

## Nutrition Tips:

### Smart Snacking for School-Age Kids

With homework, activities and sports, school-age kids are busier and probably more independent than ever. Unless you have an especially early dinner time, most kids still need an after-school snack to help them stay focused on homework and other school commitments. Have snacks available that contribute to recommended food groups, such as low fat yogurt, whole grain breads and crackers and fruits and vegetables. Discourage mindless snacking while watching television.

High protein snacks such as low fat cottage cheese, low fat cheese, nuts and hard boiled eggs are good choices. The protein leaves you more satisfied than carbohydrates.



Here are a couple snack ideas to try:

### **Chocolate-Dipped Clementines**

#### **Ingredients:**

4 oz bittersweet chocolate, roughly chopped

6 clementines, peeled and separated into segments

Coarse Sea salt

#### Directions

1. Line a large baking sheet with parchment paper
2. Melt the chocolate in a microwave safe bowl on high power in 20 second increments until melted and smooth, about 1 minute.
3. Dip half of each clementine segment into the chocolate, shaking off any excess, and transfer to the prepared baking sheet. Sprinkle with a pinch of salt, then refrigerate until the chocolate hardens, about 10 minutes.



### **Roasted Apples**

#### **Ingredients:**

1 Tbsp olive oil

2 apples, halved and cored

4 sprigs of thyme, if desired, for serving vanilla low fat Greek yogurt, for serving

#### Directions

Heat oven to 425F. Coat a small rimmed baking sheet with oil, add apples cut sides down, sprinkle with thyme sprigs, and roast until tender, 15 minutes. Place in bowls, cut sides up, and dollop with yogurt. Spoon any pan juices on top.

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References:

<https://www.todaysdietitian.com/newarchives/100713p44.shtml>

<https://kidshealth.org/en/parents/snacking.html>