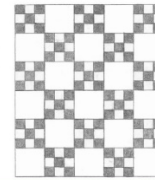
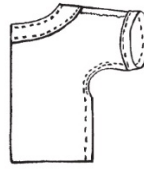




All About Discovery!
College of Agricultural, Consumer
and Environmental Sciences
Cooperative Extension Service
Extension 4-H Youth Development

Home Economics



4-H Super Snacking Project – Greentop

400. E-1 (R-18)



Objective:

To introduce the 4-H member to the importance of a nutritious snack for a healthy diet.

What can be done:

- Club:
 - Make a nutritious snack for club or project meetings.
 - Give a demonstration on how to prepare a healthy snack.
- County:
 - Give a Home Ec demonstration at county contest,
 - Enter a colorful poster exhibit showing healthy snack information at the County Fair,
 - Enter completed Super Snacking Record Book at the county fair,
 - Give a presentation at county public speaking contests,
 - Enter Favorite Foods contest at county contests,
 - Give a prepared speech at county public speaking contest.
- District/State:
 - Give a Home Ec demonstration at district/state contest,
 - Enter a colorful poster showing healthy snack information at the State Fair,
 - Enter completed Super Snacking Record Book at the State Fair,
 - Give a prepared speech at district/state public speaking contests,
 - Enter Favorite Foods Contest at district/state contests.

Resources:

- Super Snacking Project Book – 100.E-25
- MyPyramid for Kids
- Foods Record Sheet 300.A-20 (R-18)

4-H Members Will:

- Become familiar with the importance of MyPyramid and the Dietary Guidelines.
- Apply the principles of nutrition by preparing healthy snacks and playing nutrition games.
- Acquire and demonstrate skills in planning, purchasing, preparing, and serving snacks for yourself and others.
- Learn and practice food safety procedures.

Citizenship and Leadership

Activities:

- Volunteer at a day care/head start center to help prepare snacks.
- Design an informational poster to be displayed at school on the importance of healthy snacking.
- Volunteer at a nursing home to help with snacks.
- Prepare a healthy snack for after school or Cloverbud activities.
- Prepare a healthy snack for an elderly neighbor.
- Assist the local health council to organize a community health fair.
- Help younger members with their food projects.
- Lead a project meeting in activities and games on nutrition education.
- Recruit other people to join the Super Snacking project.
- Help organize and run project meetings.

Dunlap, 2007