

Build A Snack Mix



How can your group create a snack that everyone enjoys? Work together to make a group snack mix.

4-H Project Area: Foods & Nutrition

Time: 20 minutes

Life Skills: Citizenship

Materials:

- Snack mix ingredients (see suggestions below)
- 1 bowl for each ingredient
- 1 small scoop for each ingredient
- 1 large mixing bowl
- 1/3 cup measuring cup
- 1 large spoon
- 1 small cup or plastic zip bag per child
- Stickers (5 per child)
- Large piece of paper
- Markers
- Tape

Snack mix ideas from each of the food groups:

Start with 5-7 or more choices to give youth enough choices in voting. Choose ingredients that provide a variety of flavors and textures.

Fruits: Apple chips, banana chips, raisins, dried cranberries, cherries, apricots, pineapple

Vegetables: Freeze dried mixed veggies, crunchy zucchini sticks, snap pea crisps, root vegetable chips

Grains: Whole grain square cereal, O cereal, pretzels

Protein: Sunflower seeds, pumpkin seeds, peanuts, almonds, walnuts, soy nuts

Advance Preparation:

Check with families to see if there are food allergies or reactions. Be sure parents are aware that food tasting will be the activity. Clean and sanitize the table or counter where you will be making the snack mix. Write the name of each ingredient on a large piece of paper and tape the paper to a wall at children's eye level.

FOR MORE INFORMATION ON LEADING ACTIVITIES FOR YOUNG MEMBERS, SEE CLOVERBUD LEADER GUIDE

Did You Know?

People make decisions every day. You probably had to make some decisions today, like what type of shoes to wear or what kind of cereal to have for breakfast.

Some decisions affect only you, and other decisions need to be made as part of a group. You can choose what color socks to wear and that decision doesn't affect anyone else. When your family is deciding what to eat for a meal, that choice affects everyone in your family.

Making decisions as a group means that our way or idea is not always going to be what the group wants to do. We have to learn how to be flexible and sometimes go along with other people's ideas. That's what teamwork is all about: learning how to work together to make the best choices for the group.

THE ACTIVITY

Explain that you will be create your own club snack mix today.

Ask

What makes a good snack? What are some of the ingredients that you like most? What don't you like?

Investigate

Explain that they will choose ingredients to make a snack mix today.

Ask, *What might happen if an ingredient you don't like is included in our snack mix?*

If children are unfamiliar with any of the ingredients, allow them to taste a sample of the ingredients they are curious about.

Give each child 5 stickers. Tell children that they will make a group decision about which ingredients go in the snack mix.



They will pick 5 ingredient by placing their stickers next to the ingredient name on a piece of

paper taped to the wall. Only 1 sticker should be used per ingredient choice.

Tell children that even if they love raisins, they shouldn't use all of their stickers to vote for raisins! Remind them that a tasty snack mix has lots of variety.

Once everyone has voted, the ingredients with the most stickers will go into the snack mix.

Create

Wash hands. Sing the alphabet song or count slowly to 30 while washing. (Do this earlier if sampling the ingredients.)

Decide how you will take turns adding ingredients to the mix. Here are some ideas:

- Line up chronologically by birthday month (Jan-Dec). January birthdays start.
- Line up alphabetically by middle name. The A names start.

- Using a small cup or scoop, each child adds 1 scoop of an ingredient that received the most votes. As the children take turns, lead them in a group discussion about how much of each ingredient should go into the snack mix.

Ask, *Is one scoop enough of this ingredient or should we add more?*

When everyone has contributed a scoop, stir the mix. Measure 1/3 cup snack mix into a small cup or plastic bag. Serve.

Share/Reflect

While children are enjoying their snack mix,

Ask, *Was the snack mix that we made as a group different from how you might have made a snack mix on your own? How?*

More to Explore

Challenge the children to build a 2nd snack mix with at least 1 ingredient from each food group. For more information on food groups, visit www.choosemyplate.gov. To practice group decision-making, vote for favorite ingredients from each group by raising hands.

Relationship to 4-H

In 4-H, youth work together to make decisions. This is an opportunity for youth to contribute to a decision that will affect the whole group. When you made the snack mix, each choice of ingredient affected the snack that the whole group would get to eat. This is similar to our group decision making in 4-H meetings, when each person's contribution affects the overall outcome for the club.



Today we practiced working together to make a snack mix.



Build a Snack Mix

We learned... As we made our snack mix, we each had to make choices about what ingredients we wanted to add. We learned how to think about the needs of our group as we made decisions about our snack mix.

Ask your child...

What did you pick to add to the snack mix? Why did you choose that ingredient?

How did the snack mix taste after everyone added their ingredients?

Would you change anything about the snack mix that the group made?

Explore more... Talk about how your family makes group decisions. Who is involved? What do they need to think about before making a decision that affects your family?

You can practice decision making as a family by building your own special family snack mix.

Connect to 4-H... In 4-H, youth work together to make decisions. Have you seen 4-H members vote at a club meeting? This is an opportunity for youth to contribute to a decision that will affect the whole group. When children made the snack mix, each choice of ingredient affected the snack that the whole group would get to eat. This is similar to our group decision making in 4-H meetings, when each person's contribution affects the overall outcome for the club.