

Strive for Five

Kids make their own snack with ingredients from the 5 main food groups. They learn about the concept of a balanced diet and end up with a tasty snack they can replicate at home. This hands-on activity teaches and reinforces lessons about the 5 food groups and encourages children to try new food combinations. As studies show, kids are much more likely to try new foods and food combinations when they help make them themselves!

Talking Points

Today we are going to make a snack using ingredients from the 5 food groups. We should eat things from the 5 food groups each day. These foods give us energy to grow, and play. The 5 food groups are: Fruits, Vegetables, Grains, Protein and Dairy. (Display pictures of the 5 food groups, with each group labeled and examples of each type of food illustrated.) Ask kids to repeat the name of each group as you point to each picture. Then ask kids to raise their hands and give an example of a food from each group.

Watch what I do, and then you can have a turn and make one of your own.

Ingredients and Steps

- First, take a whole-grain tortilla. This is from the GRAIN group.
- Spread it with peanut butter*. This is from the PROTEIN group.
- Sprinkle some shredded carrots. This is from the VEGETABLE group.
- Now top with raisins or grapes. This is from the FRUIT group.
- Now roll it all up and take a bite. There's only one group missing. Which one?
- That's right, DAIRY. Let's all drink a glass of milk** with our snack and we'll have a complete meal—with all 5 food groups.

* Alternatives to peanut butter: sunflower seed butter, soy nut butter, hummus

**Alternatives to milk: soy milk, almond milk

Learn more about [food allergies](#).

Learn more about [food safety guidelines for preschoolers](#).

To accommodate those with food allergies or family diet preferences (such as vegan), experiment with other ingredients, for instance:

GRAIN: brown rice cakes, rice crackers

PROTEIN: hummus, tahini, refried beans (or have kids mash beans with fork), soy nut butter with honey

DAIRY: substitute soy, almond, rice or coconut milk and stress that people who don't eat or drink dairy products can get their daily calcium from other sources (like calcium-fortified orange juice, soy yogurt and broccoli)