

Snacks

Activity Choice Descriptions

Walk your girls through the activity choices and let them decide which ones they like best.

MEETING 2 ACTIVITY CHOICES

Make a Savory Snack

Make Your Own Restaurant Snack: Find a recipe for a favorite snack, like potato skins, cheese sticks, or fish sticks, and make it yourself.

Make a Savory Snack From a Different Country: Try making a Japanese sushi roll, a Vietnamese lettuce roll, or Mexican guacamole with baked tortilla chips.

Make a Veggie Face: Using your favorite vegetables, make a funny face on your plate. Don't forget to eat it!

Try a Sweet Snack

Create a Holiday Dessert: Look online for recipes to prepare the perfect holiday dessert.

Make a Snack "In Disguise": Have fun and try a recipe that will trick your friends and family with a food that looks like one thing but tastes like something else.

Make Your Own Cookies: Find a basic chocolate chip cookie recipe, but instead of chocolate chips, add what you like best!

Slurp a Snack

Make Your Own Milk Shake: Find a recipe for a low-sugar milk shake to build up your bones.

Make Your Own Fruit Smoothie: Build your own fruit smoothie.

Make Your Own Party Punch: Create your own punch using natural juices—or make your own cola with the recipe.