**Ideas for Nutritious Snacks**

**Orange Fruit Salad**

Things you will need;  
An orange  
An apple  
Grapes  
Banana  
Bowl  
Cutting Board  
Plastic Knife  
Spoon  
Give each child one half of an orange. Help them scoop out the orange sections with a spoon. Set the rind aside to use as a bowl later. An adult should cut the orange sections into bite size pieces. Put them in a bowl. Let the children use serrated plastic knife and cutting board to cut banana and apple slices into chunks and grapes in half. Add the fruit to the orange pieces and mix together. Each child fills an orange rind with a scoop of fruit salad.

**Banana Rockets**

Coat peeled, ripe banana with orange juice or orange juice concentrate (to prevent discoloration) wrap in foil or plastic wrap, and freeze. Or roll chilled, juice-coated banana in finely chopped nuts or granola, press firmly coat, and freeze until firm.

**Fruit Soup**

In a blender, combine 1 banana; 1 peeled and cored apple; ½ to 1 cup strawberries; 1 tablespoon of orange juice; 1 cup plain low-fat yogurt; a dash of cinnamon; and a dash of dried mint. Chill before serving. Makes 6 ½ cup servings.

**Melon Cooler**

In a blender, mix 1 ½ cups of ice cubes; 1 ½ cups of cubed watermelon, honeydew, or cantaloupe and ½ teaspoon of lemon juice until smooth. Serve immediately. Makes 2 ½ cups.

**Yummo wrap-ups**

Have children make their own wrap-ups using flour tortillas spread with a thin layer of peanut butter, dried fruit and raisins—ideal for hikes. Or for a fresh from the refrigerator snacks wrap-up part-skim ricotta cheese and cinnamon or fresh fruit.

**Lettuce Roll**

Spread tuna or chicken salad, a thin layer of peanut butter, or a low-fat ricotta cheese on a lettuce leaf, roll it up, and eat.

References: Better Kid Care; Healthy Young Children Susan S. Aronson