Wacky Snacks

This activity is adapted by permission from Nutrition Fun with Brocc and Roll by Connie Liakos Evers, MS, RD.

Description: Students brainstorm fun ways to eat fruits and vegetables.

Learning Objectives: Students will practice making healthy food choices and creating their own recipes.

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<th>SCIENCE TOPICS</th>
<th>GRADE LEVEL</th>
<th>PROCESS SKILLS</th>
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<td>Human health</td>
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<td>Choosing and preparing healthy foods</td>
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<td>Importance of fruits and vegetables</td>
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TIME REQUIRED

- Advance Preparation: None
- Set Up: None
- Activity: 30 minutes
- Clean Up: None

Teacher Note: As an optional extension, this activity includes information and guidelines on how to cook with kids in your classroom. See the Explanation section below.

ACTIVITY MATERIALS

- Copies of Wacky Snacks activity sheets (one set per student)
- Pencils or pens (one per student)
- Copies of the Recipe Review activity sheet (optional—one per student)
ADVANCE PREPARATION

- Make copies of the *Wacky Snacks* activity sheets (one set per student). The two sheets can be copied onto both sides of a single sheet of paper.
- If students will be completing the optional take-home part of the activity, make one copy of the *Recipe Review* activity sheet for each student.

INTRODUCING THE ACTIVITY

Tailor your presentation to your individual style and to students’ ability levels. Sample scripts and example questions are provided in italics.

- Begin the class with a review of the information from past activities or the *Every Body Eats* exhibit. *Who remembers some of the reasons why it’s important to eat healthy foods?*
  - Possible answers include: Keeping our bodies strong and healthy (muscles, teeth, bones, heart, etc.).
  - Helping us to feel good (happy, energetic, etc.).
  - Giving us the energy to do our favorite activities (sports, play, school, etc.).
  - Keeping our brains working and helping us do well in school (smarter, better grades, pay attention in class, etc.).

- *Does anyone remember how many different servings of vegetables or fruits scientists recommend we eat in a day?*
  In the past many sources called for five, but nutrition experts now recommend 9–13 servings of vegetables and fruits per day, depending on calorie needs.

- *Besides fruits and vegetables, can anyone think of other types of healthy foods?*
  Students may have difficulty thinking of other examples. Some possibilities might include: whole grains, lean meats (e.g., turkey, chicken, fish), low fat dairy (cheese, yogurt, milk), beans and nuts, foods low in added sugar, salt, saturated fat, and cholesterol, etc.

- Tell students that in this activity they are going to be healthy food chefs creating their own recipes for Wacky Snacks.
PROCEDURE

- Pass around the Wacky Snacks activity sheets.
- Review the examples provided on the first page with students.
- Have students think about these examples, then try to come up with their own recipe.
- Now you’re making your own recipes!
- Have students write their recipe in the space provided. If time allows, have them try to come up with a second recipe and write it in the provided space.
- If desired, the instructor can suggest guidelines or goals for the students’ recipes (for example, recipes should include at least two different fruits and vegetables, three different healthy ingredients, three different colors of fruits and vegetables, etc.).
- If students will be completing the take-home portion of the activity, hand out the Recipe Review activity sheet and review it and the assignment as a class.

DISCUSSION QUESTIONS

Remember, there are no incorrect answers. Let students present their ideas and guide the conversation to the greatest extent possible.

- Ask students to share their recipes. Make sure they get a chance to share both the ingredients and the names they come up with, too!
- What healthy foods went into your recipe?
- Do you think your recipe would be fun to cook?

COOKING WITH KIDS

Nutrition education takes on a whole new life when combined with cooking projects. Learning to cook gives children a boost in confidence, exposure to new and healthful foods, and inspiration to continue cooking at home. Not all classrooms will be able to involve students in food preparation at school. This activity provides a framework for students to exercise their creativity and plan a cooking project that would make a great homework assignment. Students can be encouraged to try either their own recipe or one of the examples provided at home.
For instructors who have the resources and ability to cook with their students, a set of guidelines for doing so safely appears below.

**Guidelines for Safe Classroom Cooking***

*Adapted from *How to Teach Nutrition to Kids* by Connie Liakos Evers, MS, RD.

With so many hands busy at work, classroom cooking poses a challenge for keeping food sanitary and working conditions safe. When planning cooking projects, be sure to enlist the help of school staff or parent volunteers. The reminders below are essential for a safe, enjoyable cooking experience.

**Before You Begin**

- Send a letter home to parents explaining that the class will participate in cooking projects that enhance the curriculum. Be sure to elicit information on food allergies or intolerances or any specific medical conditions that prohibit their children from eating certain foods. Include permission slips for parents to sign and return.
- Call the local health department to find out how to become certified as a food handler. You may be required to take a course or pass a test before handling food in a public setting (local regulations vary).
- Be sure that all staff and volunteers who assist with classroom cooking have read and understand the guidelines presented here.

**Proper Hand Washing is Vital!**

- Demonstrate to students the techniques for proper hand washing. Thoroughly scrub all surfaces of the hands and nails with soap, rinse with warm water, and dry with clean paper towels.
- The factor most important in producing clean hands is time. Encourage students to scrub hands for the duration of the “A-B-C song” (about 20 seconds).
- If the restroom is used for hand washing prior to handling food, prop the door open. Otherwise, students will touch the bacteria-covered doorknob on their way out.
- Remind students to wash their hands after:
  - using the restroom;
  - touching their faces, hair, or neighbor;
  - blowing their noses or sneezing;
  - handling raw meat, chicken, eggs, or fish.

**Provide a Sanitary Work Surface for Handling Food**

- Desks or tables should be cleared, cleaned, and covered with clean butcher paper, a vinyl placemat, or a tablecloth. Cutting boards should be cleaned with hot, soapy water and a sanitizing solution such as diluted bleach.
- Wash and sanitize all work surfaces, cutting boards, and utensils after they have come into contact with raw meat, fish, poultry, or eggs.
Emphasize Safety with Knives and Equipment

- Before allowing children to begin work on food projects, demonstrate the proper use of knives and equipment such as graters, cheese slicers, and can openers. Advise students to always cut toward their tables or desks and away from their hands. With younger children, adults should do any cutting for them.

- Any equipment, even plastic serrated knives, toothpicks, or wooden skewers, can be dangerous if handled improperly. Promptly remove students who are behaving in a reckless manner with tools or equipment.

- Always use two dry potholders when removing foods from the microwave or oven. Be sure to turn off the stove, oven, electric fry pan, etc., when you are finished cooking. Avoid knocking hot pots off the stove by turning pot and pan handles inward.

Organize Your Project

- Students may work in groups or as part of an assembly line.

- Time your projects so that foods do not sit at room temperature for more than two hours. The “danger zone” for rapid bacterial growth is between 40 and 140 degrees Fahrenheit. Do not allow students to save perishable foods to eat later in the day.

- Don’t sample food products prepared with raw eggs. Even one spoonful of cookie batter can harbor dangerous bacteria. Recipes that call for raw eggs, such as eggnog, should use an egg substitute that has been pasteurized.
WACKY SNACKS

**Tortilla + Pizza = TORTIZZA!**

**INGREDIENTS**
- 1 10" whole-wheat flour tortilla
- 2 T. prepared pizza or pasta sauce
- 1/4 cup grated part-skim mozzarella cheese
- 1/4 cup chopped vegetables of your choice (examples include peppers, mushrooms, onions and broccoli florets)

**DIRECTIONS**
Spread sauce evenly over tortilla. Add cheese and vegetables and roll up the tortilla. Microwave on high for 1 minute. **Makes 1 serving**

**Burrito + Potato = BURRATO!**

**INGREDIENTS**
- 1 medium potato
- 1-2 T. salsa
- 2 T. refried beans (or refried black beans)
- 2 T. grated sharp cheddar cheese

**DIRECTIONS**
Wash and scrub potato. Using a sharp knife, carefully poke the potato (this allows the steam to escape during cooking). Microwave on high for 4-6 minutes. After the potato has cooled, cut in half, press down to flatten, and spread remaining ingredients evenly between the two potato halves. Microwave on high for 1 minute. Optional: Serve with low-fat sour cream, shredded lettuce and avocado chunks.
**Makes 1 serving**

**Yogurt + Banana + Granola = YOBANOLA!**

**INGREDIENTS**
- 1 6-8 oz. carton low-fat or fat-free vanilla yogurt
- 1 banana
- 1/4 cup low-fat granola cereal

**DIRECTIONS**
Peel and slice banana. Divide between two cereal-sized bowls. Top the bananas with the yogurt (one-half carton per bowl). Sprinkle granola on top of each bowl.
**Makes 2 servings (share with a friend)**
MY WACKY SNACKS

How do you make a wacky snack? By mixing two or more foods together, you get a delicious snack with a funny name.

NAME

_________’s WACKY SNACK RECIPE

+ ___________ + ___________ = ___________

INGREDIENTS:

________________________________________

________________________________________

________________________________________

________________________________________

DIRECTIONS:

________________________________________

________________________________________

________________________________________

________________________________________

NAME

_________’s WACKY SNACK RECIPE

+ ___________ + ___________ = ___________

INGREDIENTS:

________________________________________

________________________________________

________________________________________

________________________________________

DIRECTIONS:

________________________________________

________________________________________

________________________________________

________________________________________
RECIPE REVIEW

Name __________________________

DIRECTIONS
Ask your teacher for copies of the Wacky Snacks or Make Your Own Recipe sheets. Pick a recipe that you would like to try or use a recipe idea of your own. When you are finished, be sure to complete this worksheet.

GOOD COOK REMINDERS!
Every time I cook, I need to remember to
1. ask permission. 4. gather all of the equipment.
2. wash my hands and work area. 5. prepare the recipe.
3. gather all of the ingredients. 6. clean up my work area.

The recipe I tried at home was ____________________________________________

This is how I made this recipe:
________________________________________________________
________________________________________________________

This is how it looked:
________________________________________________________
________________________________________________________

This is how it tasted:
________________________________________________________
________________________________________________________

Changes to try the next time I make this recipe:
________________________________________________________
________________________________________________________

________________________________________________________

__________________________ tasted my recipe.

Adult Signature

Adult comments are welcome:
________________________________________________________
________________________________________________________