



Outdoor Cooking and Living

Health – 4th-6th Recommended

Students make their own trail mix for outdoor activities.

Materials:

- Self-sealing bags
- Wax paper or clear wrap
- Measuring cups
- Multiple ingredients that do not require refrigeration. Ideas include: seeds, nuts (almonds, hazelnuts, peanuts, etc), dried fruit (raisins, apricots, dates), coconut flakes, M&M's, small crackers, or chunky cereals.

Instructions:

Discuss with students the importance of healthy snacks when they're engaging in outdoor activities such as hiking or mountain biking. Trail mix is a good option, and can be easy to make at home! Have your students make their own trail mix using the ingredients listed above.

Can the students think of any other ingredients?

What types of outdoor activities would they like to go do?