

Texas Agricultural Extension Service

People Helping People

SUPER SNACKS

Food, Fun, Safety and Study for Kids After School

This leaflet is all about food and some great ideas for after-school snacks you can fix yourself.

The Five Food Groups

Every kid who wants to be strong and healthy should know about these food groups:



The Vegetable and Fruit Group ... gives you lots of vitamin A and C and other good things for eyes, hair and skin.



The Bread and Cereal Group ... gives you vitamin B, iron and protein for appetite, energy and healthy blood.



The Meat, Poultry and Fish Group ... gives you the protein and many other vitamins and minerals that build muscles.



The Milk and Cheese Group ... gives the calcium you need for strong bones and teeth.



The Fats and Sweets Group ... gives you some quick energy, but not many vitamins, minerals or protein. Also, these foods have lots of calories.

Why do you need to know about the first four food groups? It is simple—because you need to eat foods from *each* of the food groups *each* day. That is what we mean by having a “balanced diet.”

And if you want to have a nutritious diet, you will eat foods mostly from the first four groups, and not eat too many fatty or sugary foods.

What Is a Calorie?

A measure of how much energy a food provides. Calories not used by the body for energy are stored as fat.

Food Group Quiz

Here are some favorite after-school snacks. To which food group do you think they belong? Write in your answers, then check them on the last page.

1. potato chips _____
2. carrot sticks _____
3. soft drinks _____
4. milk _____
5. cookies _____
6. raisins _____
7. peanut butter _____

Rules for the Kitchen

- Never cook on the stove top unless your parents have said you can.
- Use only those appliances, such as a toaster or blender, that your parents say you can use and that you have been taught how to use.
- Wash your hands before you make your snack.
- Put on an apron or old shirt, especially if you are wearing good school clothes.

- Wipe up spills right away so you will not slip on them.
- Put milk back in the refrigerator as soon as you finish using it.
- Wash the dishes or put them in the dishwasher after you have made your snack.

After-School Snacks

Fifteen Ways to Eat Peanut Butter

For a scrumptious sandwich, try peanut butter and...

bananas	orange marmalade
raisins	apple slices
chopped nuts	honey
grated raw carrot	dried apricot halves

You do not always have to eat your peanut butter on bread, either. Try it on saltine crackers, cheese crackers or graham crackers. You can put it on apple slices, cheese slices, celery stalks or ice cream.

How many ways to eat peanut butter do you know? See if you can add to this list.

Quick and Easy After-School Snacks

- Top vanilla ice cream with nuts, crunchy cereal or sunflower seeds.
- Put cheddar cheese slices on graham crackers.
- Fix a frozen waffle in the toaster and put fruit on top of it.
- Wrap lunch meat around a pickle or cheese wedge.
- Put apple slices on a graham cracker— it tastes like a caramel apple!

Crunchy-Munchy Mix

A crunchy-munchy mix is easy to make and super good to eat. Just take 1 cup each of four or more of the following ingredients:

peanuts	goldfish crackers
unsweetened, ready-to-eat cereal	unsweetened cereal (bits)
chow mein noodles	raisins
pretzels	small cheese crackers
sunflower seeds	dried fruit bits

Mix it all together and crunch away. If this makes more than you can eat, store the rest

in a container with a tight lid. Each time you make crunchy-munchy mix it will taste a little different, depending on what ingredients you put in it. You might think of some cereal, nut, dry fruit or cracker ingredients to add that are not on this list.

Here are some other great after-school snacks that you can make on your own:

Energy Nog

1 cup orange juice	1 egg
1 tablespoon honey	2 ice cubes

Mix all the ingredients in a blender until frothy.

Ants on a Log

celery sticks	softened cream cheese or peanut butter
raisins	

Wash and dry the celery. Cut each stalk into several pieces. Fill these with cream cheese or peanut butter and top them with a few raisins on each piece.

Peanut Butter Balls

½ cup peanut butter	1 cup raisin-bran cereal
1 tablespoon jelly	1/3 cup raisin-bran cereal, crushed
½ cup instant nonfat dry milk powder	

Mix the peanut butter and jelly together in a medium sized mixing bowl. Stir in the nonfat dry milk powder and mix well. Stir in the raisin-bran cereal.

Measure 1 tablespoon of the peanut butter mixture and roll into a ball. Then roll the ball in the crushed cereal. Keep doing this until you use up the mixture.

Fruit-Nut Snack

1, 6½-ounce can Spanish peanuts, salted	1 cup raisins
	4 ounces dates, chopped

Mix ingredients and store in covered container.

Cracker Snacks

12 to 14 crackers	1, 4 ¾-ounce can chicken spread
cheese spread in can	

Spread crackers with chicken and top with cheese. Makes 12 to 14 servings.

Lo-Cal Yogurt Dip

1 cup plain yogurt salt to taste
2 tablespoons curry 3 tablespoons mayonnaise
powder

Combine and blend all ingredients. Use as a dip for fresh vegetables.

Northern Plains Survival Bars

1 cup powdered milk ½ cup each chopped
1 cup honey pecans, coconuts and
1 cup oatmeal, sesame seeds
lightly toasted 1 cup peanuts
1 cup each wheat germ 1 cup graham cracker
and raisins crumbs

Combine all the ingredients except graham cracker crumbs in a large bowl, mixing well. Shape into 2-inch balls or logs. Roll in graham cracker crumbs. Yields 24 servings.

Peanut Butter - Orange Sandwich Filling

1 cup peanut butter, ¼ teaspoon salt
crunchy 1 cup peeled and diced
2 tablespoons honey oranges

Thoroughly mix peanut butter, honey and salt. Stir in oranges. Chill. Use about 1/3 cup filling per sandwich. Store tightly covered in the refrigerator. Stir lightly before making sandwiches.

Hot Chocolate Mix

1, 8-quart box powdered 2 cups powdered sugar
milk 6 ounces powdered
1, 16-ounce box instant cream substitute
chocolate

Mix in bowl and store in covered container. To prepare hot drink, add 3 or 4 tablespoons of mix to 1 cup of hot water.

Yogurt-Sticks

1 quart plain yogurt 1 thawed can (13 ounces)
¼ teaspoon vanilla frozen, unsweetened
extract orange juice

Whip together to mix thoroughly. Pour into plastic cups, insert popsicle sticks and freeze.

Banana Popsicles

Cut peeled banana into three pieces; insert popsicle stick into end of each piece. Wrap each piece in waxed paper and freeze.

Yogurt Shake

1 cup plain yogurt 2 tablespoons frozen
½ ripe banana orange juice concentrate
milk

Put ingredients into blender. Whirl to blend. Add milk to mixture if thinner consistency is desired.

A Final Word about Snacks

Snacks can help you include needed foods from the four major food groups (not fats and sweets) in your daily diet. Think about what is missing in your regular meals and choose from that food group when you snack. Instead of cake, cookies and candies, choose fruit, cheese or peanut butter and crackers.

Think also about the calories your body is getting when you snack. Whether a person is 12 or 20, one's body needs only so many calories. If a person eats foods with more calories than needed, extra pounds can be the result and even little snacks add up.

As a general rule to keep in mind —

Food is likely to be low in calories if it is:

- thin and watery — like tomato juice
- crisp but not greasy crisp — like celery
- bulky — like salad greens

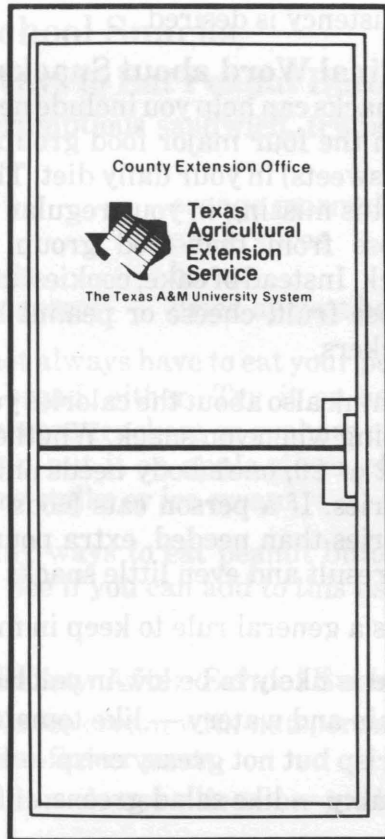
Food is likely to be high in calories if it is:

- greasy or oily — like butter
- smooth and thick — like ice cream
- sweet and gooey — like candy

It's what you eat and how much you eat that makes a difference in your body — and that includes SNACKS.

Answers to the Food Group Quiz:

1. Potatoes come from the fruit and vegetable group, potato chips are made with lots of fats, so they go in the fat group.
2. Fruit and vegetable group.
3. Soft drinks do not have nutrients, but they do have lots of sugar. They go in the fats and sweets group.
4. Milk and cheese group.
5. Fats and sweets group.
6. Vegetable and fruit group.
7. Peanuts give you protein and fit in the meat and poultry group.



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