

Let's taste it! Plan, Shop, Pack List: Energy Snack

Ingredients

- 1 cup Kix cereal
- 1 cup Chex cereal
- 1 cup Frosted Miniwheats
- 1 cup raisins

Disposable Supplies

- Napkins
- Snack-sized plastic bags

Prepare before class

- Prepare the Energy Snack recipe.
- Place ½ cup serving of Energy Snack into individual snack-sized plastic bags (1 bag per student).
- Pack recipe ingredients to hold up in class as you describe to the students how you prepared the recipe.

Cleaning supplies

- Hand sanitizer
- Hand soap
- Paper towels
- Sanitizing wipes or spray
- Dish soap
- Trash bags

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Educator: _____

Group Name: _____

of participants in group: _____ **Date of lesson:** _____

Notes: _____
