

Snack Break



Mix It Up!



Time

10 minutes

1. **SAY:**



As mentioned earlier in the Training Overview, the Snack Breaks are a great time to expose young people to new foods, encourage them to taste foods they haven't tried before, and allow them to try foods in a new environment. The Snack Breaks also reinforce the nutrition concepts they discussed in each lesson.

2. **TELL** participants that this *Snack Break* is called “Mix It Up,” and it comes from *Lesson 2* in the curriculum. It incorporates whole-grain foods—the cereal and the granola—and is easy to prepare ahead of time to eat on the go.

The ingredients are:

- Whole-grain breakfast cereal (such as whole-wheat flakes or whole-wheat and barley nugget cereal)
 - Low-fat granola
 - Sunflower or pumpkin seeds
 - Raisins
 - Other dried fruits (such as apples or apricots)
 - Unsalted nuts
3. Trainers should demonstrate how to put the snack together. **POUR** each ingredient onto a plate. **GIVE** each participant a sandwich bag. **INVITE** them to make their own trail mix by spooning into their bags any combination of ingredients they like.
4. **EXPLAIN** that trail mix is a great snack for youth on the go. It's fun and easy to prepare several bags ahead of time at home so they can grab one as they head out the door.
5. **NOTE** that although beverages aren't being served here, they are included in the *Snack Break* that the young people get. Young people can be offered water, seltzer, fat-free or low-fat milk, or 100% fruit juice.
6. **REMAND** participants that the recipe for the *Snack Break* is included on the *Take Home a New Idea!* handout that is included in their folders and that youth get at the end of every lesson.
7. **REMAND** participants that some of the *Snack Breaks* contain nuts, and that they should identify youth with allergies and adapt the *Snack Breaks* as needed.