Healthy Snacks and Activities for Kids
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TRUST A CHILD’S TUMMY

- Adults decide:
  - What foods to offer
  - When to offer meals and snacks
  - Where a child will eat

- Trust a child to decide:
  - Which foods to eat of the foods offered
  - How much food to eat

To help encourage healthy eating habits for a lifetime, make eating a social and enjoyable time.

Tips for building healthy eating habits:
- Provide a healthy meal or snack every two or three hours
- Seat a child at the table for meals and snacks without television, toys or other distractions
- Offer small child-sized portions of food and drink
- Allow a child to say “no thank you” or “more please”
- Let children feed themselves
- Let children leave the table when they are full
- Keep meal and snack time free of pressure
- Eat together as a family whenever possible

Adapted from York Region “Trust me. Trust my Tummy”, with permission.
WHAT IS A HEALTHY SNACK?

- Snacks are a part of healthy eating, especially for young children.
- Snacks add variety, energy and nutrients to your child’s eating pattern.
- Young children have small appetites and small tummies. They need to eat small meals and snacks throughout the day.

When planning a snack for your child, remember to:

- Offer a variety of foods
- Offer food from at least two food groups of Canada’s Food Guide
- Serve snacks at least two hours before meals so your child will be hungry at mealtime
- Include children in planning and shopping for their healthy snack foods. They will be more likely to eat it.
- Encourage children to help prepare the snacks themselves
- Choose foods and drinks that are safe for teeth
- Keep trying to offer foods that they don’t like the first time. It may take a child 10 or more tries to accept a new food.
Banana Oatsies

Makes 30 cookies

<p>| | | |</p>
<table>
<thead>
<tr>
<th></th>
<th></th>
<th></th>
</tr>
</thead>
<tbody>
<tr>
<td>4</td>
<td>Bananas</td>
<td>4</td>
</tr>
<tr>
<td>1/2 cup</td>
<td>Rolled oats</td>
<td>125 mL</td>
</tr>
<tr>
<td>3/4 cup</td>
<td>Any whole grain cereal</td>
<td>175 mL</td>
</tr>
<tr>
<td>1 tsp</td>
<td>Vanilla extract</td>
<td>5 mL</td>
</tr>
</tbody>
</table>

1. Preheat oven to 350°F (180°C).
2. Mash bananas. Add rolled oats, cereal and vanilla.
3. Mix well.
4. Drop by teaspoonfuls onto an ungreased cookie sheet.
5. Bake for 20 to 25 minutes.

From: Healthy Snacks for Kids

Activity Tip!

Did you know that over 90% of kids begin watching television before the age of two? Experts recommend that kids under two not watch television.

Lentil Purée*

To make a purée:
1. Put cooked or canned rinsed and drained lentils into a food processor.
2. For every 1 cup (250 mL) lentils, add 1/4 cup (60 mL) water.
3. Blend to make a smooth purée, with the consistency of canned pumpkin.
4. If needed, add additional water 1 tablespoon (15 mL) at a time.

*Purées can also be made from other pulses (also called legumes) such as dry peas, dry beans or chickpeas.

Activity Tip!

Play a jumping game. You jump first. Your child follows you and jumps in all of the spots that you land. Continue taking turns.

Nutrition Tip!

Add 1 cup (250 mL) of puréed chickpeas to your spaghetti sauce instead of ground beef. This lowers fat while adding fibre.
**BAKED GOODS**

### Lentil Granola Bars

Makes 35 bars

<table>
<thead>
<tr>
<th>Ingredient</th>
<th>Measurement</th>
<th>Measurement</th>
</tr>
</thead>
<tbody>
<tr>
<td>2/3 cup</td>
<td>Shredded coconut</td>
<td>150 mL</td>
</tr>
<tr>
<td>2 cups</td>
<td>Quick-cooking rolled oats</td>
<td>500 mL</td>
</tr>
<tr>
<td>1 cup</td>
<td>Brown sugar, lightly packed</td>
<td>250 mL</td>
</tr>
<tr>
<td>1/3 cup</td>
<td>Pellet-like bran cereal</td>
<td>75 mL</td>
</tr>
<tr>
<td>1/2 tsp</td>
<td>Cinnamon</td>
<td>2.5 mL</td>
</tr>
<tr>
<td>3/4 cup</td>
<td>Lentil purée (for recipe see p. 3)</td>
<td>175 mL</td>
</tr>
<tr>
<td>1/2 cup</td>
<td>Canola oil</td>
<td>125 mL</td>
</tr>
<tr>
<td>1</td>
<td>Egg, beaten</td>
<td>1</td>
</tr>
<tr>
<td>1/2 tsp</td>
<td>Vanilla extract</td>
<td>2.5 mL</td>
</tr>
<tr>
<td>1/4 cup</td>
<td>Semi sweet chocolate chips, melted</td>
<td>60 mL</td>
</tr>
</tbody>
</table>

2. In medium bowl, mix coconut, oats, brown sugar, bran cereal and cinnamon.
3. Add lentil purée, oil, egg and vanilla. Mix until dry ingredients are just moistened.
4. Spread over a 10 1/2 x 16 inch (25 x 40 cm) nonstick cookie sheet. Bake 30 minutes or until lightly browned. While bars are warm, drizzle chocolate over top and cut into 35 bars.

From: Pulse Canada

### Cranberry Orange Muffins

Makes 12 muffins

<table>
<thead>
<tr>
<th>Ingredient</th>
<th>Measurement</th>
<th>Measurement</th>
</tr>
</thead>
<tbody>
<tr>
<td>2 cups</td>
<td>All-purpose flour</td>
<td>500 mL</td>
</tr>
<tr>
<td>1 1/2 tsp</td>
<td>Baking powder</td>
<td>7.5 mL</td>
</tr>
<tr>
<td>Dash of salt</td>
<td></td>
<td></td>
</tr>
<tr>
<td>1/2 cup</td>
<td>Margarine, unsalted, melted</td>
<td>125 mL</td>
</tr>
<tr>
<td>3/4 cup</td>
<td>White sugar</td>
<td>175 mL</td>
</tr>
<tr>
<td>2</td>
<td>Eggs</td>
<td>2</td>
</tr>
<tr>
<td>1 cup</td>
<td>Lentil purée (for recipe see p. 3)</td>
<td>250 mL</td>
</tr>
<tr>
<td>3/4 cup</td>
<td>Orange juice</td>
<td>175 mL</td>
</tr>
<tr>
<td>1</td>
<td>Zest of whole orange</td>
<td>1 mL</td>
</tr>
<tr>
<td>1 1/4 cups</td>
<td>Whole cranberries, frozen</td>
<td>300 mL</td>
</tr>
</tbody>
</table>

1. Preheat oven to 375°F (190°C). Prepare muffin tin cups with large muffin cup liners or lightly grease sides of tin.
2. In a medium bowl, stir together flour, baking powder and salt.
3. In a mixing bowl, blend together margarine and sugar and eggs. Add lentil purée, orange juice and zest.
4. Fold in dry ingredients until just blended and add cranberries.
5. Spoon mixture into prepared pan, filling cups three-quarters of the way full. Bake 20 to 25 minutes or until toothpick inserted in center of muffins comes out clean.

From: Pulse Canada
### Fruit Crisp

**Makes 4 to 6 servings**

<table>
<thead>
<tr>
<th>Ingredient</th>
<th>Quantity</th>
<th>Note</th>
</tr>
</thead>
<tbody>
<tr>
<td>Sliced fruit</td>
<td>3 cups</td>
<td>such as apples, strawberries or rhubarb</td>
</tr>
<tr>
<td>1 cup Sliced fruit</td>
<td>750 mL</td>
<td></td>
</tr>
<tr>
<td>1 tbsp White sugar</td>
<td>15 mL</td>
<td></td>
</tr>
<tr>
<td>1/2 tsp Cinnamon</td>
<td>2.5 mL</td>
<td></td>
</tr>
<tr>
<td>1/2 cup Rolled oats</td>
<td>125 mL</td>
<td></td>
</tr>
<tr>
<td>1/2 cup Brown sugar</td>
<td>125 mL</td>
<td></td>
</tr>
<tr>
<td>1/4 cup All-purpose flour</td>
<td>60 mL</td>
<td></td>
</tr>
<tr>
<td>1/4 cup Margarine</td>
<td>60 mL</td>
<td></td>
</tr>
</tbody>
</table>

1. Preheat oven to 350°F (180°C).
2. Lightly grease an 8 or 9 inch (20 x 20 x 5 cm or 22 x 22 x 5 cm) square baking dish.
3. Spread fruit in baking dish.
4. Sprinkle fruit with white sugar and cinnamon.
5. In a bowl, mix rolled oats, brown sugar, and flour.
6. Cut in margarine until mixture looks like coarse crumbs.
7. Sprinkle mixture over fruit.
8. Bake for 30 to 35 minutes or until fruit is soft and topping is golden.

From: Dairy Farmers of Canada

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### Cranberry Oatmeal Cookies

**Makes 36 small cookies**

<table>
<thead>
<tr>
<th>Ingredient</th>
<th>Quantity</th>
<th>Note</th>
</tr>
</thead>
<tbody>
<tr>
<td>All-purpose flour</td>
<td>250 mL</td>
<td></td>
</tr>
<tr>
<td>Wheat bran</td>
<td>60 mL</td>
<td></td>
</tr>
<tr>
<td>Baking powder</td>
<td>2.5 mL</td>
<td></td>
</tr>
<tr>
<td>Margarine</td>
<td>125 mL</td>
<td></td>
</tr>
<tr>
<td>White sugar</td>
<td>125 mL</td>
<td></td>
</tr>
<tr>
<td>Brown sugar</td>
<td>125 mL</td>
<td></td>
</tr>
<tr>
<td>Egg</td>
<td>1</td>
<td></td>
</tr>
<tr>
<td>Vanilla</td>
<td>5 mL</td>
<td></td>
</tr>
<tr>
<td>Quick-cooking oats; not instant</td>
<td>250 mL</td>
<td></td>
</tr>
<tr>
<td>Dried cranberries</td>
<td>125 mL</td>
<td></td>
</tr>
</tbody>
</table>

1. Preheat oven to 350°F (180°C); grease cookie sheets.
2. In a small bowl, mix flour, wheat bran and baking powder. Set aside.
3. In a medium bowl, cream together margarine, white sugar and brown sugar until light and fluffy. Add egg and mix well; stir in vanilla. Add flour mixture and blend thoroughly. Stir in oats and cranberries.
4. Drop heaping teaspoons of cookie dough on prepared cookie sheets, about 2 inches (5 cm) apart.
5. Bake in preheated oven for 10 to 12 minutes or until edges are lightly browned.

From: Dietitians of Canada
**Homemade Vanilla Pudding**  
**Makes 5 servings**

- 2 cups Milk 500 mL
- ½ cup White sugar 125 mL
- 3 tbsp Cornstarch 45 mL
- 1 tsp Vanilla extract 5 mL

1. Heat milk in a sauce pan over medium heat, until bubbles form at edges. Do not boil.
2. In a bowl, combine sugar and cornstarch.
3. Pour into hot milk a little at a time, stirring to dissolve.
4. Continue to cook and stir until mixture thickens enough to coat the back of a metal spoon. Do not boil.
5. Remove from heat. Stir in vanilla.
6. Pour into serving dishes. Serve chilled or warm. Add fruit on top if desired.

From: Ottawa Public Health

**Activity Tip!**

**Bean Bag Fun!**

Arrange children in a circle. The object of the game is to pass a bean bag around the circle without dropping it. Slowly add more bean bags. When “switch” is called, have everyone change directions.

**Peter Cottontails**  
**Makes 16 balls**

- 1 cup Cottage cheese 250 mL
- 1/2 cup Shredded cheddar cheese 125 mL
- 1 cup Finely shredded carrots 250 mL
- 1/2 cup Whole grain cereal 125 mL

1. Mix cheeses together until blended.
2. Stir in carrots.
3. Cover and chill.
4. Shape into balls, roll in cereal and chill until ready to serve.

From: Healthy Snacks for Kids
**Guacamole**
Makes 1 cup (250 mL)

<p>| | | |</p>
<table>
<thead>
<tr>
<th></th>
<th></th>
<th></th>
</tr>
</thead>
<tbody>
<tr>
<td>1</td>
<td>Avocado</td>
<td>1</td>
</tr>
<tr>
<td>1</td>
<td>Juice of lime</td>
<td>1</td>
</tr>
<tr>
<td>1/4 cup</td>
<td>Sour cream</td>
<td>60 mL</td>
</tr>
<tr>
<td></td>
<td>Salt &amp; pepper to taste</td>
<td></td>
</tr>
<tr>
<td>1/2</td>
<td>Tomato, finely chopped (optional)</td>
<td>1/2</td>
</tr>
</tbody>
</table>

1. Peel avocado, take out the pit, and cut up the pulp.
2. Squeeze juice out of the lime.
3. Mash avocado in a bowl with lime juice, sour cream, salt, and pepper.
4. Add tomato if you want.

Serve with raw vegetables or baked nacho chips.

From: Dairy Farmers of Canada

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**Dippy-Do Vegetable Dip**
Makes 1 1/4 cups (300 mL)

<p>| | | |</p>
<table>
<thead>
<tr>
<th></th>
<th></th>
<th></th>
</tr>
</thead>
<tbody>
<tr>
<td>1 cup</td>
<td>Plain yogurt</td>
<td>250 mL</td>
</tr>
<tr>
<td>1/4 cup</td>
<td>Mayonnaise</td>
<td>60 mL</td>
</tr>
<tr>
<td>1 tsp</td>
<td>Finely chopped onion</td>
<td>5 mL</td>
</tr>
<tr>
<td>1 tsp</td>
<td>Dried parsley</td>
<td>5 mL</td>
</tr>
<tr>
<td>1 tbsp</td>
<td>Dried dill weed</td>
<td>15 mL</td>
</tr>
<tr>
<td>1 tsp</td>
<td>Garlic powder</td>
<td>5 mL</td>
</tr>
<tr>
<td></td>
<td>Dash of Tabasco sauce</td>
<td></td>
</tr>
</tbody>
</table>

1. Mix yogurt and mayonnaise in a mixing bowl.
2. Add onion, parsley, dill weed, garlic powder, and Tabasco sauce. Mix well.

Serve with raw vegetables.

From: Dairy Farmers of Canada

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**Activity Tip!**
Try a new activity every week; like strawberry picking in the summer.

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**Activity Tip!**
Plan activity time. Build games and play into every day.
## DIPS & SPREADS

### Five-Minute Dips

Serves 16 (480 g)

<table>
<thead>
<tr>
<th>Ingredient</th>
<th>Quantity</th>
</tr>
</thead>
<tbody>
<tr>
<td>1 - 19 oz can Black or navy beans*; rinsed and drained</td>
<td>540 mL</td>
</tr>
<tr>
<td>1/2 cup Fat-free ranch dressing</td>
<td>125 mL</td>
</tr>
<tr>
<td>1/2 tsp Cumin**</td>
<td>2.5 mL</td>
</tr>
<tr>
<td>2 Garlic cloves</td>
<td>2</td>
</tr>
</tbody>
</table>

*For lentil dip, use lentils instead of beans

**For lentil dip, use 1 tsp (5 mL) curry powder instead of 1/2 tsp (2.5 mL) cumin

1. Put all ingredients into food processor or blender. Blend to desired consistency.

From: Pulse Canada

### Lighter than Hummus

Makes about 1 1/2 cups (375 mL)

<table>
<thead>
<tr>
<th>Ingredient</th>
<th>Quantity</th>
</tr>
</thead>
<tbody>
<tr>
<td>2 Garlic cloves</td>
<td>2</td>
</tr>
<tr>
<td>1- 19 oz can Chick peas, drained and rinsed</td>
<td>540 mL</td>
</tr>
<tr>
<td>2 tbsp Tahini</td>
<td>30 mL</td>
</tr>
<tr>
<td>1 Juice of lemon</td>
<td>1</td>
</tr>
<tr>
<td>2 tbsp Parsley or cilantro, minced</td>
<td>30 mL</td>
</tr>
<tr>
<td>2 tbsp Light sour cream</td>
<td>30 mL</td>
</tr>
<tr>
<td>1 Green onion, chopped</td>
<td>1</td>
</tr>
<tr>
<td>Freshly ground pepper</td>
<td></td>
</tr>
</tbody>
</table>

1. Add garlic to processor. Process until finely chopped.  
2. Add chickpeas, tahini, lemon juice, parsley, sour cream, onion and pepper. Process until smooth.  
3. Taste and add more lemon, onion, parsley and pepper to suit your taste.  
4. Store in refrigerator. Serve with baked tortilla triangles, pita bread or raw vegetables. Also very good as a sandwich spread.

From: Trillium Cooking School

### Nutrition Tip!

Did you know that if you trust your child's hunger cues, preschoolers will choose the amount of food that they need to be healthy?

### Activity Tip!

Be a role model. Go for a bike ride with your children.
DRINKS & SMOOTHIES

Monkey Milkshake

Makes 4 servings
1/2 cup (125 mL) per serving

1 cup Strawberries, sliced 250 mL
1 Banana 1
1 cup Milk 250 mL
2 tsp Vanilla 10 mL
3 Ice cubes 3

Blend all ingredients in a blender until smooth.

From: Healthy Snacks for Kids

Sunny Orange Shake

Makes 1 1/4 cups (300 mL)

3/4 cup Vanilla yogurt 175 mL
2 tbsp Skim milk powder 30 mL
1/2 cup Orange juice 125 mL

Blend all ingredients in a blender until smooth.

From: Dietitians of Canada

Party Punch

1. Fill ice cube trays with 100% pure juices, like grape, orange, cranberry, or pineapple. Freeze them.
2. Include at least 3 different coloured juices. For example grape, orange and cranberry juices will make purple, orange and red ice cubes.
3. Serve different coloured ice cubes in glasses of water. As the ice cubes melt, the children will enjoy the fruity flavours.

From: Ottawa Public Health

Banana-Berry Wake-up Shake

Makes 3 1/4 cups (800 mL)

1 Banana, sliced 1
1 cup Fresh or frozen berries 250 mL
1 cup Milk 250 mL
3/4 cup Vanilla yogurt 175 mL

Blend all ingredients in a blender until smooth.

From: Dietitians of Canada

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1 cup Fresh or frozen berries 250 mL
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From: Dietitians of Canada

Sunny Orange Shake

Makes 1 1/4 cups (300 mL)

3/4 cup Vanilla yogurt 175 mL
2 tbsp Skim milk powder 30 mL
1/2 cup Orange juice 125 mL

Blend all ingredients in a blender until smooth.

From: Dietitians of Canada
Chocolate Bananasicles
Makes 12 servings

6 Bananas, halved
1 - 10 oz bag Chocolate chips 300 g
1 cup Crispy rice or granola-type cereal 250 mL

1. Place the chocolate chips into a microwave-safe bowl and microwave on low until the chips have melted. This takes about 2 minutes. Stir the melted chips until you have a chocolate sauce.
2. Place the cereal into another bowl.
3. Dip each banana half into the melted chocolate and then roll in the cereal.
4. Place the coated bananas on wax paper and freeze them until the chocolate is hardened. This should take 5 to 10 minutes.

From: Ottawa Public Health

Frozen Yogurt-On-A-Stick
Makes 12 sticks

1 cup Plain yogurt 250 mL
3/4 cup Concentrated orange juice, undiluted 175 mL
3/4 cup Milk 175 mL

1. Mix all ingredients in a bowl and pour equal amounts into popsicle molds.
2. Freeze until partly firm. Put a stick into the centre of each portion; freeze.

From: Dairy Farmers of Canada

Fruity Ice
Unsweetened, 100% fruit juice
Assorted fruit, cut into bite size pieces

1. Put fruit juice and fruit into small plastic cup. Put in freezer.
2. Insert popsicle sticks before juice completely freezes.

From: Healthy Snacks for Kids

Activity Tip!
Did you know that kids aged two to five years should limit their screen time to one hour per day?

Frosty Slushee
Your child’s favourite 100% fruit juice or chocolate milk

1. Put juice or chocolate milk in the ice cube tray in freezer. Freeze it.
2. When frozen, blend in a blender.

From: Ottawa Public Health
SNACKS ON THE RUN

**Picnic Mix**

Makes 20 servings
1/4 cup (60 mL) per serving

<table>
<thead>
<tr>
<th>1 cup</th>
<th>Small cheese flavoured crackers</th>
<th>250 mL</th>
</tr>
</thead>
<tbody>
<tr>
<td>1 cup</td>
<td>Spoon sized shredded wheat</td>
<td>250 mL</td>
</tr>
<tr>
<td>2 cups</td>
<td>Cheerios</td>
<td>500 mL</td>
</tr>
<tr>
<td>1 cup</td>
<td>Puffed rice</td>
<td>250 mL</td>
</tr>
<tr>
<td>1 cup</td>
<td>Pretzels</td>
<td>250 mL</td>
</tr>
</tbody>
</table>

Optional, only for older children over age four:

| 1 cup  | Dried cranberries or raisins   | 250 mL |

Mix all ingredients in a bowl. Store in 20 sealable sandwich bags or large sealable container.

From: Dairy Farmers of Canada

Activity Tip!

Play “Simon says” with active movements like hopping, skipping and jumping.
**SNACKS ON THE RUN**

**Activity Tip!**
Play animal planet.
Slither like a snake, hop like a kangaroo,
estomp like a bear, gallop like a horse.

**Deviled Eggs**
Makes 12 deviled eggs

- 6 Hard boiled eggs
- 3 tbsp Mayonnaise
- 1/2 tsp Dijon mustard
- Salt and pepper to taste

1. Boil eggs on medium heat for up to 10 minutes. Cool in cold water and remove shells.
2. Cut eggs in half lengthwise. Carefully scoop out the yolk. Mash together yolk, mayonnaise, mustard, salt and pepper.
3. Fill whites with yolk mixture.

**Pita Crisps**

<table>
<thead>
<tr>
<th>Item</th>
<th>Amount</th>
</tr>
</thead>
<tbody>
<tr>
<td>Whole wheat pita bread</td>
<td>1 pkg</td>
</tr>
<tr>
<td>Vegetable oil</td>
<td>60 mL</td>
</tr>
<tr>
<td>Paprika and garlic powder</td>
<td>1 tsp</td>
</tr>
<tr>
<td>or cinnamon and sugar mixture</td>
<td>if chosen</td>
</tr>
</tbody>
</table>

1. Preheat oven to 325°F (160°C).
2. Cut each pita bread into 8 slices.
3. Add paprika and garlic powder (or cinnamon and sugar mixture if chosen) to oil.
4. Brush mixture onto one side of each pita slice or put pita pieces, oil and seasoning into a plastic bag and shake to coat.
5. Bake for 8 to 10 minutes.

**Activity Tip!**
Focus on fun. Children are more likely to "move" if it is fun.

From: Ottawa Public Health
**Yogurt Sundae**

Makes 1 sundae

1/2 cup French vanilla yogurt 125 mL
1/4 cup Fruit (e.g. berries, bananas, apples, apricots, peaches, pineapple, raisins, dates, coconut etc.) 60 mL
1 tbsp Granola 15 mL

1. Set out different fruits in small bowls.
2. Invite everyone to create their own yogurt sundae by mixing together some yogurt and their favorite fruits.
3. Top each sundae with a spoonful of granola.

From: Dairy Farmers of Canada

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**Jack's Beanstalks**

Makes 8 servings

1 can (14 oz) Kidney beans 398 mL
1/2 cup Grated cheddar cheese 125 mL
1/2 tsp Chili powder (if desired) 2.5 mL

1. Drain beans well. Rinse with water. Mash beans with fork or mix in a food processor or blender. Add a little water while blending for a creamier texture.
2. Stir in cheese and chili powder.
3. Simmer mixture in a sauce pan over low heat until cheese melts. Refrigerate.

From: Healthy Snacks for Kids

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**Activity Tip!**

Did you know that preschoolers should not be sedentary for more than 60 minutes at a time except when sleeping?
**Pocket Fruit Pies**

Makes 4 servings

- 2 Whole wheat tortillas
- 1 Large apple or 2 medium peaches or pears
- 2 tbsp Brown sugar
- 1/4 tsp Ground cinnamon
- dash Ground nutmeg

1. Preheat oven to 350°F (180°C).
2. Warm tortillas in the microwave for 10 seconds or in the oven for 5 minutes to make them softer.
3. Remove and throw out core or pit from fruit.
4. Peel and chop fruit in small pieces.
5. Place 1/4 of the fruit on half of the tortilla.
6. In a bowl, stir together brown sugar, cinnamon, and nutmeg. Sprinkle over fruit.
7. Roll up the tortillas, starting at the end with the fruit.
8. Place on an ungreased baking sheet. Make small slashes to allow steam to escape.
9. Bake for 8 to 12 minutes or until lightly brown.
10. Cut pies in half to make 4 servings.

**Ants On A Log**

- 3 Celery stalks
- 3 tbsp Peanut butter
- 3 tbsp Raisins

1. Wash and cut celery stalks into 3 to 4 inch sticks.
2. Fill u-shaped part of celery from one end to the other with peanut butter. For variety, substitute peanut butter with cottage cheese, crunchy peanut butter or goat cheese.
3. Press a line of raisins onto the spread. For variety, top with nuts, dried fruit pieces, sunflower seeds or granola.

From: Penn State Nutrition Center

From: Ottawa Public Health
**Baked Zucchini Chips**

Makes 4 servings

- 2 medium Zucchini cut into 1/4 inch slices
- 1/2 cup Bread crumbs
- dash Black pepper
- 2 tbsp Grated Parmesan cheese
- 2 Egg whites

1. Preheat oven to 475°F (245°C). Lightly grease baking sheet.
2. In a bowl, stir together bread crumbs, pepper and cheese.
3. Place the egg whites in a separate bowl. Dip zucchini slices into egg whites and coat in bread crumb mixture.
4. Place on baking sheet and bake for 5 minutes. Turn over and bake for another 5 to 10 minutes, until brown and crispy.

From: www.Allrecipes.com
Submitted by: Krisrizzro

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**Oven Apples**

Makes 8 servings

- 4 small Baking apples
- 2 tbsp Chopped walnuts (omit for nut allergies)
- 2 tbsp Raisins
- 1 tsp Cinnamon

1. Preheat oven to 350°F (180°C).
2. Cut apples in half and remove the core.
3. Place apples in baking pan.
4. Combine nuts, raisins and cinnamon in a small bowl.
5. Spoon mixture into apple hollows.
6. Cover and bake for 30 minutes.
7. Serve with vanilla yogurt.

From: Healthy Snacks for Kids

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**Activity Tip!**

Make a bridge by balancing your hands and feet facing the floor. Let your child crawl under the bridge.
Quesadillas
Makes 10 servings

5
1 1/4 cups
2 1/2 cups
Soft whole wheat tortillas
Salsa
Grated cheese

1. Preheat oven to 325°F (160°C).
2. Spoon about 2 tbsp (30 mL) of salsa on each tortilla.
   Sprinkle with 1/4 cup (60 mL) of grated cheese.
3. Fold the tortilla over and press gently. Place on a
   baking sheet and bake until cheese is melted.
4. Cut tortillas in half to make 10 servings.

From: Dairy Farmers of Canada

English Muffin Pizza
Makes 2 servings

2
2 tbsp
2 tbsp
Whole wheat English muffins, cut in half
Tomato sauce
Grated cheese

1. Preheat oven to 350°F (180°C).
2. Use muffin as crust and spread with tomato sauce.
3. Add cheese and any other topping.
4. Bake for 8 to 10 minutes until cheese melts.

Banana in a Blanket

1
3 tbsp
1
Whole wheat tortilla
Peanut butter or ricotta cheese
Banana

1. Spread peanut butter or ricotta cheese on tortilla.
2. Peel the banana and lay it on the side edge of the
   wrap.
3. Roll up and slice.

Optional: Sprinkle with cinnamon or add a dash of
honey.

Activity Tip!
Play follow the leader. Do actions and have
your child repeat them. Use different
movements like walking backwards, running
and hopping. As you play, make the actions
more difficult. Then switch and follow your
child's lead.

From: Ottawa Public Health
Children need to learn basic body movements like running, jumping, skipping, throwing, kicking and catching to enjoy physical activity. Learning these skills is important for children to be active for life. The best time to start learning and doing a new skill is when a child begins to show it naturally. Give children the chance to practice each of the skills through games and play every day.

**Remember...**

Each child is unique and develops at his/her own pace

★ If your child has a disability, think about ways you can help him/her succeed.
★ Younger children usually play on their own and are not ready for competitive games.

Build your child’s confidence

★ Children will not want to do an activity if they do not feel they can do it well. Building confidence is more important than building skill. Start with simple activities and then start to make them harder.

Have fun!

★ Make active time fun. Play with your child.

You are your child’s best teacher

★ Children often learn by watching others. Showing basic skills such as running, jumping, skipping and throwing will help your child learn how to do them.
★ If you are having fun and being active, your child will want to be active too.

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**Nutrition Tip!**

Cheese is a dentally healthy snack. If children eat string cheese or cubed cheese at the end of a snack, this will help to prevent cavities.
Use things you have around the house

★ Use plastic bottles as bowling pins to be knocked down.

★ Use empty cereal boxes, sponges and other things from around the house to create an obstacle course.

★ Toss tissues, balloons or scarves into the air for young children to catch.

★ Hold the corners of a bed sheet to bounce a teddy bear up and down.

★ Use a laundry basket as a target to toss balled up socks into.

★ Gather up tin cans, wooden spoons and kitchen pots to make musical instruments. Have a walking parade around the house, dancing and making music as you go.

★ Hide items around the house for a scavenger hunt.

★ Place masking tape on the floor to make lines. Practice jumping over and walking on the lines. For older children, set up hopscotch.

Make an action jar

★ Write out actions, such as jumping jacks or balancing on one foot, on small pieces of paper and place them in a jar. Have children draw an action from the jar to do when active breaks are needed. For younger kids, create a grab bag. Children must become or do what is pulled from the grab bag, such as a toy car, a frog or a ball.

Get active with music

★ Gather up scarves and streamers and give each child a few. Turn on the music and have the children move to the music while waving the streamers/scarves through the air.

★ Try freeze dancing. Turn on the music and tell the children to stop dancing and stay still whenever the music stops. Stop the music every so often and watch them giggle as they “freeze”.

Nutrition Tip!

Children aged one to six years should limit their intake of 100% juice to 4 to 6 oz (125 to 175 mL) per day. Offer fruit or vegetables instead of juice.

Use 100% fruit juice instead.
GET ACTIVE OUTDOORS!

In warm weather...
★ Play outside: kick and throw a ball, skip, run and jump
★ Go for a walk or to the park
★ Play with water: splash each other with the hose or set up a sprinkler to run through
★ Ride a tricycle. Do not forget your helmets.
★ Plant a garden together
★ Fly a kite
★ Blow up a balloon and try to keep it in the air
★ Play hopscotch. Use sidewalk chalk to draw lines on the sidewalk.

In cold weather...
★ Make snow angels
★ Shovel the walkway
★ Build a snow fort or take your sand pails and shovels outside to build snow castles
★ Pull a sled
★ Put your helmets on, find a safe spot and go tobogganind
★ Set up an obstacle course in the snow using things like hula hoops, skipping ropes and food colouring
★ Blow bubbles and have your child chase and pop them. Bubbles freeze in the cold and last even longer.

Nutrition Tip!
Many soft drinks and iced teas contain caffeine and no nutrients. Caffeine can affect sleep and lead to dehydration. Children should avoid any drinks that contain caffeine.

* Adapted from: Dietitians of Canada. Healthy Start for Life.
Recipe References

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