

# SNACK OF Champions

SECOND COURSE • REPRODUCIBLE 1



Name: \_\_\_\_\_ Date: \_\_\_\_\_

You have been asked to create an original “Snack of Champions” recipe for the athletes of your sports team. Remember to refer to the *MyPlate* icon as a guide when creating your healthy recipe. Use the chart below to help you get started. It lists some healthy food options for each food group. Be creative. Try to incorporate at least three food group ingredients and a whole grain. Think like a champion!

VEGETABLES	FRUITS	WHOLE GRAINS	PROTEIN	DAIRY
broccoli	oranges	brown rice	chicken breast	fat-free milk
sweet potatoes	apples	oatmeal	almonds	low-fat fruit yogurt
spinach	watermelon	popcorn	salmon	plain yogurt
carrots	bananas	whole-wheat bread	lean beef steak	low-fat cottage cheese
tomatoes	grapes	whole-wheat crackers	hard-boiled egg	low-fat mozzarella stick
black beans	strawberries	whole-wheat pasta	sunflower seed butter	soy milk (with calcium)
hummus	peaches	whole-wheat cereal	pinto beans	low-fat cheddar cheese
Romaine lettuce	raisins	whole-wheat tortillas	lean turkey slices	low-fat frozen yogurt
red peppers	blueberries	quinoa	tofu	low-fat American cheese

1. What will you call your Snack of Champions? \_\_\_\_\_

2. Write out your healthy snack recipe. First, list all the ingredients. Then explain the steps that are needed to make it.

Ingredients: \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

How To Make It: \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_



3. Explain why you chose these foods for your snack recipe. What benefits will they give an athlete?

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\_\_\_\_\_



## Snack of Champions<sup>1</sup>

Peanut Butter Power Fruit-Wich  
(Makes 1 open-faced sandwich)

- 1 slice whole-wheat bread
- 2 tablespoons peanut butter
- 1 /4 apple or banana, thinly sliced
- (Optional) 2 Tbsp sliced or grated carrot
- Spread 2 Tbsp peanut butter on bread.
- Place fruit slices on top.
- (Optional) Top with grated or sliced carrot.

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<sup>1</sup> U.S. Department of Agriculture. Food and Nutrition Service. (2012). *Serving Up MyPlate: A Yummy Curriculum. Standards-Based Nutrition Education Grades 3 & 4*. [https://fns-prod.azureedge.us/sites/default/files/tn/sump\\_level2.pdf](https://fns-prod.azureedge.us/sites/default/files/tn/sump_level2.pdf)