



FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

## Fresh Fruit Pops

**Component:** Wellness & Nutrition

**Time:** 20 minutes



### Materials:

- Banana
- Strawberries
- Plain Yogurt
- Granola
- Popsicle sticks (regular)
- Plastic bowls for yogurt and granola (optional)

### Procedure:

- Remind students about the importance of staying healthy and how eating right is good for the heart.
  - Cut up banana into 4 -5 pieces.
  - Wash strawberries and remove the green stems.
  - Poke a banana or strawberry with a popsicle stick
  - Dip the fruit into the plain yogurt and then into the granola.
  - Eat and enjoy!