

Healthy Snack Making

Healthy Living



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WHAT MAKES IT MEANINGFUL

- Promotes independence and life skills in the kitchen.
- Encourages healthy eating habits through hands-on experience.
- Builds fine motor skills, sequencing, and following directions.
- Fosters social engagement and cooperation when done in a group.
- Gives participants a sense of pride and ownership in what they create.
- Provides a sensory-rich experience—smelling, tasting, touching ingredients.

TIME

- Prep time (by staff): 10–15 minutes
- Activity time: 30–45 minutes
- Cleanup time: 10 minutes

MATERIALS

- Ingredients (varies by snack; examples below)
- Utensils: plastic knives, mixing bowls, cutting boards, spoons
- Plates, napkins, and serving cups
- Gloves (optional, for hygiene)
- Aprons or wipes for clean-up
- Visual recipe cards with step-by-step images



Activity Title

- **Example Snacks:**
 - Fruit kabobs (cut fruit + skewers)
 - Yogurt parfaits (yogurt, granola, fruit)
 - Veggie wraps (tortilla, cream cheese, veggies)
 - Trail mix (nuts, dried fruit, cereal pieces)

INSTRUCTIONS

1. Introduce the snack: Show a picture or sample, name the ingredients.
2. Wash hands and review basic hygiene.
3. Set up ingredients and utensils at a table or workstation.
4. Demonstrate each step visually and verbally (e.g., "First, put yogurt in the cup...").
5. Allow participants to:
 - Choose and handle ingredients
 - Measure, mix, or assemble the snack
 - Decorate or personalize their portion
6. Sit and enjoy the snack together, encouraging conversation.
7. Clean up together (if appropriate).

RESOURCES

- <https://www.loveandlemons.com/best-healthy-snacks/>

Activity Title

SUPPORTS NEEDED

- Prep ingredients in advance (e.g. pre-chop if needed)
- Assist with measuring or cutting
- Model each step clearly and slowly
- Provide verbal prompts or physical guidance as needed

OTHER THINGS TO NOTE

- Always check for allergies or dietary restrictions in advance.
- Keep recipes simple with few ingredients and minimal cooking.
- Consider involving participants in planning future snack recipes.
- If possible, rotate roles (e.g., one person stirs, another measures).
- A great follow-up activity is to create a “My Recipe Book” with photos and steps from each snack made.