

Show Me Nutrition



Show Me Nutrition is a curriculum designed for youth ranging from preschool to junior high age. Participants will receive handouts and content and engage in activities designed to help them learn how to lead a healthy lifestyle. Show Me Nutrition educates youth with age-appropriate content on:

- Nutrition
- Physical activity
- Food safety
- Media influence and body image

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Banana in a Blanket

Ingredients:

- 1 (6-inch) whole wheat tortilla
- 1 tablespoon reduced-fat smooth peanut butter*
- 1 medium banana
- 1 teaspoon maple syrup or honey
- 1 tablespoon crunch, nutty nugget cereal



Instructions:

Lay tortilla on a plate. Spread peanut butter evenly on the tortilla. Sprinkle cereal over peanut butter. Peel and place banana on the tortilla and roll the tortilla. Drizzle maple syrup or honey on top. Optional: garnish with more cereal on top.

*If you have a peanut allergy, eliminate the peanut butter and spread with honey or maple syrup instead.

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