

Session 8 – B



Snack Preparation Activity

Fruit Juice with Mineral Water Baby Carrots with Dip

Date needed: _____

School: _____

Teacher: _____ Room # _____

Ingredients/Supplies

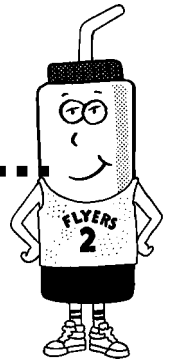
The Food Service will prepare a HIGH 5 Taste Testing Box which will include:

Items	Amounts
Fruit Juice (orange, pineapple, or grape)	64 fl. oz.
Mineral water	64 fl. oz.
Baby carrots	Container of 34 – 3 carrots/serving
Hidden Valley dry dressing mix	3 pkg.
Low-fat plain yogurt	3 – 8 oz. containers
Pitcher for mixing beverages	1
Containers for mixing dip	3
5 oz. paper cups	34
Small paper boats	34
Tablespoons	3
Napkins	34
Small garbage bag	1



HIGH 5 teachers should arrange a time with their school's Food Service Supervisor to pick up and return their own boxes to the kitchen.

Snack Preparation Recipe 2



Party Snack

Beverage:

Mix equal amounts of fruit juice and mineral water or sparkling water.
Serve on ice.

Dip:

- 1 - .4 oz. envelope of Hidden Valley Ranch Dressing Mix
- 1 - 8 oz. low-fat plain yogurt or sour cream

Mix together and refrigerate.

Serve with raw veggies.

Explain what you liked about this snack: _____

Will you try to make this again at home?

Yes

No Why not? _____

