

## Activity: Plan a Healthy Montana-Made Snack



We all like to snack, right? But sometimes we don't pick the best things to snack on. In this activity you will figure out how to create snacks that are delicious, healthy and are created from Montana-made foods! You can do this activity on your own, with your family, or with your whole class. It is a great way to explore new snack ideas and taste some food you may never had tried before!

A good rule of thumb when planning a healthy snack is to **THINK TWO!** In other words, try creating a snack that has foods from two different sections of the MyPyramid. An example of a THINK TWO snack is peanut butter and celery (what two groups are represented by these foods?).



For this activity come up with a “**THINK TWO**” snack for each day of the week and then report if you made and ate these snacks each day. But wait!!! Before you start, the other rule for this activity is that each food you choose has to be one that is a Montana-made or Montana-grown food!

Look on the front of the poster for some ideas for Montana foods, but keep in mind there are lots of other Montana-made foods than just the ones listed here.

Day of the Week	2-Part Snack	Did you make it and eat it?
<i>Example: Sunday</i>	<i>Carrots and hummus</i>	<i>Yes!</i>
Monday		
Tuesday		
Wednesday		
Thursday		
Friday		