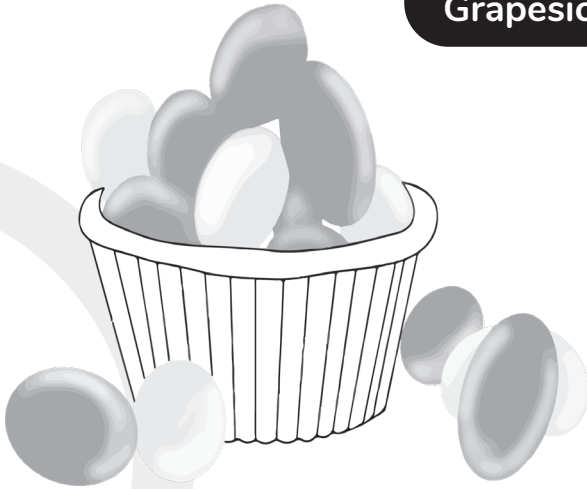


Quick & Healthy Snacks!

This activity was created by Reem.

Try these quick, easy and healthy snacks at home!
Ask an adult for help and always wash your hands before making any food. Note: each recipe is good for one serving!

Grapesicles



What you'll Need:

- Grapes
- Ziploc Freezer Bag

Instructions

1. Wash the grapes for 30 seconds with cold water while rubbing them gently.
2. Put the grapes into a plastic ziplock bag into the freezer.
3. Freeze the grapes for 8 hours and enjoy!

Frozen Yogurt Pops

What you'll Need:

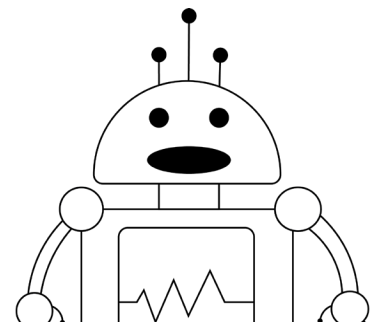
- Individual Yogurt Cup
- A knife
- Popsicle sticks or small teaspoons

Instructions

1. Ask an adult to puncture a small slit into the top of the yogurt cup using the knife.
2. Stick the popsicle stick or a small teaspoon into the cup
3. Place the yogurt cup in a freezer and freeze it for at least 3 hours.
4. Take off the plastic cover and slowly pull out your yogurt pop using the popsicle stick or small teaspoon and enjoy!



I am really good at following instructions. I have special instructions called "code" that tell me what to do. Are you good at following instructions? Can you follow these recipes like I follow code?



PB & Apple Snack



What you'll Need:

- Apples
- Peanut Butter
- A Knife
- A Plate
- Optional: Cinnamon

Instructions

1. Wash an apple well with water.
2. Ask an adult to help you cut an apple into slices with the knife and place the slices on the plate.
3. Add a spoonful of peanut butter to the plate and enjoy dipping your apple slices into the peanut butter!
4. Optional: Sprinkle some cinnamon on the apple slices for more flavour!

Sweet Chili Popcorn Seasoning

What you'll Need:

- Pre-made popcorn bag
- Small bowl
- 1 tablespoon chili powder
- 3 tablespoon sugar
- 1 teaspoon paprika
- 1 teaspoon garlic powder
- 1 teaspoon onion powder
- Salt

Instructions

1. In the small bowl, mix together the chili powder, sugar, paprika, garlic powder and onion powder. Add salt to taste.
2. Add the seasoning you mixed to the pre-made popcorn bag.
3. Shake the bag to mix the seasoning into the popcorn and enjoy!

