredient. You can use dried fruit, candy, or even marshmallows. Get creative with your new and improved cookie.
4. **Snack for energy:** Watch the attached video to learn how to make an easy energy snack.
5. **Slurp a snack:** Smoothies are great snacks. Use the chart below to help you come up with your yummy and healthy smoothie.

# Build Your Own Smoothie

## Pick your fruits:

- Bananas
- Apples
- Strawberries
- Blueberries
- Blackberries
- Raspberries
- Oranges
- Pineapple
- Mango
- Peaches
- Pears
- Cherries
- Kiwi
- Watermelon
- Grapefruit
- Apricots
- Plums
- Cantaloupe
- Melon
- Grapes

## Kick up the nutrition:

- Spinach
- Kale
- Avocados
- Carrots
- Celery
- Cucumber
- Swiss Chard
- Bok Choy

## Add a base:

- Lowfat Milk
- Water
- Almond Milk
- 100% Juice
- Rice Milk
- Lowfat Yogurt
- Coconut Milk
- Coconut Water

## Throw in some add-ins (optional):

- Peanut Butter
- Nut Butter
- Flax Seed
- Chia Seeds
- Walnuts
- Almonds
- Oatmeal
- Vanilla Extract
- Honey
- Agave Nectar
- Cinnamon
- Ginger

**Place all ingredients in blender,  
blend & enjoy!**

Visit [produceforkids.com](http://produceforkids.com) for more smoothie recipes.