

Name:



PLANNING A HEALTHY SNACK

☺ From the choices given below, you need to plan your own balanced, healthy snack which you will prepare and eat at Brownies next week.

WHAT YOU NEED TO THINK ABOUT

Don't forget you need a **good mix** of the different food groups - try and pick something from each group:-

- ☺ For energy and to keep you going through the day, you need starchy foods such as bread, pasta, rice or potato
- ☺ For great hair, nails and skin, eat proteins foods like milk, yoghurt, cheese, eggs, nuts and fish
- ☺ Eating raw fruits and vegetables rather than cooked will give you even more vitamins that will help fight off coughs and colds
- ☺ Try not to eat too many processed foods which may contain lots of fats, salt and sugar and only a few nutrients

Energy foods (choose min. 1)

Sliced Bread or Roll	
Pitta Bread	
Tortilla Wrap	
Rice (cooked)	
Pasta (small shapes)	
Potato	

Protein food (choose min. 1)

Cheese	
Tuna or Salmon (tin)	
Cream cheese	
Sausage (cooked)	
Egg	
Chicken (cooked)	

Veg (choose min 2)

Carrot	
Celery	
Cucumber	
Sweetcorn (tin)	
Red Pepper	

Fruit (choose up to 4)

Apple	
Orange/Satsuma	
Banana	
Strawberries	
Melon	
Grapes	
Cherry Tomatoes	
Your own choice	

Misc Dessert (optional)

Yoghurt	
Raisins	
Honey	
Popcorn	
Squirty Cream	
Chopped Nuts	

Here are some first course suggestions (you could have crudités as well as a bread option):-

- ☺ Chicken Fajitas = chicken, grated carrot and chopped peppers wrapped in a tortilla.
- ☺ Sausage, Tomato and Egg Roll
- ☺ Rice or Potato Salad - cooked rice mixed with sweetcorn and tuna
- ☺ Crudites with a cream cheese dip = sticks of carrot and celery with a homemade dip

Here are some dessert suggestions

- ☺ Fruit kebabs with yoghurt and honey = selection of fruit on skewers with yoghurt and honey to dip in
- ☺ Fruit Salad with yoghurt or squirty cream
- ☺ Banana Boats = banana sliced in half - filled with fruit, yoghurt or cream and topped with popcorn or raisins

Decide what you want to make for your main course and your dessert by trying to choose items from each box.

Tick the items you need to make your snack and ask your parent/guardian to buy these items for you to bring next week. I will provide oil, dressings, lemon juice etc and drinks.

You will also need to bring with you plate, cutlery and napkin.

My menu is:-

Main Course/s:-

Dessert:-

