Snacktivities
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.

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!

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.

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, heal 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.

Get more resources
HealthierGeneration.org/DelMonte
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**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°. 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.
4. Bake 5 to 10 minutes or until cheese is melted.