

Healthy and Yummy Snacks for You

Show Host: Hello everyone! Welcome to Teens' Kitchen. Today, we have three teen chefs on the show. They're making healthy and delicious snacks, and they will tell us about them.

Bella: Ciao, I'm Bella from Italy. I'm making caprese skewers. Anyone can make these. You just need mozzarella cheese, cherry tomatoes, and basil leaves. Just put them on skewers, and they'll become healthy snacks. Caprese skewers are low in calories, so I often eat them as a light snack.

Mina: Hi, I'm Mina from Korea, and I'm baking tofu chips. Unlike other chips, my tofu chips are healthy. Why? I don't fry my chips but bake them. I don't use any flour, either. I use only tofu. Eat the tofu chips with honey or garlic powder. They'll taste good.

Miguel: Hello, everyone. I'm Miguel from Brazil. I'm making an acai bowl right now. It's a thick acai berry smoothie in a bowl. You can add other healthy foods like nuts and bananas, and it'll taste really good. Acai berries are a superfood, and people all over the world enjoy them.