This **super snack** lets kids build a towering tasty snack. You also can combine snacking with learning about the different food groups. How many food groups can you get on one cracker?

### what you need:

- a variety of whole-grain crackers, such as whole-wheat and graham
- thinly sliced fruit, such as kiwi, strawberry, pear, apple, and banana
- thinly sliced vegetables, such as tomato, cucumber, and zucchini
- thinly sliced or shredded cheese
- thinly sliced lean deli turkey or chicken
- spreads, such as cream cheese, salsa, hummus, 100% fruit spreads, and peanut butter (as long as no one in the class is allergic to peanuts)

### what to do:

1. Set up your cracker stacker bar by creating signs to label each food group represented on the table: whole grains (for the crackers), fruits, vegetables, dairy (cheeses), protein (for the turkey and peanut butter).

2. Cut up the fruit, veggies, cheese, and turkey into cracker-size pieces ahead of time. Place each item in a small bowl or on a small plate.

3. Group the toppings into their food groups and tell the class about the foods.

4. Invite each child to take two crackers and place them on a plate.

5. Let the children build their own cracker stacker. Suggest they try at least one item from each food group.

### DISCUSSION

Use this snack activity to stress the need to eat a variety of foods. When everyone has stacked their crackers, discuss the children’s choices as they eat.

- What were their favorite combinations?
- Who put the most food groups on one cracker?