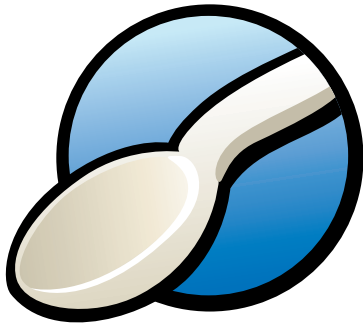


Cracker Stackers

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?



HELPFUL TIP Kids love to do it themselves, but they still need supervision. Supply plastic utensils so they can select their own toppings and spreads. And be ready to help, if needed.

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?

