

## Lesson 9: Smart Snacking Dragon

### Suggested food preparation:

#### 1. Nacho Popcorn

- ¼ cup grated Parmesan cheese
- 2 tablespoons taco seasoning (from shaker or package), add more to taste
- Salt to taste, go lightly
- 8 cups plain popped popcorn (use PLAIN popcorn only - no butter)

In a small bowl, stir together the Parmesan cheese, taco seasoning and salt. Sprinkle the mixture on the popcorn and toss to coat evenly. Note: Pop corn in electric skillet. Toss seasonings and popcorn together in very large Ziploc plastic bag. Great idea for easy storage too. Make ahead of time.

#### 2. Fruit Cobbler Crunch

- #10 can of fruit (this is the largest can)
- Cinnamon
- Granola
- Plain (or fruit) low fat yogurt

Drain fruit. Put into individual small Dixie cup (one for each student). Sprinkle with cinnamon and granola. Add dollop of yogurt.

### Suggested take-home message for parents:

NOTE: Provide teacher with enough copies for each student in the class to take home to provider.

- [Grab Quick and Easy Snacks: Snack smart...If you are hungry for something](#)
- [Ways to Eat Smart and Move More](#) (print front-to-back)
- [Grab Quick & Easy Snacks \[Power Panther\]](#) (trifold, print front-to-back)

### Suggested supplemental activities:

NOTE: Provide teacher with enough copies for each student in the class.

- [Pack Your Snacks & Go!](#)
- [Power Your Moves](#)

### Web resources:

- [Team Nutrition](#)
- [Food Stamp Nutrition Connections](#)
- [Eat Smart. Play Hard.](#)