

## Snacks [Meeting 1]

## Overview

### Note to Volunteers

Check with parents about food allergies for girls.

This badge requires using kitchen utensils and appliances. If you can, hold the meeting in a place that has a kitchen, or else somewhere there's a sink to wash and where you can set up tables and stations to resemble a kitchen. Pack a cooler with ice to keep some ingredients cold if you don't have a fridge handy.

A few agenda activities in this meeting plan have two options—one that can be done inside and one to be done outside (*Get Girls Outside!*). Carefully read through both activity options and choose one to add to your meeting plan agenda. **Please note all PDF-printed documents list the description and materials required for both the inside and outside options—you will only need to purchase materials for one option.**

The excitement and fast pace of running troop meetings for the first time can sometimes leave us tongue-tied. For that reason, scripting is included for guiding girls through a meeting; these "lines" are under the heading "SAY." However, you know your girls best. If you feel you don't need the script, do what makes sense for you and your girls.

### Prepare Ahead

- Purchase small child-size aprons from a local craft store or online site, one for each girl.
- Write on two pieces of paper or labels: "Healthy Snack Choice" and "Not so healthy." Tape each to two separate bins for the snack relay race.
- Prepare a variety of cut-up and cleaned veggies including alfalfa sprouts, red pepper, green peppers, radishes, olives, snow peas, carrots, celery, cucumbers, broccoli and cauliflower
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### Get Help from Your Friends and Family Network

Your Friends and Family Network can include:

- Girls' parents, aunts, uncles, older siblings, etc.
- Other volunteers who have offered to help with the meeting.

Ask your network to help:

- Make snacks
- Welcome girls to the meeting
- Supply materials for the session

### Meeting Length

90 minutes

The times given for each activity will be different, depending on how many girls are in the troop. Plus, girls may really enjoy a particular activity and want to continue past the allotted time. As

## Snacks [Meeting 1]

much as possible, let them! That's part of keeping Girl Scouting girl-led! And what do you do if you only have an hour for the meeting? Simply omit some of the activities.

### Materials

#### Activity 1: As Girls Arrive

- Aprons
- Fabric markers

#### Activity 2: Opening Ceremony

- PDF of Girl Scout Promise and Law

#### Activity 3: Super Snack Relay — **Inside Option**

- Variety of healthy snack choices such as nuts, raisins, bananas, apples, granola bars and yogurt
- Variety of non-healthy snacks such as bags of chips, snack cakes, candy, donuts
- 2 large bins, buckets or baskets, marked with “Healthy Snack Choice” and “Not So Healthy”
- 2 reusable grocery bags

#### Activity 3: Food Miles Game — **Get Girls Outside!**

- **Prepare ahead:** On separate index cards, write the name of a fruit or vegetable and where it comes from. (Note to volunteer: you can search online for food origins. For example, on Scientific American.com, there's an interactive chart to search for origins of fruits and vegetables.) You might write: apple from Washington State. An avocado from Mexico. A pineapple from Hawaii. Lettuce from California. Bananas from Costa Rica. Make sure to include one or two locally sourced fruits or vegetables (a farm or grower near your hometown). Prepare at least 20 cards.
- **Prepare ahead:** On index cards, write names of countries or states where fruits and vegetables are from in your examples above.
- Masking tape to post index cards (If you're posting on a tree, make sure it's tape that won't tear or harm it.)

#### Activity 4: Face Full of Veggies — **Inside Option**

- Paper plates, enough for each girl
- Variety of cut-up and cleaned veggies including alfalfa sprouts, red pepper, green peppers, radishes, snow peas, carrots, celery, olives, cucumbers, broccoli and cauliflower
- Toothpicks

#### Activity 4: Veggie Cut Up — **Get Girls Outside!**

- Cleaned veggies easy to cut, like red pepper, green pepper, radishes, cucumber. Potatoes and carrots for peeling.
- Pocket knife
- Peeler
- Cutting board

## Snacks [Meeting 1]

- Newspaper or plastic to lay over picnic table or flat area outdoors

### Activity 5: Pizzatastic Pinwheels

- Wheat or white wraps
- Pizza sauce
- Shredded Mozzarella cheese
- Pepperoni
- Ham
- Knife (for volunteer to cut up wraps)

### Activity 6: Let's Snack!

- Veggie Face snacks (from Activity 4)
- Pizzatastic Pinwheels (from Activity 5)
- Ranch dip or dressing (for veggies)
- Snack items from relay race (Note to volunteer: You can decide to only serve items out of the "healthy snack choices" bin)
- Juice or water

### Activity 7: Recipe Roundup

- Large index cards – 2 for each girl
- Markers and crayons

### Activity 8: Closing Ceremony

- None

## Detailed Activity Plan

### Activity 1: As Girls Arrive

#### Time Allotment

5 Minutes

#### Materials

- Aprons
- Fabric markers

#### Steps

As girls arrive, have them decorate an apron with their name and things they love to eat.

#### SAY:

- As you arrive, take an apron and draw your name on it. Then decorate your apron with foods you like to eat or foods that would be fun to make.

## Snacks [Meeting 1]

**Activity 2: Opening Ceremony****Time Allotment**

5 minutes

**Materials**

- PDF of Girl Scout Promise and Law

**Steps**

Gather girls in a circle. Welcome them to the first Snacks meeting. Girls say the Girl Scout Promise and the Girl Scout Law together.

**SAY:**

- *In today's meeting, not only will we have fun learning new things, but we'll also have fun making and eating new things!*
- *Today we are going to make snacks that you can share with your friends and family. Who here likes to cook or has made snacks before?*

[Have girls share the snacks they've made]

- *Sounds like we have some great chefs in the room.*
- *Snacks are fun to eat. Let's go around and each say what our favorite snack is. Do you like sweet or salty snacks?*

[When girls are done...]

- *Snacks give us energy to be active. So let's start by putting on our aprons and jumping into the world of snacks!*

**Activity 3: Super Snack Relay — Inside Option****Time Allotment**

5 minutes

**Materials**

- Variety of healthy snack choices such as nuts, raisins, bananas, apples, granola bars and yogurt
- Variety of non-healthy snacks such as bags of chips, snack cakes, candy, donuts
- 2 large bins, buckets or baskets, marked with "Healthy Snack Choice" and "Not So Healthy"
- 2 reusable grocery bags

**Steps**

Place a mix of snacks into two grocery bags: half healthy and half not as healthy food items. Divide girls into 2 teams. Give each team a grocery bag. Put labeled baskets on opposite side of room.

## Snacks [Meeting 1]

When you say go, the first girl on each team will reach into the bag, pull out a snack, and decide whether it is healthy or not. They will then run to the basket and drop it in the appropriate one, then race back to their team and the next person goes. The next person can either pick a new snack, or correct the one the previous girl placed. Play continues until a team is out of snacks.

**SAY:**

- *One of the ways we stay healthy is by balancing our energy in and energy out. “Energy in” is the calories you get from eating and drinking. “Energy out” is the calories you burn while moving and being active. You use energy doing all kinds of things – cleaning your room, playing sports, running, and even walking!*
- *So to keep us going through out the day, we need to have “Energy In.” And that includes snacks!*
- *But not everything we eat that tastes good is good for our bodies. Let’s see what we know about healthy snacks.*
- *In this relay race, each team has a grocery bag with food inside. One by one, you’ll pull out an item and place it in the bin at the other end of the room. One bin says “Healthy Snack Choice” and the other says “Not so healthy.”*
- *You decide which bin the food should good. Let’s run this super snack relay and then talk about what we find.*

[After girls run the race]

- *Did either team have trouble deciding whether any of the snacks were healthy or not?*
- *Which ones gave you the most trouble and why?*
- *How did you decide whether it was healthy or not?*

**Activity 3: Food Miles Game — *Get Girls Outside!*****Time Allotment**

5 minutes

**Materials:**

- **Prepare ahead:** On separate index cards, write the name of a fruit or vegetable and where it comes from. (Note to volunteer: you can search online for food origins. For example, on Scientific American.com, there’s an interactive chart to search for origins of fruits and vegetables.) You might write: apple from Washington State. An avocado from Mexico. A pineapple from Hawaii. Lettuce from California. Bananas from Costa Rica. Make sure to include one or two locally sourced fruits or vegetables (a farm or grower near your hometown). Prepare at least 20 cards.
- **Prepare ahead:** On index cards, write names of countries or states where fruits and vegetables are from in your examples above.

## Snacks [Meeting 1]

- Masking tape to post index cards (If you're posting on a tree, make sure it's tape that won't tear or harm it.)

**Steps:**

Girls team up to learn about how far food travels and what locally sourced food is.

In an outdoor area, have girls post index card signs of names of states or countries. Make one for your hometown base and post that first in your "start" area. Then post the other cards by helping girls figure out how far states and countries might be in relation to the hometown base. For example, the Hawaii card might be in a far spot on a tree and Costa Rica even farther.

Next, when a team picks a card, they tell the group what fruit or vegetable it is, then run to the area it's from and stays standing in the area while the next team goes. Note to volunteer: It's OK if there are multiple fruits or vegetables from one country.

**SAY:**

- *Food miles are the distance between where a food is grown and where it's eaten. For example, if your apple comes from Washington State and you live in Florida, then the apple went about 2,500 food miles in a plane, truck or train. And the apple was likely picked before it was ripe so it wouldn't be too squishy when it arrived.*
- *An orange might have been grown in the town next to you. This means using less gas to bring that fresh orange to you.*
- *Let's play a food miles game.*
- *You've already posted cards with states and countries around this outside area.*
- *Now pair up and pick a card with a fruit or vegetable on it. Tell the group what kind of fruit or vegetable you are and where you're from. Then find your spot in the outdoor area and stay standing there until everyone has a spot.*
- *Once everyone has found her spot, I'll say "Go" and you will race back to the hometown area as quickly as you can.*

[When girls are done, **SAY:**]

- *Which teams made it back to the hometown table first? What was your fruit or vegetable and where did it come from?*
- *How far do you think you had to travel to make it to the hometown grocery store?*
- *Which team had to travel the farthest?*
- *Do you know of any fruits or vegetables that are grown on a farm nearby? What are they?*
- *Do you have any favorite fruits or vegetables you know are grown someplace else? Where?*

**Activity 4: Face Full of Veggies — Inside Option****Time Allotment**

## Snacks [Meeting 1]

20 minutes

### Materials

- Paper plates, enough for each girl
- Variety of cut-up and cleaned veggies including alfalfa sprouts, red pepper, green peppers, radishes, snow peas, carrots, celery, olives, cucumbers, broccoli and cauliflower
- Toothpicks

### Steps

Each girl uses veggies to make a fun face.

### SAY:

- *In a kitchen, chefs are creative, just like artists. Today you'll be a snack artist!*
- *We'll start with a savory snack – that means it isn't sweet like a dessert, but it might be salty or spicy.*
- *An easy savory snack to make, and one that is super healthy, is veggies and dip.*
- *Take a paper plate to use as the head. Then make a face using different vegetable. Which could be used for hair or eyes or a nose?*
- *Be sure to add some veggies that you've never tried before into your face creation.*

[If you have a smartphone or camera, take photos of the girls' final veggie face creations to share with parents. Set aside veggie face plates to eat later.]

## Activity 4: Veggie Cut Up — *Get Girls Outside!*

### Time Allotment

20 minutes

### Materials:

- Cleaned veggies easy to cut, like red pepper, green pepper, radishes, cucumber. Potatoes and carrots for peeling.
- Pocket knife
- Peeler
- Cutting board
- Newspaper or plastic to lay over picnic table or flat area outdoors

### Steps

Girls learn to cut or peel vegetables, just like they would on a camping trip.

### SAY:

- *One fun thing you'll do on a camping trip is help prepare food. Has anyone ever done that on an outdoor trip? What did you do?*

## Snacks [Meeting 1]

- *Has anyone ever used a pocketknife or peeler before?*
- *There are some important things you need to know before you do.*
  - *Tie back your hair if it's hanging loose*
  - *Remove any dangling jewelry*
  - *Roll up long sleeves*
  - *Wash your hands and wear food-preparation gloves*

[You might want to have girls demonstrate knife safety with a cardboard knife before they use an actual one.]

- *Some things to know about using a pocketknife:*
- *Never use one unless an adult says it's OK.*
  
- *To open it, use both hands, keeping your fingers behind the blade. Put your thumbnail in the slot on the blade. Keep your fingers away from the cutting edge, then pull the blade out all the way.*
- *To pass a pocketknife, always make sure it's closed. Never pass an open knife.*
- *Make sure you're in a safety circle before you begin cutting. A safety circle is when you can extend your arm to all sides and front and back without touching obstacles or people.*
- *Hold the knife firmly, place the sharp edge against the vegetable and always slice down or away from you. Make sure your fingers are safely out of the way before you cut anything.*

[If a girl is uncomfortable using a knife, she can try using the peeler but make sure she follows the same directions: peel down and away from her and watch her fingers.]

[When girls are done, **SAY:**]

- *What was the hardest part about using a knife or peeler?*
- *Describe what it was like cutting vegetables.*
- *What kind of things can you make with cut vegetables? (Example: vegetable stew, snacks for dipping, grilled vegetables)*

## Activity 5: Pizzatastic Pinwheels

### Time Allotment

15 minutes

### Materials

- Wheat or white wraps
- Pizza sauce
- Shredded Mozzarella cheese
- Pepperoni
- Ham
- Knife (for volunteer to cut up wraps)

## Snacks [Meeting 1]

### Steps

Make pizza roll-ups.

### SAY:

- Another fun, savory snack that's super delicious, is good for you, and tastes like something most of us love – pizza!
- Start first with a tortilla. Then, spread pizza sauce on your tortilla. Next, add cheese and if you like it, some slices of pepperoni. Now here's the fun part – start at one edge of your tortilla and roll it up until it looks like a log. Now, I'll come around and slice your log into pieces and you'll see that inside looks like a pinwheel.

## Activity 6: Let's Snack!

### Time Allotment

15 minutes

### Materials

- Veggie Face snacks (from Activity 4)
- Pizzatastic Pinwheels (from Activity 5)
- Ranch dip or dressing (for veggies)
- Snack items from relay race (Note to volunteer: You can decide to only serve items out of the "healthy snack choices" bin)
- Juice or water

### Steps

Girls eat their snacks and talk about what they like best.

### SAY:

- *While we are eating, who wants to talk about which snack they like best?*
- *How hard was it to make these snacks?*
- *Do you think you could do it at home?*
- *Would someone like to share a snack that your family enjoys?*
- *Does your family eat any special food or snacks during holidays or celebrations? Tell us about it!*
- *If you were going to make a snack for someone special, say an aunt or your grandma, what would you make?*

## Activity 7: Recipe Roundup

### Time Allotment

10 minutes

## Snacks [Meeting 1]

**Materials**

- Large index cards – 2 for each girl
- Markers and crayons

**Steps**

Girls create recipe cards for the veggie face and pizza roll-ups.

**SAY:**

- *In order to remember what they make, chefs will write down their recipe.*
- *A recipe is a list of ingredients and instructions for how to make something.*
- *Let's all make recipe cards for the two snacks we made – the veggie faces and pizza pinwheels – so you can make them again at home.*
- *Since everyone's face was a little different, think about how you made it. What ingredients did you use? Write it down! If you want to draw what it looked like at the end, that would be fun, too.*
- *For the pizza pinwheels, it might be important to remember how to make them have their pinwheel shape.*
- *Work on making your recipes so you can bring them home to make snacks for your family or friends later.*

**Activity 8: Closing Ceremony****Time Allotment**

5 minutes

**Materials**

- None

**Steps**

Girls form a friendship circle and sing a song.

**SAY:**

- *I hope everyone had fun learning about snacks!*
- *If you were to teach a younger girl how to make a snack, what would you tell her? What kind of ideas would you share for healthy snack choices?*
- *Would you use your recipe card to show her how to make a veggie face or pizza pinwheel?*
- *Next time, we'll try making sweet snacks, snacks for energy and even snacks that you drink!*

Ask a girl to end the ceremony by starting the friendship squeeze.