



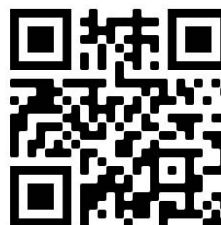
Healthy Winter Snacks

Children are sure to giggle and get creative with these four nutritious and filling options. Choose one snack to make at a time or offer supplies for children to choose which of the four they'd like to make. Use this engaging opportunity to illustrate that healthy eating habits can be fun and delicious!

Required Materials:

- Bananas
- Blueberries
- Kiwi
- Pineapple
- Pretzel
- Yogurt
- Dark Chocolate, melted
- Chocolate Dot Candy
- Edible Eye Confections
- Clear Stackable Tumbler (Item #28641)
- Plate (Item #94946)
- Children's Spoons (Item #88829)
- Children's Knives
- Bowl (Item #27475)

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1. Polar Bear Parfait

Using the children's knife have children cut banana slices. Scoop yogurt into a plate and place bananas and blueberries on the yogurt to create their polar bear face.

2. Penguin Bananas

Have children peel their banana and dip the end into a large bowl of melted dark chocolate. Place on a plate and add the eyes and an orange chocolate candy piece.

3. Fruit Snowman

Peel and pre-cut kiwi slices and pineapple chunks. Invite children to place kiwi slice bodies, pineapple chunk mouths, dried cranberry buttons, and blueberry eyes on their plate to create a colorful snowman.

4. Melted Snowman

Give children a clear tumbler and spoon to scoop yogurt into. Carefully add pretzel arms, eyes, chocolate nose, and dried cranberry buttons.

Include these delicious snack activities in your classroom to provide a creative and yummy way to learn about health and nutrition while also celebrating the winter season with your students.

