Simple Healthy Lunch

How to Make a Simple Healthy Lunch

To encourage kids to eat healthier, show them how simple it is to make a healthy snack that tastes good. This activity encourages independence and thoughtfulness about what they’re putting in their bodies.

Activity Steps
1. Chop and measure apples.
2. Chop and measure strawberries.
3. Chop and measure peaches.
5. Place fruit in a medium-sized bowl.
6. Juice 1 lemon, measure and pour onto fruit.
7. Juice 1 grapefruit, measure and pour onto the fruit.
8. Measure out the orange juice and pour onto fruit.
9. Stir well and serve.

Get creative...add raspberries, kiwi, blackberries and more.

Supplies

- 2 Apples
- 1/2 Cup Strawberries
- 1/3 Cup Peaches
- 1/4 Cup Grapes
- 3/4 Cup Orange Juice
- 1 Tablespoon Lemon Juice
- Juice of 1/2 Grapefruit
- Measuring Cup & Spoons
- Knife
- Hand Juicer
- Serving Bowls

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To view related curriculum, visit Shop4-H.org/HealthyLiving

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