

Snacks [Meeting 2]

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

- Chop up and de-seed fruit for the blender.
- Clean grapes and strawberries (and any other fruit you want to use) for Activity 3: Sweet
- Skewers
- Put a variety of snacks in bowls for girls to make trail mix. (Ideas: goldfish, mini-pretzels, popcorn, raisins, dried fruit snacks, nuts, granola, cereal, mini-marshmallows, chocolate chips, animal crackers)

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 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.

Snacks [Meeting 2]

Materials**Activity 1: As Girls Arrive**

- Clothes pins
- Googly eyes
- Pom poms
- Glue stick
- Markers

Activity 2: Opening Ceremony

- PDF of Girl Scout Promise and Law

Activity 3: Sweet Skewers — Inside Option

- Wood skewers, 2 for each girl
- Bowl of grapes, strawberries, and other fruit that girls can slide on skewers (suggest: cut up watermelon or cantaloupe)
- Strawberries
- Bag of marshmallows
- Paper plates, one for each girl to keep their finished skewers

Activity 3: International Fruit Salad — *Get Girls Outside!*

- Fruits from other countries: mango, pineapple, papaya, kiwi, banana (Prepare ahead: Cut fruits into bite-size chunks)
- Bowls, enough for each group of girls
- Plastic tablecloth to cover picnic table or ground to use as workspace for girls

Activity 4: Camping Trail Mix — Inside Option

- Separate bowls with different ingredients for girls to make trail mix. Ideas: goldfish, mini-pretzels, popcorn, raisins, dried fruit snacks, nuts, granola, cereal, mini-marshmallows, chocolate chips, animal crackers
- Spoons to scoop ingredients into bags
- Small sealable plastic baggies (enough for each girl)

Activity 4: Camping Trail Mix — *Get Girls Outside!*

- Separate bowls with different ingredients for girls to make trail mix. Ideas: goldfish, mini-pretzels, popcorn, raisins, dried fruit snacks, nuts, granola, cereal, mini-marshmallows, chocolate chips, animal crackers
- Spoons to scoop ingredients into bags
- Small sealable plastic baggies (enough for each girl)

Activity 5: Smoothie Taste Buds

- Various fruits (Can also use frozen fruits like strawberries and blueberries)
- Ice
- Orange juice
- Apple juice

Snacks [Meeting 2]

- Plain or vanilla yogurt
- Blender
- Small cups
- Index cards
- Pens and pencils
- Blender (and place to wash it between sampling)

Activity 6: Juice Bar — **Inside Option**

- Various juices including apple, orange, cranberry, grape, and sparkling water
- Ice
- Small cups
- Index cards
- Pens and pencils

Activity 6: Juice Bar with a Twist — **Get Girls Outside!**

- Various juices: apple, orange, cranberry, grape
- Sparkling water
- Ice
- Small cups
- Index cards
- Pencils
- Music (optional)

Activity 7: Let's Snack!

- Sweet skewers (from Activity 3)
- Trail mix baggies (from Activity 4)
- Juices (from Activity 6)

Activity 8: Closing Ceremony

- Snacks badges, one for each girl

Detailed Activity Plan

Activity 1: As Girls Arrive

Time Allotment

5 Minutes

Materials

- Clothes pins
- Googly eyes
- Pom poms
- Glue stick
- Markers

Snacks [Meeting 2]

Steps

As girls arrive, have them decorate a clothespin.

SAY:

- *As you arrive, take a clothespin and decorate it.*
- *You could create a little creature, or just decorate it in a pretty color and design.*
- *When it's done, you can stand the clothespin up on the bottom edge and clip a recipe card onto the top. This way you can see your recipe without having to pick it up while you prepare something in your kitchen.*
- *Or you can use it to reseal a bag after you've opened it.*

Activity 2: Opening Ceremony**Time Allotment**

10 minutes

Materials

- PDF of Girl Scout Promise and Law

Steps

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

SAY:

- *The last time we were together we learned about different kinds of snacks—we learned about some healthy options and even made some savory snacks of our own.*
- *Do you remember what Energy In means? [It's the food you eat to give you energy.]*
- *And what is Energy Out? [It's the calories we burn when we're moving and active.]*
- *Is a snack part of Energy In? [Yes, it gives you fuel to stay active.]*
- *Today you'll learn to make three more kinds of snacks.*
- *But first, did anyone make any snacks at home since our last meeting?*
- *How did it come out?*
- *Did you run into any problems?*

Activity 3: Sweet Skewers — Inside Option**Time Allotment**

15 minutes

Snacks [Meeting 2]

Materials

- Wood skewers, 2 for each girl
- Bowl of grapes, strawberries, and other fruit that girls can slide on skewers (suggest: cut up watermelon or cantaloupe)
- Strawberries
- Bag of marshmallows
- Paper plates, one for each girl to keep their finished skewers

Steps

Have girls make skewers of fruit and marshmallows.

SAY:

- *In our last meeting, we made two savory snacks. Do you remember what savory means? It's something that might be salty or spicy, but not sweet. Can you name something that's savory?*

[Examples: pickles, vegetables, crackers, guacamole and tortilla chips, hummus and pita bread.]

- *Do you have a favorite savory snack?*
- *Today we'll start with a sweet snack.*
- *Sweets don't always mean cake or candy. This snack uses mostly fruit—and we add in marshmallows in for fun.*
- *Start by selecting the fruit you want – and you can add a marshmallow here and there, if you want, too!*

Activity 3: International Fruit Salad — *Get Girls Outside!***Time Allotment**

15 minutes

Materials

- Fruits from other countries: mango, pineapple, papaya, kiwi, banana (Prepare ahead: Cut fruits into bite-size chunks)
- Bowls, enough for each group of girls
- Plastic tablecloth to cover picnic table or ground to use as workspace for girls

Steps

Girls break into groups to create a bowl of fruit. If girls can cut the fruit, have them do so. If not, have an adult cut the fruit into bite-size pieces.

SAY:

- *One of the best things about preparing food when you're camping is planning the dessert. Today you'll try a camp dessert using fruit!*

Snacks [Meeting 2]

- *With your group, make your international fruit salad using fruits that come from different parts of the world. When you're done, come up with a fun name for your fruit salad.*

Activity 4: Camping Trail Mix — Inside Option**Time Allotment**

10 minutes

Materials

- Separate bowls with different ingredients for girls to make trail mix. Ideas: goldfish, mini-pretzels, popcorn, raisins, dried fruit snacks, nuts, granola, cereal, mini-marshmallows, chocolate chips, animal crackers
- Spoons to scoop ingredients into bags
- Small sealable plastic baggies (enough for each girl)

Steps

Girls make their own trail mix.

SAY:

- *Imagine you are camping. What kind of activities would you do? [Hike a trail, swim, set up a tent, cook, walk, play games.] These are all “Energy Out” activities, right?*
- *To keep your balance while camping, you’ll want to eat well for “Energy In.” This includes snacks. A portable snack—that means one you easily can bring with you outdoors, camping or on a hike—is trail mix. You wouldn’t want to take food that could “go bad” or needs refrigeration.*
- *Which is why trail mix works—it’s easy to carry, stays fresh, and gives you a good energy boost*
- *Trail mix can be made with lots of different ingredients. It’s up to what you like. You’ll make your own today!*
- *Pick what you want and fill your bag. Then seal your bag.*

[When girls are done...]

- *Do you have a name for your trail mix?*
- *What kind of ingredients did you mostly use? Did you use more than two ingredients?*
- *How do you think you would get an energy boost with this snack while you’re out on a trail?*
- *What’s another important thing to put in your body when you’re active outdoors?*
[Answer: water]

Activity 4: Camping Trail Mix — Get Girls Outside!

Snacks [Meeting 2]

Time Allotment

10 minutes

Materials

- Separate bowls with different ingredients for girls to make trail mix. Ideas: goldfish, mini-pretzels, popcorn, raisins, dried fruit snacks, nuts, granola, cereal, mini-marshmallows, chocolate chips, animal crackers
- Spoons to scoop ingredients into bags
- Small sealable plastic baggies (enough for each girl)

Steps

Girls make their own trail mix. This is the same agenda plan for the “Camping Trail Mix” but take it outside for girls to make on a picnic table or covered ground area (use a plastic tablecloth or blanket). Then take a short hike!

SAY:

- *Imagine you are camping. What kind of activities would you do? [Hike a trail, swim, set up a tent, cook, walk, play games.] These are all “Energy Out” activities, right?*
- *To keep your balance while camping, you’ll want to eat well for “Energy In.” This includes snacks. A portable snack—that means one you easily can bring with you outdoors, camping or on a hike—is trail mix. You wouldn’t want to take food that could “go bad” or needs refrigeration.*
- *Which is why trail mix works—it’s easy to carry, stays fresh, and gives you a good energy boost*
- *Trail mix can be made with lots of different ingredients. It’s up to what you like. You’ll make your own today!*
- *Pick what you want and fill your bag. Then seal your bag.*

[When girls are done...]

- *Do you have a name for your trail mix?*
- *What kind of ingredients did you mostly use? Did you use more than two ingredients?*
- *How do you think you would get an energy boost with this snack while you’re out on a trail?*
- *What’s another important thing to put in your body when you’re active outdoors?*
[Answer: water.]

Activity 5: Smoothie Taste Buds**Time Allotment**

15 minutes

Snacks [Meeting 2]

Materials

- Various fruits (Can also use frozen fruits like strawberries and blueberries)
- Ice
- Orange juice
- Apple juice
- Plain or vanilla yogurt
- Blender
- Small cups
- Index cards
- Pens and pencils
- Blender (and place to wash it between sampling)

Steps

Make 2-3 different smoothies that the girls can sample. Let them direct the ingredients, but for at least one, add something unexpected like the avocado or spinach.

SAY:

- *It might seem crazy, but some of the healthiest snacks are the ones you drink. Smoothies are a good example of that.*
- *The fun of a smoothie is that you can pick what goes in it. Let's make some, but with different ingredients and try how it tastes.*

[Have girls suggest ingredients for the first smoothie. Blend it, then pass out small taste cups.]

- *Does the taste surprise you at all?*
- *Do you taste all the ingredients?*
- *For smoothie #2, let's try some different ingredients, including....[spinach or avocado]. [Create it and pass out small samples to everyone.]*
- *How does this one compare to the first one?*
- *Do you taste the [spinach or avocado]?*
- *Let's make one more and try a different combination. [Create it and pass out small samples to everyone.]*
- *What was everyone's favorite smoothie? Let's vote!*
- *If you want, write down the ingredients for the smoothie you like and ask your parents if you can make one at home.*

Activity 6: Juice Bar — Inside Option**Time Allotment**

15 minutes

Snacks [Meeting 2]

Materials

- Various juices including apple, orange, cranberry, grape, and sparkling water
- Ice
- Small cups
- Index cards
- Pens and pencils

Steps

Girls will get into teams of 2-3 and create their own signature juice. They should also come up with a name for it.

SAY:

- *Remember we were talking about how you can get energy from smoothies? You can also get lots of vitamins and energy from juice.*
- *Work with your team to come up with a new kind of juice blend. Experiment with flavors, and then when you find the recipe you like, keep that one. Make sure to write down the ingredients of what you put in your juice.*

Activity 6: Juice Bar with a Twist — *Get Girls Outside!***Time Allotment**

15 minutes

Materials

- Various juices: apple, orange, cranberry, grape
- Sparkling water
- Ice
- Small cups
- Index cards
- Pencils
- Music (optional)

Steps

Girls break into teams of 2-3 and create their signature juice and dance. Each group writes their final ingredients down on a card and name their juice. Then they create a “juice dance” to do before they share their special juice with the group.

SAY:

- *It's not just food where you can get energy and vitamins, you can also get them from drinking juice.*
- *First you'll break into teams and create you own juice blend. Explore flavors and find a recipe you like.*

Snacks [Meeting 2]

- *Write down the ingredients of what you put in your juice.*
- *When you finish making your juice, show us some of your energy by coming up with a juice dance! When you present your juice to the group, do your juice dance first.*

[When girls have finished their games, SAY:]

- *Did your juice recipe come out the first try? If not, what did you do?*
- *Why do you think your juice is special? What made it taste good?*
- *Was it harder coming up with a juice recipe or a dance?*
- *If you wanted to do something different with your juice, like add an ingredient that wasn't available, or something you would change, what would it be?*

Activity 7: Let's Snack!

Time Allotment

15 minutes

Materials

- Sweet skewers (from Activity 3)
- Trail mix baggies (from Activity 4)
- Juices (from Activity 6)

Steps

Girls talk about making snacks while eating their snacks.

SAY:

[While girls are eating...]

- *How hard was it to make these snacks?*
 - *If you have a friend over, what kind of snack would you make together?*
 - *If you could invent a snack, what would be in it?*
 - *If you were going to combine something sweet and savory, what would it be?*
- [Ideas: Honey roasted peanuts. Saltine crackers with jelly. Graham crackers with peanut butter. Kettle or caramel popcorn. Chocolate pretzels.]

Activity 8: Closing Ceremony

Time Allotment

5 minutes

Materials

- Snacks badges, one for each girl

Snacks [Meeting 2]

Steps

Girls form a friendship circle and sing a song. Hand out Snacks badges to each girl.

SAY:

- *After today, I think you all are ready to start making snacks.*
- *What can you do with snacks?*
- *Prepare one with a friend at home.*
- *Eat one every day for energy.*
- *Make fun snacks for parties or celebrations.*
- *Blend a smoothie for a snack.*
- *Teach a younger girl how to make a healthy snack.*
- *Invent new snack recipes.*

[After you hand out Snacks badges]

- *Congratulations! Now you're ready to have fun making snacks for yourself, your friend, and your family!*

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