



Snack Attack!

Name: _____

Age (as of January 1 of the current year): _____

County: _____

Club Name: _____

Advisor: _____



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Snack Attack!

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Introduction

The Ohio 4-H Food and Nutrition program helps youth develop knowledge, skills, understanding of nutrition, menu planning, safe food handling skills, kitchen equipment safety, consumer knowledge, fitness, meal and time management, and careers related to food and nutrition.

Snack Attack! is a beginning-level food and nutrition project in which 4-H members learn how to select and prepare healthful snacks. The book relies on the content of the USDA's MyPyramid, and activities are based on the concept of balancing food intake with level of physical activity.

Notes to the Project Helper

Congratulations! A 4-H member has asked you to serve as a project helper. You may be a parent, relative, project leader, friend, club advisor, or another individual who's important in the 4-H member's life. Your duties begin with helping the youth create and carry out a project plan. This is followed by helping the 4-H member focus on each activity; providing support and feedback; and determining what was done well, what could have been done differently, and where to go next.

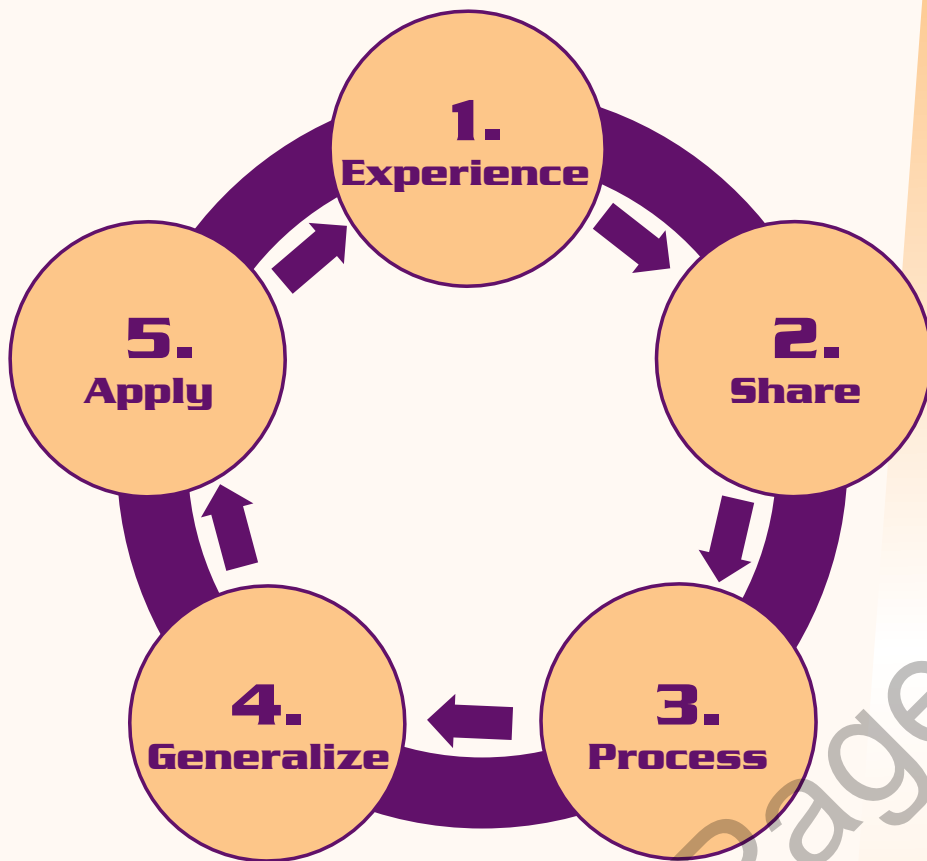
As a project helper, it is up to you to encourage, guide, and assist the 4-H member. How you choose to be involved helps shape the 4-H member's life skills and knowledge of good nutrition.

Your Role as Project Helper

- Guide the youth and provide support with goal-setting and project completion.
- Encourage the youth to apply knowledge from this project book to food choices.
- Serve as a resource person.
- Encourage the youth to go beyond the scope of this project book by learning more about food and nutrition.

What You Should Know About Experiential Learning

The information and activities in this book are arranged in a unique, experiential fashion (see the model on page 3). In this way, youth are introduced to a particular practice, idea, or piece of information through an opening (1) experience. The results of the activity are then recorded in the accompanying pages. Youth then take the opportunity to (2) share what they did with their project helper and (3) process the experience through a series of questions, allowing the youth to (4) generalize and (5) apply the new knowledge and skill.



Pfeiffer, J.W., & Jones, J.E., "Reference Guide to Handbooks and Annuals." © 1983 John Wiley & Sons, Inc. Reprinted with permission of John Wiley & Sons, Inc.

What You Can Do

- Review the Learning Outcomes (Project Skill, Life Skill, Educational Standard, and Success Indicator) for each activity to understand the learning that is taking place. See page 42 for a summary of all the Learning Outcomes.
- Become familiar with each activity and the related background information. Stay ahead of the learner by trying out the Your Mission activities and reading the Undercover Info beforehand.
- Begin the project by helping the learner establish a plan for the project. This is accomplished by reviewing and completing the Member Project Guide.
- Conduct a review session after each activity so that the learner can answer the Debriefing questions and share the results. This important step improves understanding from an experiential learning perspective. Help the learner focus on the project and life skills being addressed.
- Use the Notes for Next Time as a discussion tool to help the learner celebrate what was done well and discover what could have been done differently. Allow the learner to become better at assessing his or her own work.
- In the Member Project Guide, date and initial the activities that have been completed.

MEMBER PROJECT GUIDE

Recipe Reminder!

Whenever you're ready to cook, ask yourself these questions.

Before You Begin

Have you washed your hands and cleaned the preparation area?

Have you read the recipe and assembled the necessary equipment and ingredients?

After You Finish

Is the kitchen clean?

Are leftover ingredients stored appropriately?

Welcome to *Snack Attack!* Do you know about making healthful food choices? In this project you are introduced to the specific parts of MyPyramid, a very important guide to making healthful food choices and being physically active. You'll learn about grains, vegetables, fruits, milk, meat and beans, oils, and sugar—everything you need to know to be a healthful food detective!

This beginning-level project is a one-time experience for members 8–10 years old and for older members lacking in experience with food and nutrition. It is designed to be completed in one year. Members who complete this project are encouraged to take other beginning-level food and nutrition projects.

Check your county's project guidelines (if any) for completion requirements in addition to the ones below, especially if you plan to participate in county project judging or plan to prepare an exhibit for the fair.

Your Project Guidelines

- Step 1.** Complete **all seven** activities, the related recipes, and the Notes for Next Time. If an activity has more than one recipe, it's all right to make just one.
- Step 2.** Take part in **at least two** Learning Experiences.
- Step 3.** Become involved in **at least two** Leadership/Citizenship Activities.
- Step 4.** Take part in a Project Review.

STEP 1: PROJECT ACTIVITIES

Complete **all seven** activities and one recipe for each. The Mission Accomplished! Next Level activities are optional.

When you begin an activity, jot down the date you start it. When you finish an activity, review your work with your project helper. Then ask your project helper to date and initial your accomplishment.

Activities	Date Started	Date Completed	Helper Initials
1. Exploring My Pyramid			
Recipe: Yogurt Parfait			
2. Is It Snack Time Yet?			
Recipe: Fruit Smoothie			
3. Digging for Grains			
Recipe: Oatmeal Muffins			
OR Popcorn Trail Mix			
4. Color Hunt			
Recipe: Confetti Bean Salsa			
OR Baked French Fries			
5. Got Dairy?			
Recipe: Nachos			
6. Protein Protection			
Recipe: Meatballs			
OR Bean Dip			
7. Not-So-Hidden Calories			
Baked Tortilla Chips			
OR Peanut Butter Cookies			

STEP 2: LEARNING EXPERIENCES

Learning Experiences are meant to complement Project Activities, providing the opportunity for you to do more in subject areas that interest you. What are some Learning Experiences you could do to show the interesting things you are learning about food and nutrition? Here are some ideas:

- Attend a clinic, workshop, demonstration, or speech on a topic related to food and nutrition or healthful living.
- Look for a local news story about food and nutrition or physical activity in your local newspaper or on the Internet. Share this information with a friend or family member.
- Share an activity from your project book with your club members.
- Go on a nutrition- or food-related field trip or tour.
- Host a cooking group and prepare a healthful food item.
- Prepare your own demonstration, illustrated talk, or project exhibit.
- Participate in county judging.

Once you have a few ideas, record them here. Complete **at least two** Learning Experiences. Then, describe what you did in more detail, and ask your project helper to date and initial in the appropriate spaces below.

Plan To Do	What I Did	Date Completed	Helper Initials
Demonstration	Explained to club members how to make a wrap.	4/5/YR	L.G.



STEP 3: LEADERSHIP/ CITIZENSHIP ACTIVITIES

Choose **at least two** Leadership/Citizenship Activities from the list below (or create your own), and write them in the table below. Record your progress by asking your project helper to initial next to the date each one is completed. You may add to or change these activities at any time. Here are some examples of Leadership/Citizenship Activities:

- Teach someone about making food choices according to MyPyramid.
- Teach someone how to make his or her own MyActivity Pyramid.
- Help another member prepare for his or her project judging.
- Prepare a recipe in this book and share it at a club meeting.
- While attending camp, share what you learn about physical activity and nutrition.
- Demonstrate to other club members how to warm up and cool down before and after physical activity.
- Collect examples of food labels and discuss them with a group.
- Arrange for someone to speak to your club about making food choices that support an active, healthy lifestyle.
- Plan your own Leadership/Citizenship Activity.

Leadership/ Citizenship Activity	Date Completed	Helper Initials
Teach someone about making healthy food choices.	4/5/YR	L.G.

STEP 4: PROJECT REVIEW

Set up a project evaluation. You can do this with your project helper, club leader, or another knowledgeable adult. It can be part of a club evaluation or it can be part of your county's project judging. Completing a Project Review helps you assess your personal growth and evaluate what you have learned.

ACTIVITY 1 Exploring MyPyramid

1

MyPyramid is a guide that can help you make healthy food choices. In addition to regular meals, most of us need a healthy snack or two during the day. But beware! Snack foods can either sabotage or help you complete your nutrition mission. Think about the foods you eat during the day. How do they fit into the MyPyramid food groups? To supply your body with a variety of nutrients, choose foods from each of the groups on a daily basis.

Want to take a sneak peek at MyPyramid? Look at the inside back cover of this book.

Vocabulary

Words in **bold** throughout this book are defined in Vocabulary on page 40.

Your Mission

Read the list of healthy snacks below this chart. Write the name of each snack next to the name of the food group to which it belongs. Each food group should have two snacks. Then, add a healthy snack choice of your own to each food group.

Food group	Item 1	Item 2	Your Snack Choice
Grains			
Vegetables			
Fruits			
Milk			
Meat and Beans			

See page 41 for answer key.

Learning Outcomes

Project Skill:
Using MyPyramid to improve snack choices

Life Skill:
Making healthy lifestyle choices

Educational Standard:
NHES 5.5.5: Choose a healthy option when making a decision

Success Indicator:
Identifies at least one healthy snack from each food group



whole-wheat bagel
PEPPERONI SLICES
cottage cheese
apple slices
tomato juice
diced apricots
potato
pretzels
BEEF JERKY
low-fat yogurt

Snack Attack!



Debriefing

Share Which of the food choices in this activity do you sometimes have as a snack? _____

Was it easy or hard to name your own snack choice for each food group? Why? _____

Reflect Why does your body need a variety of foods? _____

Generalize Think of the snacks you usually have. How well are all the food groups represented in your usual snacking habits? _____

Apply Name two new snacks you will try. _____

Mission Accomplished! Next Level

- Read the labels of the snacks in your kitchen cabinets and refrigerator. Find the snacks that are 250 calories or less per serving.
- Keep a log of your snacks for three days. Identify the food group(s) for each snack.

Analyze This

- You should have at least 60 minutes of physical activity every day.
- A regular homemade chocolate chip cookie has 105 **calories**. Everyone is different, but chances are, you need to walk at least 30 minutes to burn those calories!



The calories you eat should be approximately equal to the energy you need. If you consume more calories than your body needs, you gain weight. If you consume fewer calories than your body needs, you lose weight.

**Energy/
Calories**

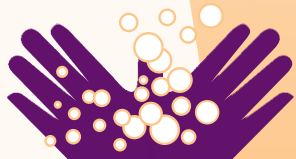
IN = OUT

**Energy/
Calories**

swimming
hiking
running
biking

Food Safety Tip

Wash your hands for 20 seconds with warm water and soap before and after handling food. If warm running water is not available, use disposable wipes or hand cleanser.



Undercover Info

Did you know that everything you eat each day counts as part of the total number of daily calories that are right for you? Whether it's part of breakfast, lunch, dinner, or a snack, your total **food intake** is closely tied to your age, height, weight, gender, and activity level.

Food intake and physical activity are a balancing act—too much or too little either way and you will lose or gain weight. You need to balance the amount of food you eat with your activity level. Compare a person whose activities include going to school, playing video games, and watching TV with someone whose activities include going to school, playing soccer, and playing outside after dinner. To maintain an ideal weight, who gets to eat more calories?

People today are generally much less active than in the past. You should try to choose snacks that are 250 calories or less. Don't know what to eat? Here are some more good examples:

**250
CALORIES
OR LESS!**

Cereal (made from **whole grains**) with fresh fruit

Baked tortilla chips and fresh salsa

Trail mix with whole-wheat cereal, dried fruit, and sunflower seeds (or a combination of your favorite dry foods)

High-**fiber** cereal bar

Air-popped popcorn

100% frozen fruit juice bar (4–8 ounces)

100% fruit juice or 100% vegetable juice

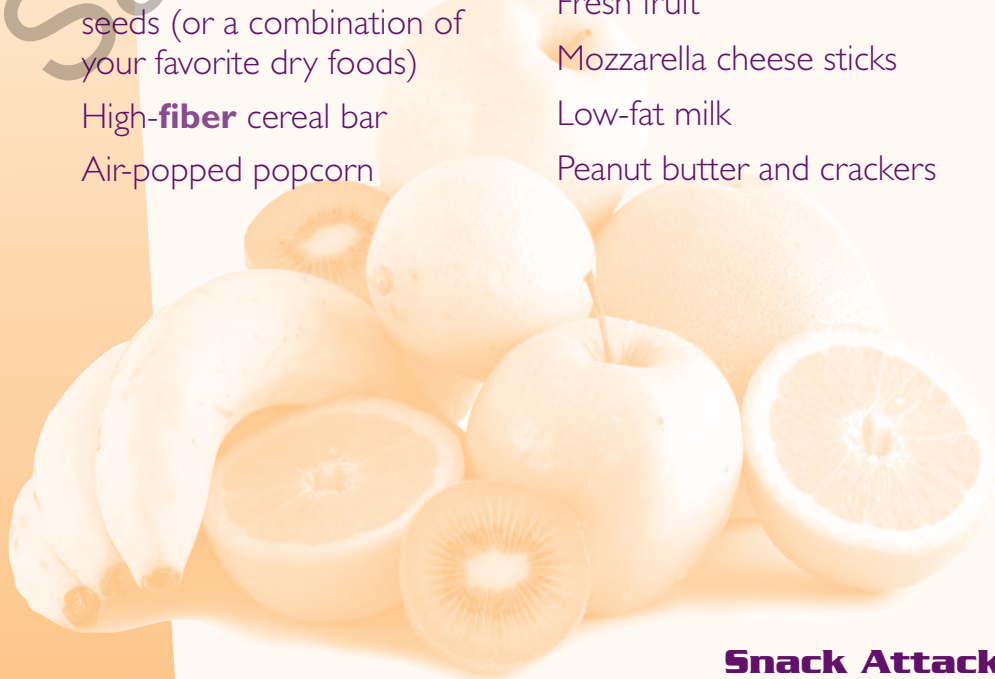
Carrot and celery sticks

Fresh fruit

Mozzarella cheese sticks

Low-fat milk

Peanut butter and crackers



Snack Attack!

RECIPE

Yogurt Parfait

Plain, low-fat, or non-fat yogurt is as nutritious as skim milk. In fact, yogurt is even more nutritious than milk because its active cultures help you digest the naturally occurring **sugar** (lactose) found in milk products. A yogurt parfait is the perfect way to enjoy yogurt, fruit, and grains.

- 1 cup low-fat vanilla yogurt
- 1 cup chopped fruit, fresh or canned
- ½ cup dry cereal, crushed

1. Drain fruit if using canned fruit.
 2. Spoon ¼ cup fruit into each of two clear glasses or dishes.
 3. Cover fruit in each glass with ¼ cup yogurt.
 4. Repeat steps 2–3.
 5. Sprinkle the top of each parfait with ¼ cup crushed cereal.
- Makes 2 servings.

Online Resources

To learn more about MyPyramid and to evaluate your diet and exercise, go to www.mypyramid.gov/kids and launch the MyPyramid Blast Off game.

Nutrition Facts

Serving size: 1 cup (259g)
Servings Per Recipe: 2

Calories 197
Cal. from Fat 16

*Percent Daily Values (DV) is based on a 2,000 calorie diet.

Amount Per Serving	%DV*	Amount Per Serving	%DV*
Total Fat 2g	4%	Total Carbohydrate 41g	15%
Saturated Fat 1g	4%	Dietary Fiber 4g	15%
Trans Fats 0g		Sugars 30g	
Cholesterol 6mg	2%	Protein 8g	
Sodium 194mg	8%		
Vitamin A 20%	Vitamin C 8%	Calcium 20%	Iron 20%

*For more information about nutrition facts labels, search for "nutrition facts" at www.fda.gov/food.

Notes for Next Time

Did this recipe turn out the way you expected (circle one)?

Yes

No

Be as specific as you can when answering the questions below. Consider the food's color, texture, taste, temperature, seasoning, appearance, and anything else that affects its overall appeal.

What do you like about this recipe? _____

What do you dislike about this recipe? _____

What, if anything, would you do differently next time you make this recipe? _____

Mission Control

Sources for this activity include the MyPyramid web site (www.mypyramid.gov) and the USDA Team Nutrition web site (www.fns.usda.gov/tn).