

Healthy Snacks

Supplies: plastic butter knives, apples, peanut butter, granola, paper towels

Ask the kids what some of their favorite snacks are, and then to give examples of different types of healthy snacks. You can compare some of the healthy and not so healthy snack examples given. Then make a healthy snack together.

Crunchy Peanut Butter Apples

- cut up apples into slices
- spread with peanut butter
- sprinkle with granola