



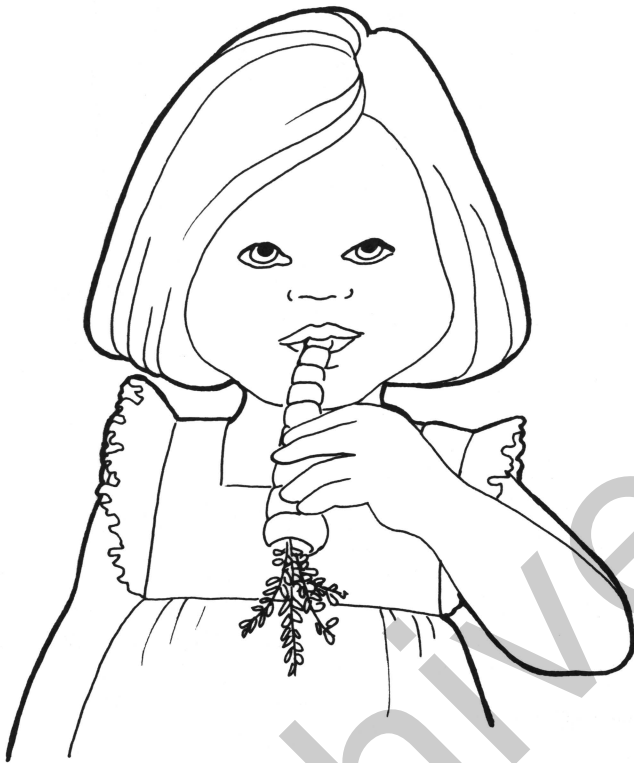
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Snacks For Children

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Since young children cannot consume sufficient sized portions at meal time, between meal feedings are important. The day's food intake for meals and snacks needs to be based on the four food groups. (Check Home Economics Guidesheet, GH 1918, "Food For Fitness" for recommended foods and the number of servings per food group.) These foods provide nutrients to work together for building bones, blood, and muscles and to maintain good health.

Fruits and vegetables are a source of many vitamins and minerals needed for growth and development. They are also low-calorie choices, an important consideration when obesity is a common problem in the United States. Learning to eat a variety of fruits and vegetables at meals or as snacks during childhood should help to begin a lifetime of good eating habits.

Sticky sweets should be limited because of the high calorie content, lack of additional nutrients and tendency to cause tooth decay.

The following recipes are suggestions for snacks for young children. They are nutritious and flavorful, and children can have fun discovering the new tastes and textures. Many of the following recipes use leftover fruits and juices. Use the recipes creatively and follow the Basic Four outline.

Meals	Food Groups			
	Milk	Meat	Fruit-Vegetables	Breads-Cereals
Breakfast				
Morning Snack				
Lunch				
Afternoon Snack				
Supper				
Bedtime Snack				

Are adequate servings provided throughout the day of each of the four food groups?

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Frozen Treats

Molds can be purchased for molding popsicles or improvised by using small paper cups or ice cube trays and inserting small sticks or straws in the mold as the mixture freezes.

Popsicles

- Put watermelon without seeds or rind into a blender or mixer and whip into a pulp. Pour into popsicle molds and freeze.

- Use any type of fruit juice or combination of juices to freeze as popsicles. This is a good way to use small amounts of leftovers for a tangy snack.

- Freeze any type of pudding. The pudding can be homemade or a mix; just add a little extra milk to the recipe.

- Freeze plain or fruit-flavored yogurt. Flavor plain yogurt by adding a little fruit juice before pouring into molds.

- Freeze applesauce.

Pudding, yogurt and applesauce popsicles do not drip as much as the fruit juice popsicles.

Frozen Banana Circles

- Peel a banana and cut it into one- or two-inch slices. Stick a toothpick into one end and spread the slices with peanut butter. Roll in granola or any kind of crispy cereal and freeze for several hours. Let sit at room temperature about five minutes and serve.

Smoothies, shakes and drinks

- Smoothies: Peel bananas; put in a plastic bag and freeze. (This is a good use for bananas that are getting too ripe because they do not continue to ripen or darken in freezer.) Place one frozen banana in the blender along with two cups of milk. Flavoring, such as a tablespoon of peanut butter or a dash of nutmeg, may be added. Blend until smooth.

- Fruity shake: Blend 1 cup milk and $\frac{1}{4}$ teaspoon vanilla with one raw orange, pineapple, apple or 4-6 apricots for 1 $\frac{1}{2}$ minutes. You can vary proportions according to what you have on hand and how many shakes you are preparing.

- Orange Milkshake: Combine $\frac{1}{4}$ cup orange juice and 1 cup milk. Shake together. Orange coloring can be added if desired.

- Banana Milkshake: Combine one ripe, mashed banana with 1 cup milk. Whip with an egg beater or in a blender.

- Carrot-pineapple drink: Blend 1 small or medium carrot with 1 cup unsweetened pineapple juice. Add 2 or 3 crushed ice cubes at high speed.

- Blend watermelon chunks without seeds until liquified.

- Blend 1 cup orange juice with any other fruit such as 1 banana, 1 peach, etc.

Cereal Treats

Granola balls

- Combine 2 tablespoons peanut butter softened, $\frac{1}{4}$ cup honey or corn syrup, 1 tablespoon water. Combine



peanut butter, honey, and water and blend well. Add 1 cup finely chopped apricots and 2 cups crispy cereal or granola. Knead until well mixed. Moisten hands with cold water and shape into 1-inch balls. Roll in crushed granola if desired. Store on waxed paper in refrigerator. Makes about 3 dozen.

Cereal Snack Mix

- Mix in a shallow pan 1 cup each of 3 cold cereals, 1 cup small pretzels and 1 cup peanuts. Combine 1 teaspoon garlic salt, 1 teaspoon onion salt, 1 teaspoon celery salt, 4 teaspoon Worcestershire sauce, and $\frac{1}{3}$ cup melted butter or margarine. Mix with snack mixture and bake at 300°F for 30 minutes, stirring every 10 minutes.

- See Cookies For Children (EC802) for more recipes.

Fruits and Vegetables

- Spread peanut butter on apple wedges, bananas or celery and make a sandwich.

- Spread cheese mixtures on apples, carrots or celery.

- Squeeze oranges, lemons, limes or grapefruit to make a citrus drink.

- Cut raw vegetable strips or wedges. Use carrots, cucumbers, green pepper, cauliflower, broccoli, cabbage or tomatoes.

- Put cheese and pineapple cubes, apple cubes, canned or dried apricot slices and tomato wedges on toothpicks.

Bread Treats

- French toast sandwiches. Blend 1 teaspoon honey, orange juice or marmalade with 1 tablespoon peanut butter. Spread on one slice of bread, top with second slice. Dip in egg mix of 1 egg or egg yolk, 2 tablespoons milk and dash of salt. Saute on both sides over moderate heat. For variation use cheese between bread.

- Make open-faced or closed sandwiches using 1, 2, or 3 slices of speciality breads.

- Many varieties of biscuits and muffins can be prepared for meal time or snacks. See Home Economics Guides 1221, "The Art of Making Biscuits;" 1222, "Biscuits;" 1223, "Muffins and Pastry." Children can also make pumpkin bread, corn bread and crackers.

Meat Group

Cooked Egg Nog

- Combine 1 cup milk, 1 egg or egg yolk, 1 table-spoon honey, and vanilla or grated nutmeg. Heat milk and honey to just below boiling on moderate heat. Beat egg with whisk, add to milk mixture slowly, beating constantly. Remove from heat. Cool and chill immediately.

Peanut butter

- Grinding makes the chunky style; blending makes the smooth style.

Hard-cooked eggs

- Use variations of deviled eggs, egg salad and pickled eggs.

Meats and Poultry

- Use cubes, slices, spreads, and different forms such as sausages. Fried liver slices are a favorite. (See Home Economics Guides 1143, 1144.)

Bean Dip

- Cook 1 lb. brown beans (pinto or kidney) until soft. Mash until smooth. Combine 2 tablespoons butter, 1 teaspoon salt, 1 medium chopped onion, 1 teaspoon garlic salt, 1¼ cup hot peppers (optional), and 2 cans tomato sauce. Makes 4 to 5 cups. For dipping use a variety of chips, crackers, breads, or vegetable slices.

Snack Considerations

Select snacks from the 4 food groups (milk, meat, fruits-vegetables, breads-cereals) as part of the days total food plan. Remember children need snacks so they get the foods they need each day.

Select foods that are good sources of vitamin A, vitamin C, and iron. These are often missing in the diet.

<i>Vitamin A</i>	<i>Vitamin C</i>	<i>Iron</i>
Liver	Citrus fruits	Liver
Orange Fruits & Vegetables (carrots, cantaloupe)	Tomatoes	Dry Beans (cooked)
Dark Green (broccoli, spinach)	Cabbage	Dark Green (leafy)
	Dark Greens	Enriched or Whole Grain
	Berries	Breads & Cereals
		Dried Fruits Nuts

Plan holiday treats that fit into a well-balanced snack pattern—tasty muffins, fancy Easter eggs, and Christmas nogs and treats.

Don't use foods that could cause swallowing problems for children. Popcorn is an example of a food that may cause choking in small children.

Avoid foods that are high in calories and/or contain few nutrients:

- rich pastries, cakes, and cookies
- imitation fruit drinks

- carbonated beverages

- chips, twists, pops

Let children help prepare food for snack time. Manipulative skills they can learn are spreading, beating, mixing, cutting, cooking, cleaning up, washing, and grinding.

Grocery stores, vending machines, and snack counters have many snack foods available. Many are relatively high in calories and contain few nutrients. When buying snack foods:

- Figure where snacks fit in the day's food plan. Are food groups present and are iron needs being met? High calorie foods with few nutrients are sometimes appropriate but should not replace nutritious foods.
- Count the calories to see if they help maintain desirable weights. Does the child need an energy snack? Most energy snacks are high in food energy and low in nutrients.
- Read labels of packaged foods for the ingredient content. Remember, ingredients are listed by concentration. The first ingredient is the largest amount, and subsequent ingredients are in order of descending amounts down to the last ingredient, which is the least.
- Avoid sticky sweets such as cookies and candy. Sticky sweets alone as snacks increase problems of tooth decay.

Pumpkin Snacks

Your Halloween pumpkin can be a source of fun and good nutrition for your family. Instead of carving your pumpkin, draw the face with magic markers. Then after Halloween, turn your pumpkin into healthful, delicious snacks. Children can participate every step of the way from drawing the face, baking the pumpkin, making the snacks and eating them.

Bake Your Own Pumpkin

Small pumpkins can be baked whole, but cut large pumpkins in half before baking. Be sure to pierce whole pumpkins to keep them from exploding.

1. To bake: Wash pumpkin, pierce and place on a cookie sheet in a 325F oven until it either pierces with a knife or the stem pops out. Pumpkin pulp should be soft. This takes one to three hours depending on the size of the pumpkin. After cooling, cut into quarters and peel off outer skin. It should be paper-thin and easy to remove. Scoop out seeds and stringy membrane and place in a collander. Wash seeds under running water to remove strings.
2. To bake seeds: Put the seeds on a cookie sheet, sprinkle with vegetable oil and bake at 350F for 30 minutes. (They can be salted before baking). Store in jars in a cool dry place.
3. To prepare pumpkin pulp: Mash with a potato masher, put through a collander or puree in a blender. If not used immediately, freeze in quantity suitable for your favorite recipes.

Pumpkin Bread

Sift: 1½ teaspoon salt
1 teaspoon nutmeg
1 teaspoon cinnamon
3½ cup flour (At least ½ of the flour should be whole wheat)
2 teaspoons baking soda

Blend and add to sifted ingredients:

4 eggs
1 cup vegetable oil
½ cup water
1½ cup honey
2 cups pumpkin

Stir until well mixed. One cup dates, raisins or chipped nuts can be added. Pour into 2 greased and floured 8½x4½x2½ loaf pans. Bake at 325F for one hour or until firm.

Honey Pumpkin Pudding

2 beaten eggs
2 cups mashed pumpkin
1½ cups evaporated milk
½ cup honey

½ teaspoon each: salt and cinnamon
¼ teaspoon nutmeg

In a saucepan, with a wire whisk, beat eggs until frothy. Stir in rest of ingredients. Cook and stir over medium heat until thickened and smooth. Pour into serving dishes. Good served warm or chilled. Top with whipped cream if you like. Makes about eight to ten ½ cup servings.

Tasty Liver Spread

½ pound cooked liver, ground
2 teaspoons prepared mustard
pinch salt
2 tablespoons chopped onion
dash pepper
Optional: 12 tablespoons horseradish, or ½ teaspoon dried marjoram or thyme

Mix ingredients.

Spread on small sandwiches or use as a dip with crackers, toast squares, or raw vegetables.

Liver-Cheese Spread

½ cup liver, cooked and chopped
¼ cup chopped onion
½ cup pimento cheese, shredded
2 tablespoons mayonnaise
Combine all ingredients and mix well.

Cottage Cheese Dip

Combine 1 cup cottage cheese with
½ cup chopped nuts
½ cup chopped dried fruit (raisins, figs, apricots, dates, etc.)
2 teaspoons lemon juice
Can be stored several days in refrigerator.

Fruit Dippers

Fresh raw fruits of any kind are favorites with children. With supervision, children enjoy cutting up their own fruit for dipping. For the best buy, purchase fresh fruits in season.

Banana chunks
Melon balls or slices
Apple wedges
Orange and grapefruit sections
Grapes (seedless)
Pineapple wedges
Peach slices
Pear slices
Strawberries, blackberries, raspberries, blueberries and dewberries
Plum halves
Cherries (watch pits with younger children)
Apricot halves
Also: graham crackers

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