

Graham Cracker Scram

Let's Make a Delicious and Nutritious Snack!

Make sure to ask an adult for help!

Ingredients: Graham Crackers

Peanut Butter

Bananas, sliced

Low-fat milk

Equipment:

Plastic Knife

Paper Plates

Plastic Glasses, for milk

Napkins



Procedure:

1. Before making the snack, make sure to wash your hands with soap and warm water.
2. Use the plastic knife to slice the bananas.
3. Take a half of a graham cracker and spread peanut butter on it and then top the peanut butter with sliced bananas. Add the other half of the graham cracker to the top and enjoy with a glass of low-fat milk.

This snack is made with everyday foods that are healthy for us, like peanut butter and fruit. Can you think of any other everyday foods you could use to make a similar snack? _____

