

Mezcla de frutos secos

POR Amelia Schrader, Gerente Senior de Aprendizaje y Educación



THE RALPH C. WILSON, JR.
CHILDREN'S MUSEUM

MATERIALES:

- 1 cucharada de chips de plátano
- ½ cucharada de semillas de girasol
- ½ cucharada de semillas de calabaza
- ½ cucharada de chispas de chocolate negro
- ½ cucharada de arándanos secos

¡Esta mezcla de senderos saludables contiene proteínas, azúcares naturales y grasas saludables, lo que hace que este dulce salado sea ideal para un día de aventura al aire libre! Los chips de plátano y los arándanos secos proporcionan un sabor naturalmente dulce, mientras que las semillas de girasol y calabaza dan un crujiente salado y lleno de proteínas. Las chispas de chocolate negro ofrecen una opción de grasa saludable para equilibrar este refrigerio saludable.

¡Sigue las instrucciones a continuación para mezclar tu mezcla de trail!



DIRECCIONES:

Todos los ingredientes se miden previamente para este kit. Simplemente abra cada bolsa individual y vierta los ingredientes en el frasco de vidrio. ¡Cierra la tapa y agita para mezclar bien!

¡Ahora que su mezcla de senderos está lista, diríjase a uno de los muchos senderos locales para disfrutar de un día de aventura al aire libre y un regalo saludable para recargarse en su caminata!

ENLACES A LA INFORMACIÓN DE LA RUTA DE SENDERISMO WNY:

WWW.PARKS.NY.GOV

WWW.HIKINGPROJECT.COM/DIRECTORY/8009405/WESTERN-NEW-YORK

WWW.VISITBUFFALONIAGARA.COM/7-AWE-INSPIRING-HIKES-AROUND-BUFFALO

WWW.FUN4KIDSINBUFFALO.COM/FAMILY-FRIENDLY-HIKES-IN-WNY

PALABRAS DE VOCABULARIO

PROTEÍNA: Un nutriente que se encuentra en los alimentos (es decir, leche, huevos, nueces, semillas y carne). Este nutriente es esencial para la función celular saludable y se considera un componente básico del tejido corporal.

GRASA SALUDABLE: Un nutriente que se encuentra en los alimentos (es decir, chocolate negro, aguacate y aceite de oliva) que el cuerpo usa para desarrollar tejidos nerviosos.

AZÚCAR NATURAL: Azúcares que se producen naturalmente en los alimentos (es decir, frutas y leche).

SENDERO: Un camino o pista, generalmente a través de un área boscosa.

HOW CAN I MAKE...

Healthy Trail Mix



THE RALPH C. WILSON, JR.
CHILDREN'S MUSEUM

BY Amelia Schrader, Senior Manager of Learning & Education

INCLUDED INGREDIENTS

- 1 tbsp banana chips
- ½ tbsp sunflower seeds
- ½ tbsp pumpkin seeds
- ½ tbsp dark chocolate chips
- ½ tbsp dried cranberries

This healthy trail mix contains protein, natural sugars and healthy fats making this salty, sweet treat ideal for an adventure day outside! The banana chips and dried cranberries provide a naturally sweet flavor while the sunflower and pumpkin seeds give a salty, protein packed crunch. The dark chocolate chips offer a healthy fat option to balance out this healthy snack.

Follow the instructions below to mix up your trail mix!



DIRECTIONS

All the ingredients are pre-measured for this kit. Simply open each individual bag and pour the ingredients into the glass jar. Close the lid and shake to mix well!

Now that your trail mix is ready, head out to one of the many local trails to enjoy an adventure day outside and healthy treat to recharge on your hike!

LINKS TO WNY HIKING TRAIL INFORMATION:

WWW.PARKS.NY.GOV

WWW.HIKINGPROJECT.COM/DIRECTORY/8009405/WESTERN-NEW-YORK

WWW.VISITBUFFALONIAGARA.COM/7-AWE-INSPIRING-HIKES-AROUND-BUFFALO

WWW.FUN4KIDSINBUFFALO.COM/FAMILY-FRIENDLY-HIKES-IN-WNY

VOCABULARY

PROTEIN: A nutrient found in food (i.e. milk, eggs, nuts, seeds and meat). This nutrient is essential to healthy cell function and is considered a building block of body tissue.

HEALTHY FAT: A nutrient found in food (i.e. dark chocolate, avocado and olive oil) that the body uses to build nerve tissues.

NATURAL SUGAR: Sugars that occur naturally in foods (i.e. fruit and milk).

TRAIL: A path or track, usually through a wooded area.

My Adventure Book



taste of Buffalo
PRESENTED BY **Tops** AT HOME
A VIRTUAL
FOOD FESTIVAL

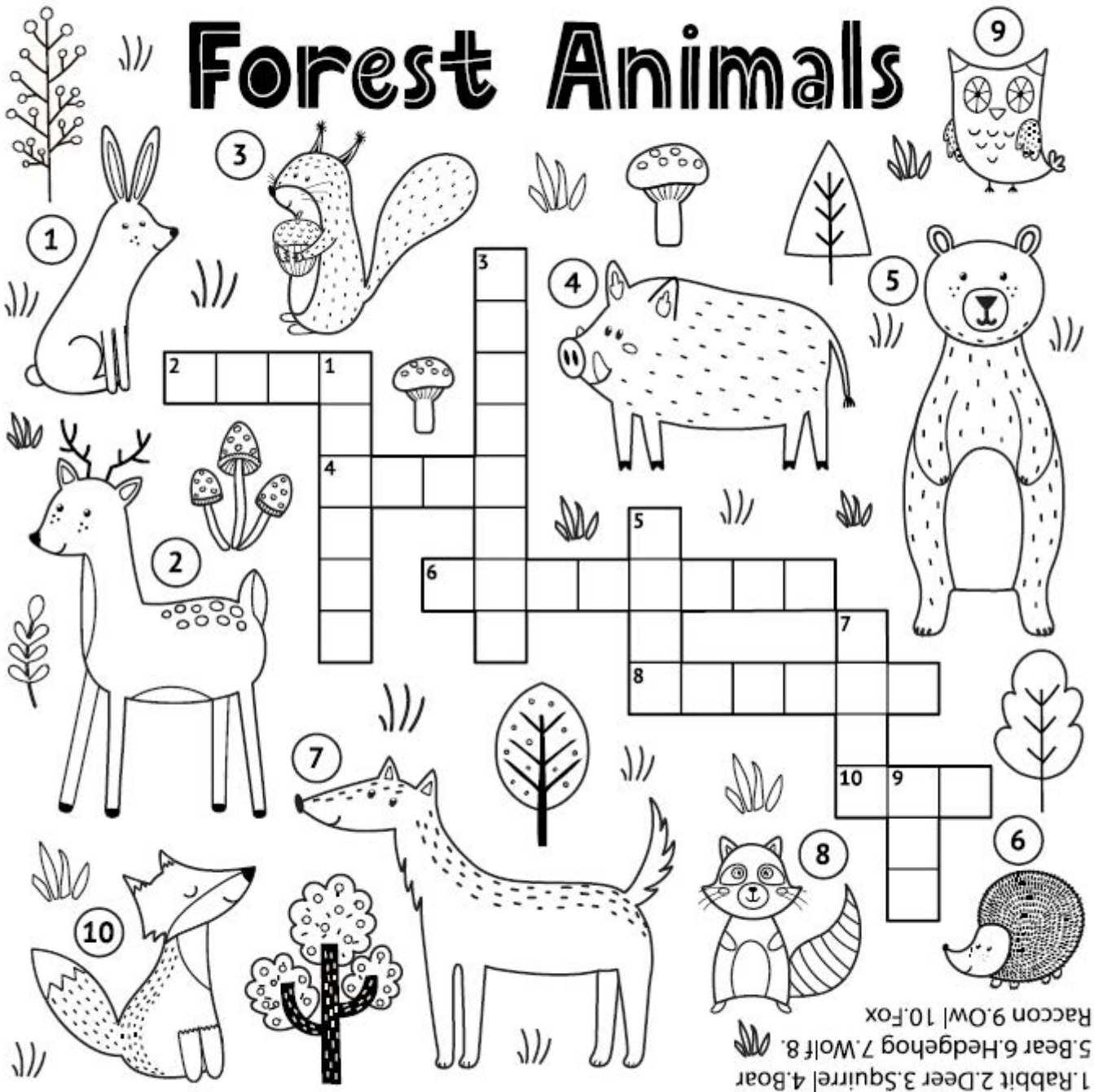
Healthy Options

Independent
Health
FOUNDATION

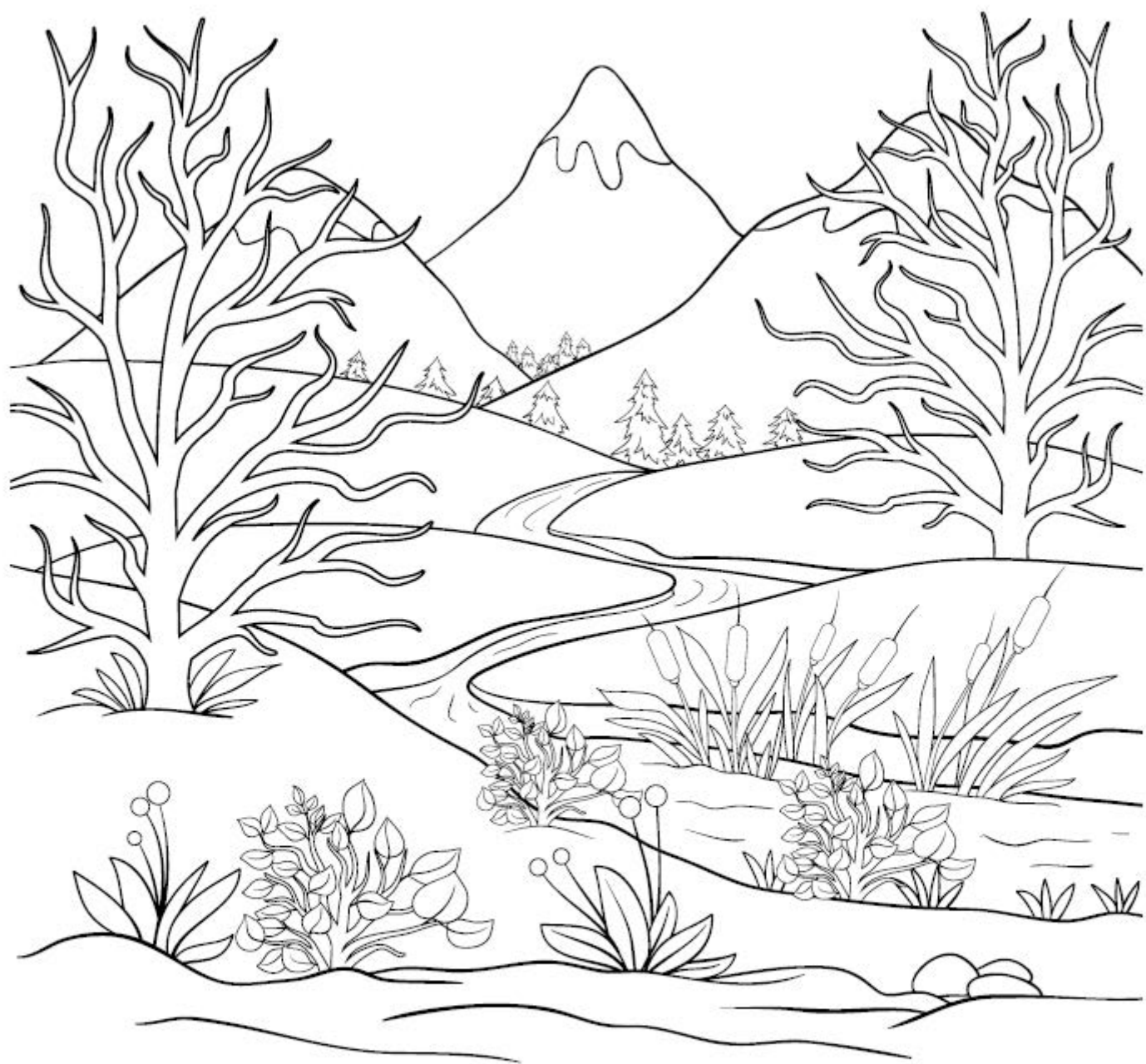
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THE RALPH C. WILSON, JR. CHILDREN'S MUSEUM

**This Adventure Book
Belongs To**

Forest Animals



1. Rabbit 2. Deer 3. Squirrel 4. Boar
 5. Bear 6. Hedgehog 7. Wolf 8.
 Racoon 9. Owl 10. Fox



hiking trail scavenger hunt

Find items from every color of the rainbow! How many items can you find listed below? Use the blanks to fill in any other items you found!



RED ITEMS

- Roses
- Ladybug
- Bird
- _____
- _____
- _____

ORANGE ITEMS

- Butterfly
- Flower
- Leaf
- _____
- _____
- _____

YELLOW ITEMS

- Flower
- Sun
- Bee
- _____
- _____
- _____

GREEN ITEMS

- Grass
- Bush
- Frog
- _____
- _____
- _____

BLUE ITEMS

- Sky
- Bird
- Puddle
- _____
- _____
- _____

PURPLE ITEMS

- Flower
- Insect
- Sunset
- _____
- _____
- _____

How many sounds do you hear on the trail?

Have everyone in your family sit or stand quietly for one minute (60 seconds). Carefully listen to the sounds around you! Check off each sound you hear on the trail during this quiet time. Use the blanks to list any other sounds you hear. Count how many you heard? Who in your family heard the highest number of different sounds?

- Birds chirping
- Leaves rustling
- Animal walking
- Owl hoot
- Water running

- _____
- _____
- _____
- _____
- _____
- _____
- _____
- _____
- _____
- _____

total number of sounds _____

