

Snackactivities

A dynamic duo of fun and flavor

Yummy snacks and movement make a great team!

Mix and match these tasty recipes and fun activities to energize your day.



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ACTIVITIES



Animal Copycats

ACTIVITY: STRETCHING

1. Choose a comfortable space to move. Lay out a towel or set up a chair to sit on.
2. Think of an animal you like and imagine how they would stretch. Would they arch their back? Flap their wings? Lie on the ground and roll from side to side? Now imitate that animal, holding the stretch for 10-20 seconds.

Bonus: Make the sounds your animal makes!

3. Pick another animal and stretch again!



**STRETCHING FEELS GOOD AND
KEEPS YOUR MUSCLES FLEXIBLE**

Guess the Weather

ACTIVITY: FULL BODY MOVEMENT

1. Find a sheet of paper, a pair of scissors, and something to write with. Cut the paper into small pieces.
2. On each piece, write down a weather word, like rain, wind, sun, thunder, or lightning. More ideas: heat, cold, hail, cloudy, rainbow, tornado.
3. With a partner, take turns picking a piece of paper and acting out the weather word without talking. The bigger your movements, the better. The weather is big!



**MAKING UP MOVEMENTS IS FUN
AND ENERGIZING**

Rainbow Roundup

ACTIVITY: FOCUSED EXERCISES

1. Find a place—indoors or outside—where you have room to move around and can see lots of colorful objects.
2. With a partner, take turns naming the color of 8 different objects. Do the movement that matches its color:

Red: RUN in place for 10 seconds.

Orange: OPEN your arms as wide as you can and stretch for 10 seconds.

Yellow: YAWN as big as you can 3 times.

Green: GALLOP 5 times in a circle like a horse.

Blue: BEND forward, reaching toward your toes. Hold the stretch for 10 seconds.

Purple: PLAY air guitar for 10 seconds.



**BUILDING A STRONG, FLEXIBLE BODY
HELPS YOU DO THE THINGS YOU ENJOY**

Balancing Acts

ACTIVITY: BALANCE

1. Standing in place, slowly lift one foot and balance on the other. Hold this position for 10 seconds. Then switch and balance on the second side.
2. Imagine a straight line in front of you like a balance beam. Place one foot in front of the other, walking 20 steps, touching heel to toe. Then try to walk backward, heel to toe, along the same line.
3. Seated in a chair or on the floor, sit up as tall as you can with your legs in front of you. Slowly raise one leg, then slowly lower it. Repeat with your other leg. Do this five times. If you feel like tipping to the side, use your core muscles to stay upright.



**BALANCING IMPROVES COORDINATION
AND HELPS YOU MOVE CONFIDENTLY**

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RECIPES

2-Minute Corn Salsa (serves 12)

5 MINUTES PREP TIME



Ingredients

- 1 jar (24 oz.) chunky salsa, mild, medium or spicy, as desired
- 1 can (15.25 oz.) whole kernel corn, well drained
- Optional add-ins: fresh cilantro or sliced green onion, ground cumin, grated lime zest, avocado, canned black beans (rinsed and drained)

1. Stir together salsa and corn. Stir in any of the add-ins, as desired.
2. Chill at least 2 hours before serving with tortilla chips, sweet potato chips, pita chips, bell pepper strips or sliced cucumber.

Peach Mug Cake (serves 1)

5 MINUTES PREP + 1 MINUTE COOK TIME



Ingredients

- 1/3 cup yellow cake mix
- 1 fruit cup snack (4 oz.) diced peaches, pears, or mangos in 100% juice, not drained
- 1 tsp. vegetable oil
- Optional toppings: Fresh raspberries or blueberries, toasted chopped walnuts or sliced almonds, toasted shredded coconut, powdered sugar, whipped cream

1. In a large microwave-safe mug, combine cake mix, contents of fruit cup snack and oil.
2. Microwave on HIGH for 1 minute or until cake rises and is puffed on top.

Fruit will be hot; let stand at least 2 minutes before eating. Add toppings, if desired.

Pineapple Paletas (serves 8)

5 MINUTES PREP + 6 HOURS FREEZE TIME



Ingredients

- 1 can (20 oz.) pineapple tidbits, chunks, or slices in water or 100% juice, not drained
- 2 Tbsp. fresh lime juice (about 1 large lime)

1. Pour contents of pineapple can and lime juice into a blender or food processor. Pulse until pulpy but not smooth.
2. Fill popsicle molds (or small paper cups) and insert popsicle sticks.
3. Freeze at least 6 hours or overnight. To loosen pops from molds, run warm water over outside of mold. Gently wiggle sticks and pull.

Snackable Pizzas (serves 1)

5 MINUTES PREP + 10 MINUTES COOK TIME



Ingredients

- Bagels, French bread, pita rounds or English muffins
- Pre-made pizza sauce
- Mozzarella, provolone, or Monterey jack cheese
- Optional toppings: pepperoni, red pepper flakes, mushrooms, olives, onion, bell pepper, cooked bacon

1. Preheat oven to 350°F. Line a baking sheet with parchment paper for easy clean up.
2. Toast crusts in a toaster or toaster oven and place on baking sheet.
3. Spread pizza sauce over crusts. Sprinkle with cheese and any toppings.
4. Bake 5 to 10 minutes or until cheese is melted.