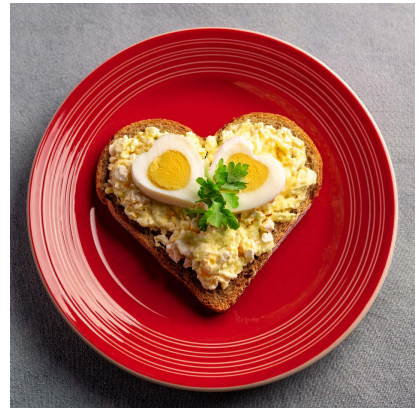


# Snackin' Healthy

## Member's Packet Part #2 (Vegetables, Protein Foods, & Pizza)



18 U.S.C. 707



# Snackin' Healthy Member's Packet

**T**his material was written by Christine Nelson, Ph.D., Assistant Professor and Extension Specialist, Department of Family and Child Ecology, and Patricia A. Hammerschmidt, Extension Associate, Food and Nutrition, 4-H Youth Programs, with assistance from Ruth L. Eggert, Program Leader, 4-H Youth Programs, Michigan State University.

Special appreciation is extended to the Michigan 4-H volunteer leaders, staff and members, and the elementary school teachers who helped by reviewing and piloting this material.

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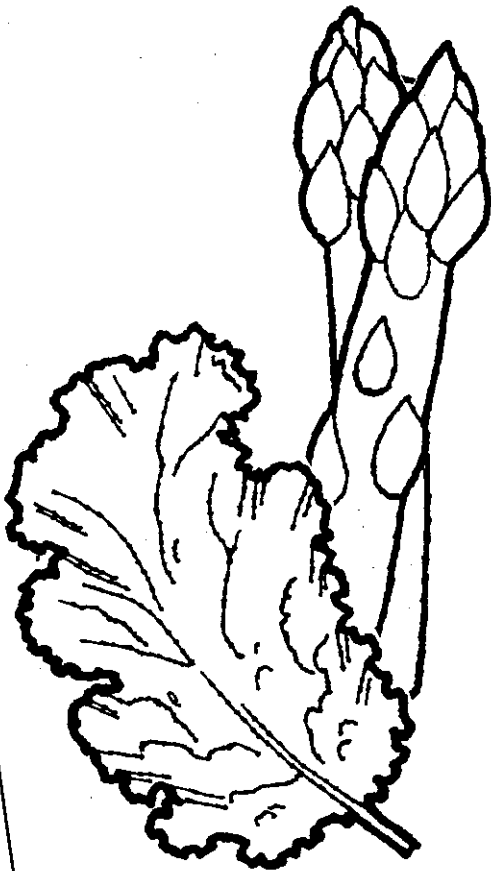
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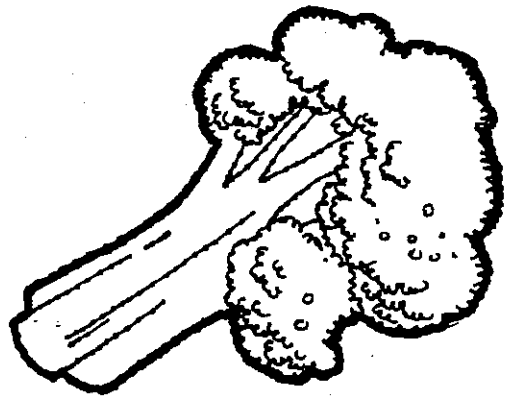
## What Children Need to Know About Vegetables

- Potatoes, carrots, spinach, broccoli, green beans, corn, peas and asparagus are some vegetables.
- Vegetables help build healthy bodies.
- Many vegetables contain vitamin A.
- Vitamin A is a nutrient which helps us see in dim light and which keeps the mouth and throat healthy.
- We need to eat vegetables every day.



## Helping Children Learn About Vegetables

- Cook fresh vegetables and compare them with uncooked vegetables. Talk about taste and texture.
- Cut off beet or carrot tops and place them in a shallow bowl of crushed stones covered with water. Watch them grow.
- Cut off the top third of a sweet potato. Set it in water and watch it sprout.
- Take a trip to a garden or farm to see vegetables growing and being harvested.
- Visit a farmer's market to see the variety of vegetables available at different times of the year.
- Try a new raw vegetable like sweet potatoes, broccoli, kohlrabi, green pepper or zucchini.
- Allow your child to try to peel carrots or potatoes.
- Make a game of thinking of how many ways potatoes can be served.





# Crunchy Munchies

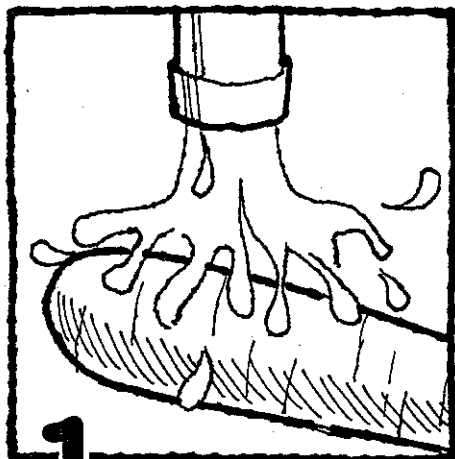
Crunchy Munchies are good for you! They will give you vitamin A to help you see in dim light and keep your mouth and throat healthy. They will also give you vitamin C to help cuts and bruises heal.

## You need:

- ☐ Assorted vegetables such as celery, cauliflower, cucumbers, zucchini, green peppers, broccoli or carrots

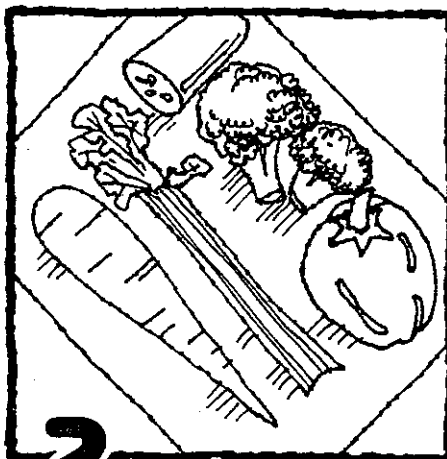
## Equipment:

- ☐ paper towels
- ☐ vegetable peeler
- ☐ knife
- ☐ cutting board
- ☐ fork
- ☐ serving tray



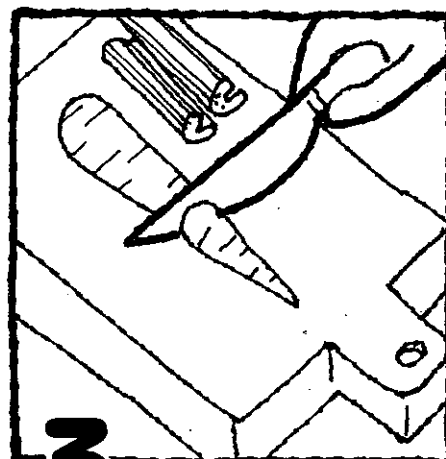
**1.**

Rinse the vegetables in cold water.



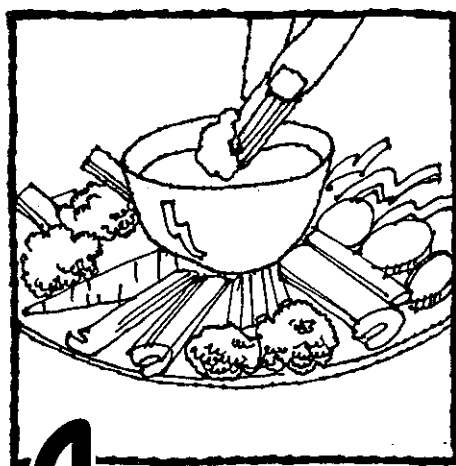
**2.**

Drain on paper towels.



**3.**

Prepare vegetables for serving. Have an adult help you use a knife. Be sure to use a cutting board too. Turn this sheet over to find out how to prepare different kinds of vegetables.



**4.**

Put the prepared vegetables on a serving tray. Serve with Delightful Dip.



## Be Safe!

Wash knives separately from other dishes so you do not accidentally cut yourself.

## Skills to Use:

Wash vegetables  
Peel vegetables  
Slice vegetables

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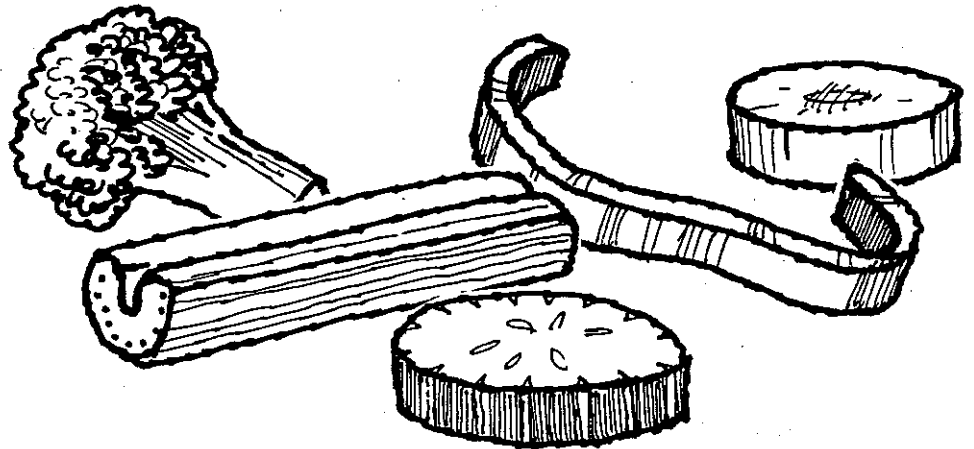


- Cut celery into 3-inch pieces.
- Break cauliflower into bite-sized pieces.
- To make fancy cucumber slices, cut a small slice off both ends of the cucumber. Throw away the end slices. Run a fork down the cucumber from end to end and press hard enough to break the skin. Make this design all the way around the

cucumber. Cut the cucumber into thin slices. You can also do this with zucchini.

- Remove the stem and seeds from the green pepper. Cut the green pepper into slices.
- Break the broccoli into bite-sized pieces.
- Peel the carrots. Cut into "coins" or use a vegetable peeler to make carrot curls.

**Note to parents:** This may be your child's first try at using a sharp knife to cut. Be sure to supervise carefully. Carrots may be especially difficult for your child to cut. You can show your child how to use a vegetable peeler to peel the carrots by scraping away from his or her hand, but you may have to do the cutting.





# Cabbage and Carrot Salad

(makes 11 servings, ½ cup each)

Cabbage and Carrot Salad is good for you! It will give you vitamin A to help you see in dim light and keep your mouth and throat healthy. It will also give you vitamin C to help cuts and bruises heal.

## You need:

- ☐ ½ head medium-sized cabbage
- ☐ 2 carrots
- ☐ ½ green pepper
- ☐ ¼ onion
- ☐ ¼ teaspoon salt
- ☐ ¾ cup mayonnaise or salad dressing

## Equipment:

- ☐ paper towel
- ☐ knife
- ☐ cutting board
- ☐ medium-sized bowl
- ☐ vegetable peeler
- ☐ grater
- ☐ measuring spoons
- ☐ measuring cups—dry
- ☐ spoon for stirring

**1.** Remove the outer leaves of the cabbage. Rinse the cabbage and let the water drain off it on a paper towel for a few minutes.

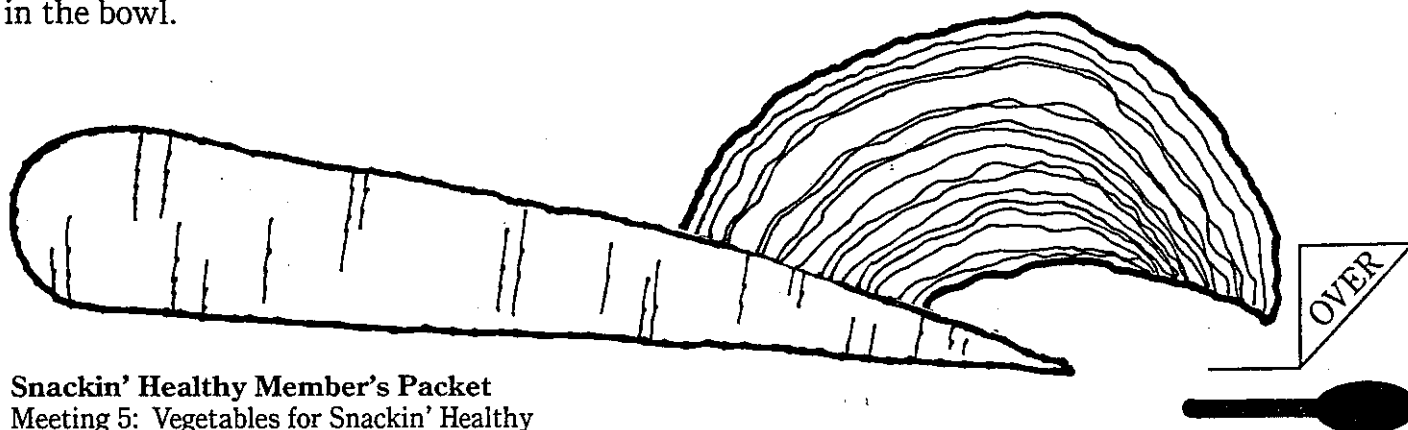
**2.** Cut the half-head of cabbage into four pieces. Firm cabbages are hard to cut. Have an adult help you. Cut out the core section from each piece and throw it away.

**3.** Chop the cabbage pieces using the knife and cutting board. Put the chopped cabbage in the bowl.

**4.** Peel the carrots with the vegetable peeler. Always scrape away from you. Rinse the carrots and cut off a small part of each end.

**5.** Shred the carrots using the grater. Be careful when using the grater so you don't cut your fingers. Stop when you have a 1-inch piece of carrot left. It's hard to grate a small piece. Carefully chop this piece with a knife.

**6.** Add the grated carrots to the bowl.



**7.** Wash the green pepper and remove the seeds. Cut it into small pieces and add them to the bowl.

**8.** Peel, rinse and finely chop the onion. Add it to the bowl.

**9.** Lightly mix the vegetables in the bowl.

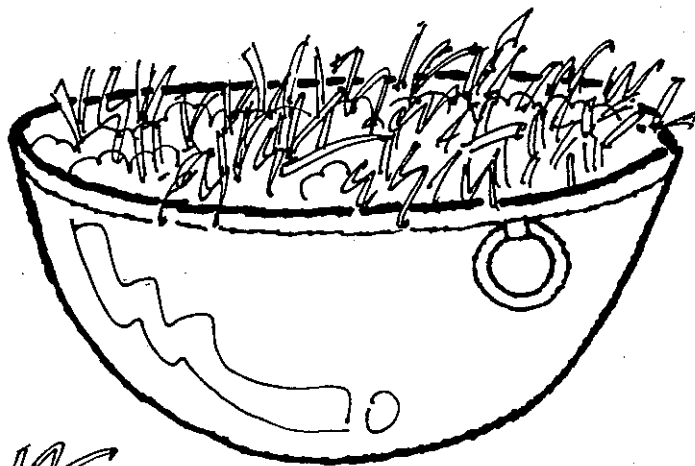
**10.** Add the salt and mayonnaise. Mix well and serve.

**Tip:**

It helps to clean up dishes and messes as you go along. This makes clean-up at the end much quicker!

**Skills to Use:**

Wash vegetables  
Cut  
Chop  
Grate  
Peel  
Measure solids  
Mix



*Handwritten signature or initials.*



# Delightful Dip

(makes 1¼ cups)

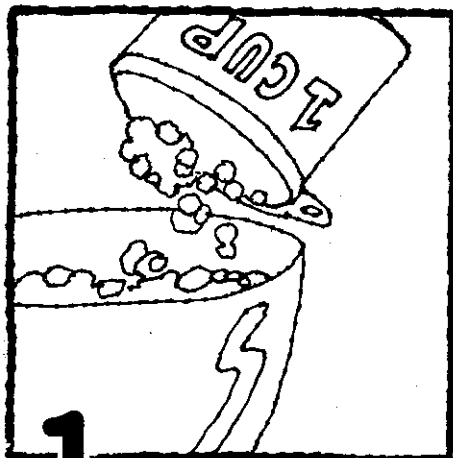
Delightful Dip is good for you. It will give you calcium for strong bones and teeth. It will give you other nutrients too.

## You need:

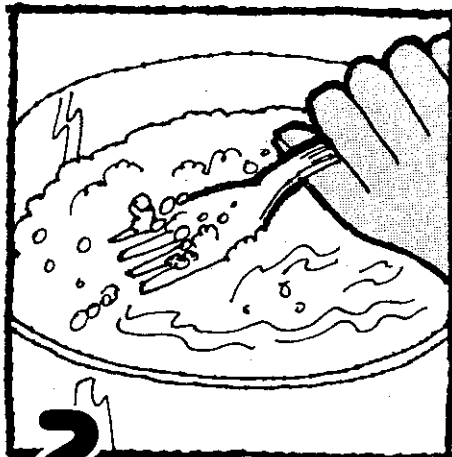
- ☐ 1 cup cream-style cottage cheese
- ☐ ¼ cup mayonnaise
- ☐ 2 tablespoons milk
- ☐ 1 teaspoon dried dill weed
- ☐ 1 teaspoon minced dried onion

## Equipment:

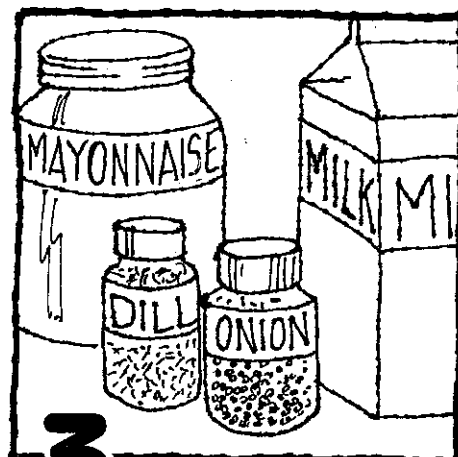
- ☐ measuring cups—dry
- ☐ small bowl
- ☐ fork
- ☐ measuring spoons
- ☐ spoon for stirring



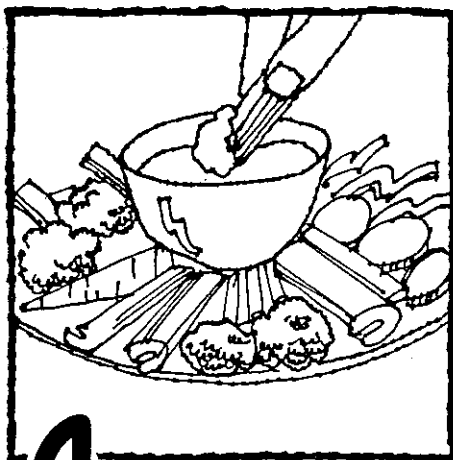
**1.** Put the cottage cheese in the bowl.



**2.** Mash it with a fork until it is fairly smooth.



**3.** Add the mayonnaise, milk, dill weed and dried onion. Stir. (**Hint:** Use a blender to make a smoother dip.)



**4.** Serve with fresh Crunchy Munchy vegetable dippers.



## Be Safe!

If you use a blender, be sure to keep the blender cord away from water when it is plugged in. This is true for all electric appliances such as toasters and mixers.

## Skills to Use:

Measure  
Mash or blend  
Mix



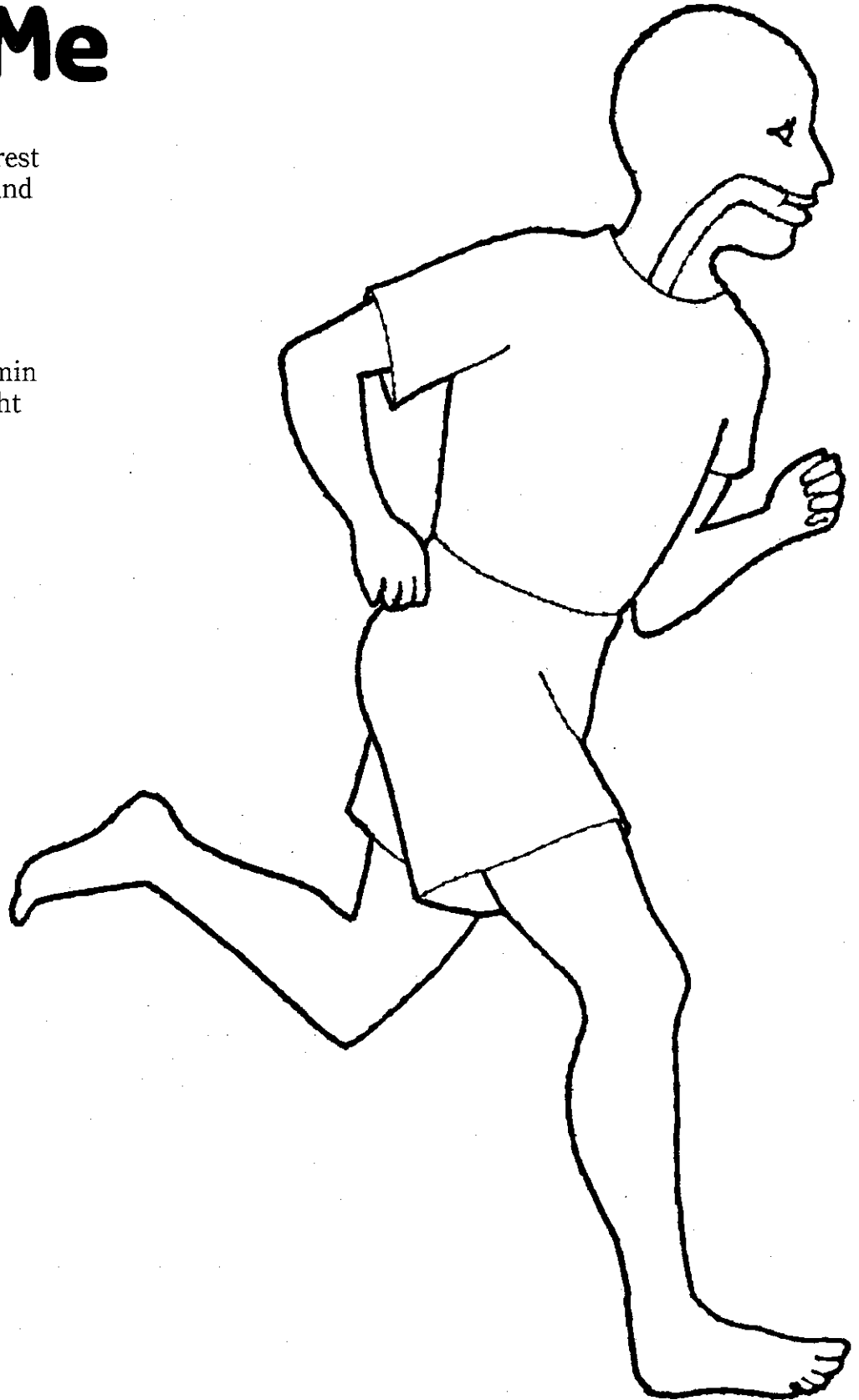


Name \_\_\_\_\_

# About Me

Draw in a face and hair to look like you and color the rest of the picture. Then draw and color some of your favorite vegetables.

Many vegetables have vitamin A to help you see in dim light and keep your mouth and throat healthy!

































Name \_\_\_\_\_

# My Thoughts and Feelings

## Meeting 5: Vegetables for Snackin' Healthy

We did these things:	I felt like this:
 About Me	  
 Cooking	  
 Singing	  
 Action Games	  
 Arts and Crafts	  
 Card Games	  
 Reading	  
This is how I felt about the whole meeting:	



## Dear parent:

This week your child learned important information about protein foods and how they help make bodies healthy (see "What Children Need to Know About Protein Foods"). The group made a protein snack and did other activities to help them learn about protein foods.

You can help your child remember this information by helping him or her fix one of the snack recipes or by doing some of the things listed under "Helping Children Learn About Protein Foods."

As you cook, work and play with your child, help him or her express feelings about what is happening—the positive and the negative. Help your child know and say when he or she is feeling happy, sad, disappointed, frustrated, proud, angry, alone, excited, tense and all those other emotions that children (as well as adults) feel. When we know and can talk about our feelings, we usually feel better about ourselves and life in general.

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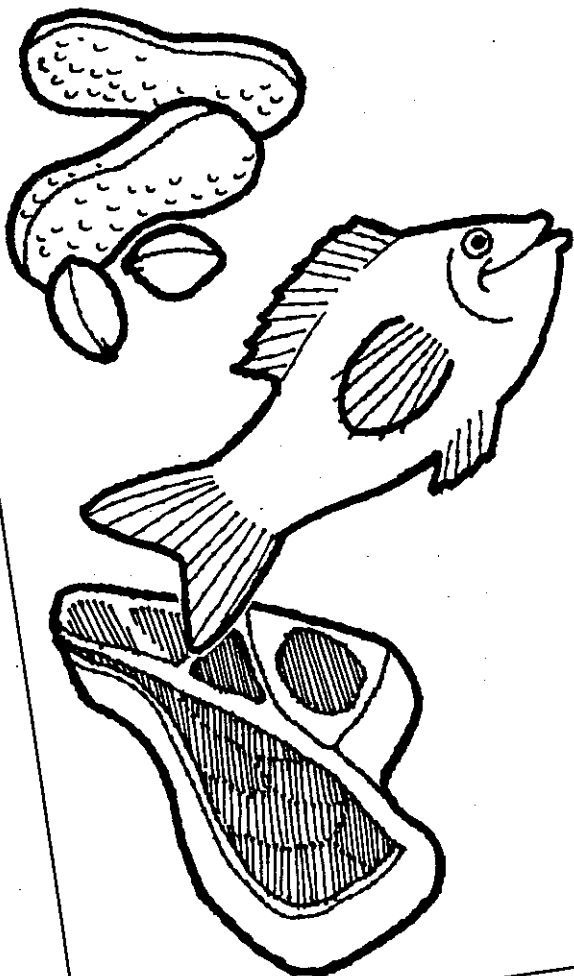
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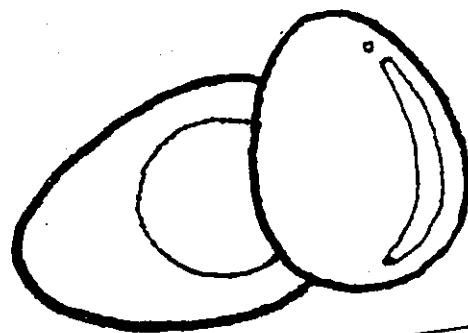
## What Children Need to Know About Protein Foods

- Meat, fish, chicken, beans, eggs, peanut butter and nuts are protein foods.
- Protein foods help build healthy bodies.
- Protein foods have protein.
- Protein is a nutrient which helps us grow and which builds strong muscles.
- We need to eat protein foods every day.



## Helping Children Learn About Protein Foods

- Buy brown eggs to use and show children that they are just the same on the inside as white eggs. Explain that the nutritional value is the same too. Some kinds of chickens lay brown eggs; some lay white eggs.
- Visit a meat or fish market. Talk about the different kinds of meat you can buy and the animal the meat comes from.
- Have a nut tasting party.
- Visit the grocery store to look at the different types of dried beans and peas (navy, kidney, pinto, split peas, black-eyed peas, lentils).
- Make a picture collage using different types of bean seeds, peas, lentils, etc.





# Your Own Peanut Butter

(makes  $\frac{1}{4}$  cup)

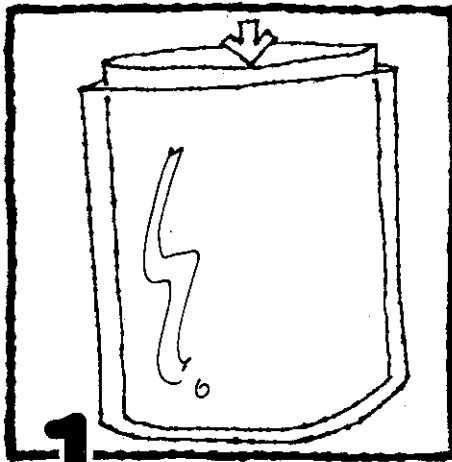
This peanut butter will give you protein to help you grow and build strong muscles. It will give you other nutrients too.

## You need:

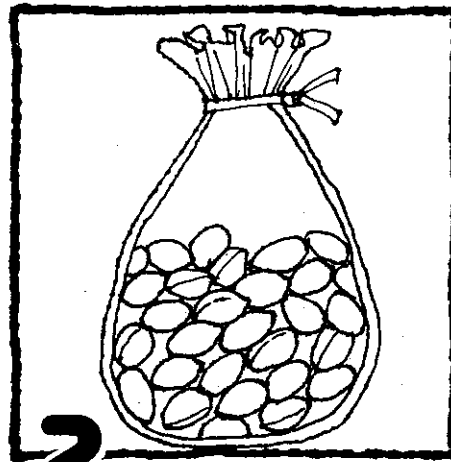
- ☐  $\frac{1}{2}$  cup shelled peanuts (unsalted, **not** dry roasted)

## Equipment:

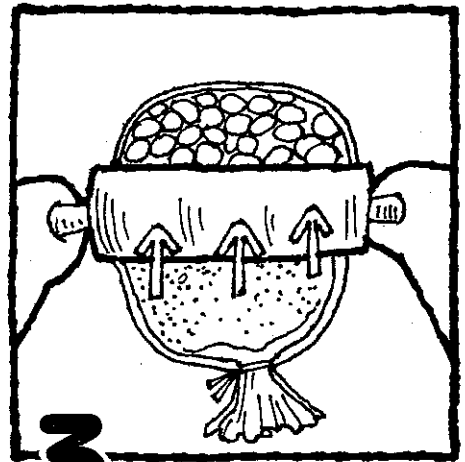
- ☐ 2 plastic bags (gallon size)
- ☐ rolling pin
- ☐ table knife or spoon



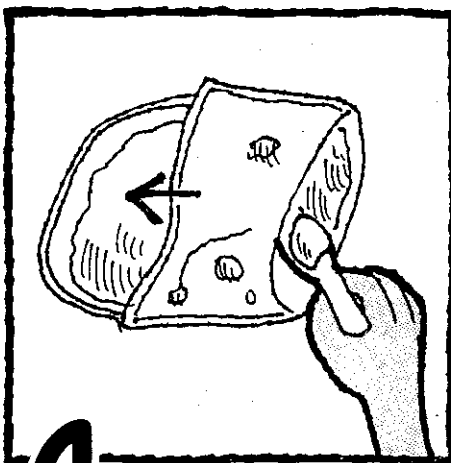
**1.** Put one plastic bag inside the other.



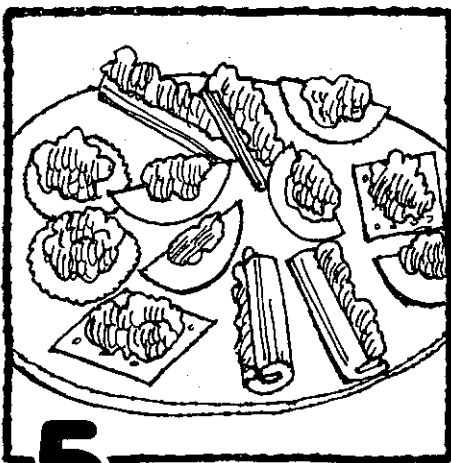
**2.** Next put the peanuts in the doubled plastic bag and close the bag.



**3.** Roll the rolling pin on the peanuts and push down as hard as possible. Shake the bag once in a while to make sure all the peanuts get crushed. The nut pieces will begin to stick together. The smaller the nut pieces get, the better the peanut butter will be.



**4.** Turn the bags inside out and remove the peanut butter by scraping it out with a table knife or spoon.



**5.** Enjoy on crackers, bread, celery or apple pieces.



## Be Safe!

Clean up any spills on the floor right away so you won't slip and fall.

## Skills to Use:

Measure solids  
Use a rolling pin





# Fancy Egg Salad Sandwiches

(makes 8 sandwiches)

Fancy Egg Salad Sandwiches are good for you! They will give you protein to help you grow and build strong muscles and carbohydrates for energy. They will give you other nutrients too.

## You need:

- ☐ 6 **hard-cooked** eggs
- ☐  $\frac{1}{3}$  cup mayonnaise or salad dressing
- ☐ 2 tablespoons sweet pickle relish
- ☐  $\frac{1}{4}$  teaspoon salt
- ☐ 16 slices bread

## Equipment:

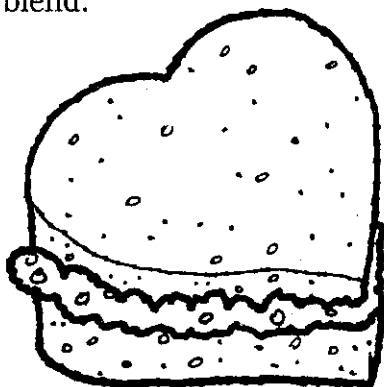
- ☐ medium-sized bowl
- ☐ fork, potato masher or pastry blender
- ☐ measuring cups—dry
- ☐ measuring spoons
- ☐ spoon for stirring
- ☐ large cookie cutters
- ☐ table knife

**1.** Remove the shells from the hard-cooked eggs by tapping lightly to crack the shell. Roll each egg between your hands to loosen the shell, then peel off the shells.

**2.** Put the shelled eggs into the bowl.

**3.** Mash the eggs with the fork, potato masher or pastry blender until they are in small pieces.

**4.** Add the mayonnaise, pickle relish and salt to the eggs. Stir to blend.



**5.** Use a large cookie cutter to cut shapes from the bread. (The extra bits of bread can be saved to use for bread crumbs in another recipe.)

**6.** Spread half the shapes with the egg salad. Top them with the remaining bread shapes to make fancy egg salad sandwiches.

## Tip:

It's easy to make hard-cooked eggs. You need to:

- Cover the eggs with water in a saucepan.
- Heat just until the water boils.
- Remove the pan from the heat and cover with a lid.
- Let the pan stand for 18 minutes.
- Carefully pour off the warm water and thoroughly cool the eggs in cold running water.

The eggs are now ready to shell and eat or use in your favorite recipe.

## Skills to Use:

Shell eggs  
Measure solids  
Mash  
Use cookie cutters  
Spread





Name \_\_\_\_\_

# About Me

Draw in a face and hair to look like you and color the rest of the picture. Then draw and color some of your favorite protein foods.

Protein foods will help you grow and build strong muscles!

































Name \_\_\_\_\_

# My Thoughts and Feelings

## Meeting 6: Protein Foods for Snackin' Healthy

We did these things:	I felt like this:
 About Me	  
 Cooking	  
 Singing	  
 Action Games	  
 Arts and Crafts	  
 Card Games	  
 Reading	  
This is how I felt about the whole meeting:	



## Dear parent:

This week was our last 4-H Snackin' Healthy project meeting. We used foods from all food types to make our pizzas. We talked about the need to eat foods from each type of food every day (see "What Children Need to Know").

You can help your child remember this information by helping him or her do one of the things listed under "Helping Your Child Make Healthy Choices." You can also play the Snackin' Healthy game that is on the cover of your child's packet. This game was designed especially for young children to play with a parent, another adult or an older child.

Your child learned many things about food and nutrition during the past seven meetings. Foods that are healthy snack choices were prepared. Snacks are important for growing children. Studies show that snacks provide 25 to 34 percent of the calories needed daily for many children. The **quality** of the snacks children eat is very important.

Many snack choices such as candies, cookies, soft drinks and chips are high in sugar or salt with few nutrients. These foods are okay to eat once in a while but should not be eaten regularly. School-age children often choose their own snacks. With your encouragement, these choices can be foods that are high in nutrients instead of sugar, fat and salt. Provide fruits, crisp raw vegetables, milk, yogurt, lean meats and whole grains for your child's snack selection.

We hope that you've enjoyed the parent letters and that you will keep working with 4-H Youth Programs to help create happy, healthy children!

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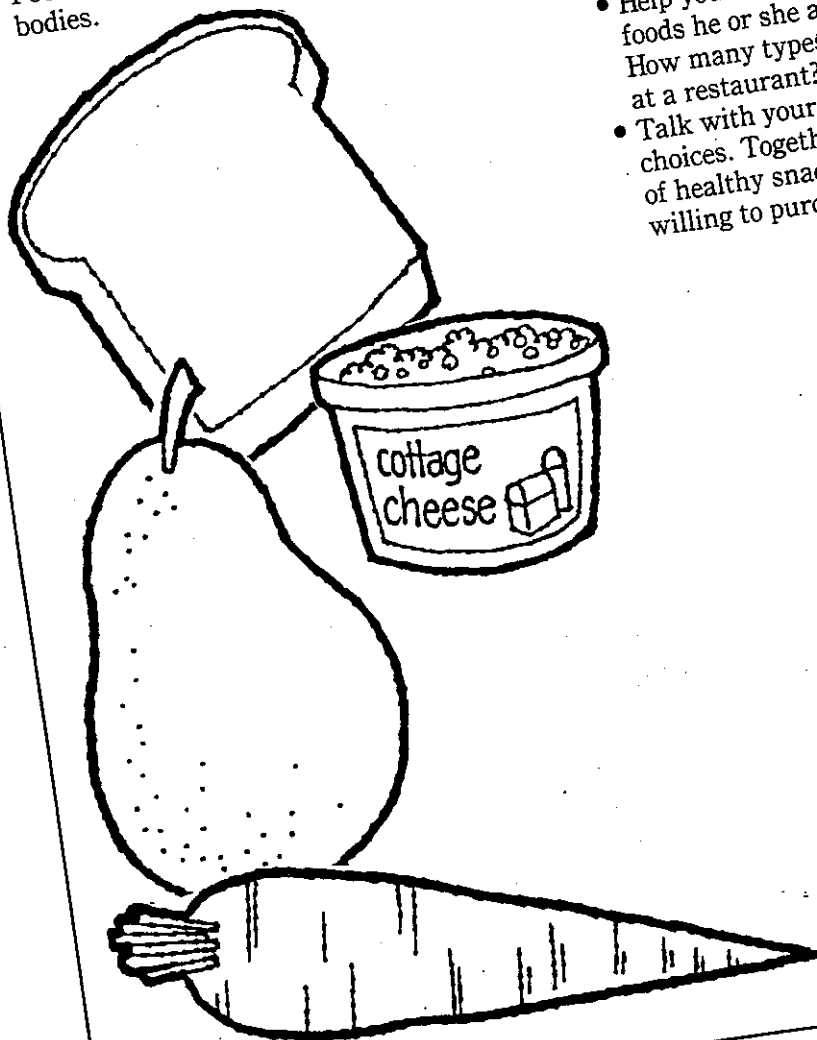
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## What Children Need to Know

- We should try to eat many different kinds of foods every day.
- Many kinds of foods are needed for growth, health and energy.
- Some foods have more nutrients than others. Foods with more nutrients help build healthy bodies.



## Helping Children Make Healthy Food Choices

- Have your child help plan a meal for your family that includes one food from each of the different types of foods (milk foods, grains, fruits, vegetables and protein foods).
- Help your child write down everything that he or she ate today. Talk about which foods were most healthy and which were least healthy.
- Help your child count how many types of foods he or she ate at breakfast or lunch. How many types of foods did your child eat at a restaurant?
- Talk with your child about healthy snack choices. Together make a word or picture list of healthy snacks you have at home or are willing to purchase.





# Quick and Easy Pizza

(makes 1 serving)

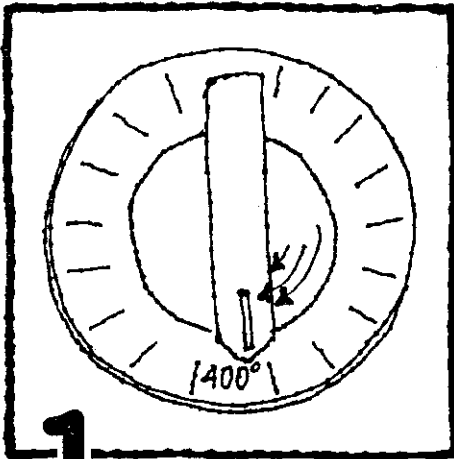
This pizza is good for you. It will give you calcium for strong bones and teeth, protein to help you grow and build strong muscles, and carbohydrates for energy. The tomato sauce and green pepper have vitamins A and C. Vitamin A will help you see in dim light and keep your mouth and throat healthy. Vitamin C will help cuts and bruises heal.

## You need:

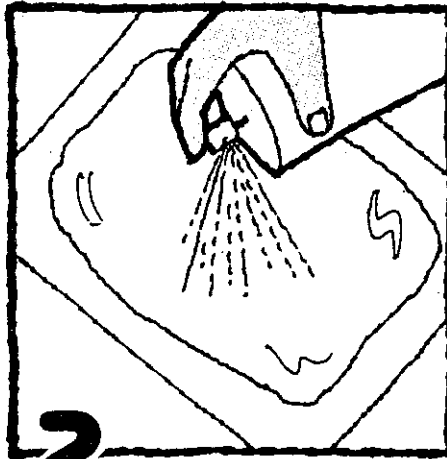
- ☐ shortening or cooking spray
- ☐ 1 teaspoon flour
- ☐ 1 refrigerated biscuit
- ☐ 1 tablespoon tomato sauce or pizza sauce
- ☐ 2 tablespoons chopped green pepper
- ☐ 2 tablespoons chopped pepperoni
- ☐ 2 tablespoons mozzarella cheese, grated

## Equipment:

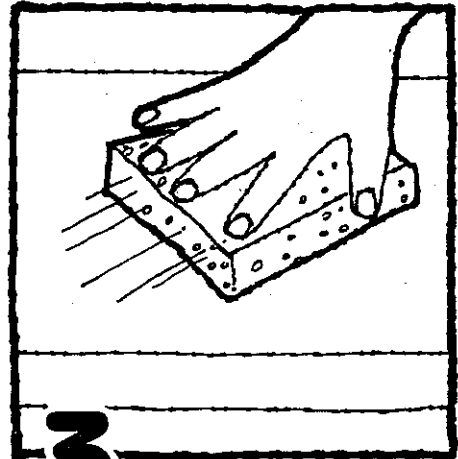
- ☐ cookie sheet
- ☐ waxed paper
- ☐ measuring spoons
- ☐ can opener
- ☐ pot holders
- ☐ hot pad or cooling rack



**1.** Preheat the oven to 400° F.



**2.** Lightly grease the cookie sheet with the shortening or cooking spray.



**3.** Put a piece of waxed paper on a lightly wetted countertop (this will keep the waxed paper from sliding).



## Be Safe!

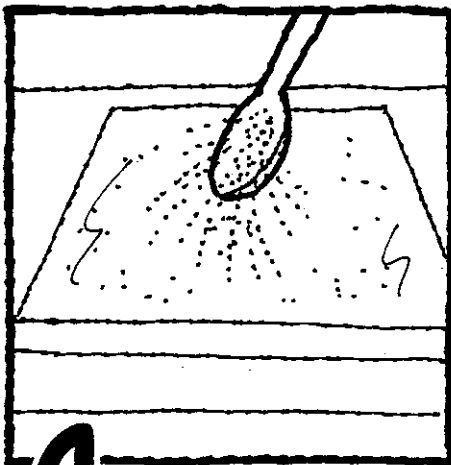
Use pot holders and set the hot cookie sheet on a hot pad, cooling rack or other surface that won't be hurt by heat.

## Skills to Use:

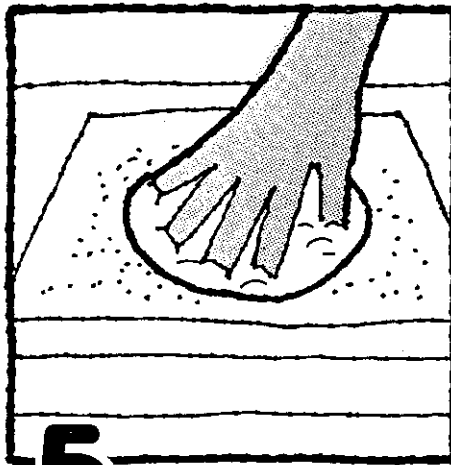
Preheat oven  
Pat and shape dough  
Spread  
Measure solids  
Use an oven  
Monitor baking time

OVER

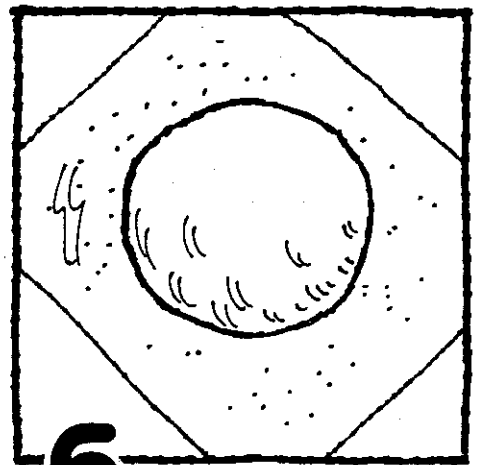




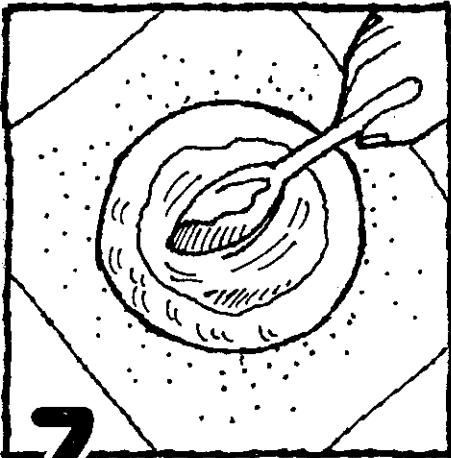
**4.** Sprinkle 1 teaspoon of flour on the waxed paper.



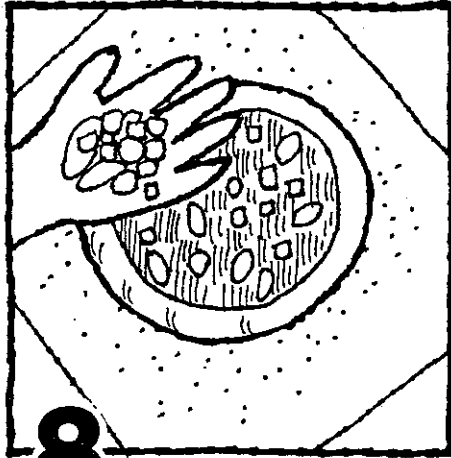
**5.** Put the biscuit on the floured waxed paper. Pat it into a 4-inch circle.



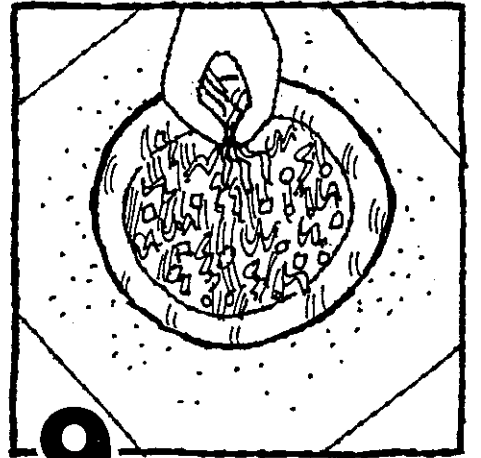
**6.** Place the biscuit on the greased cookie sheet.



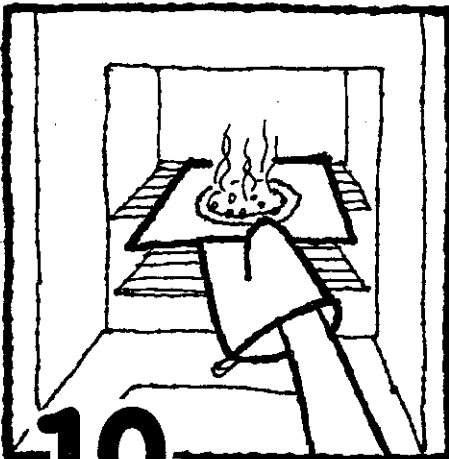
**7.** Spread the biscuit with tomato or pizza sauce.



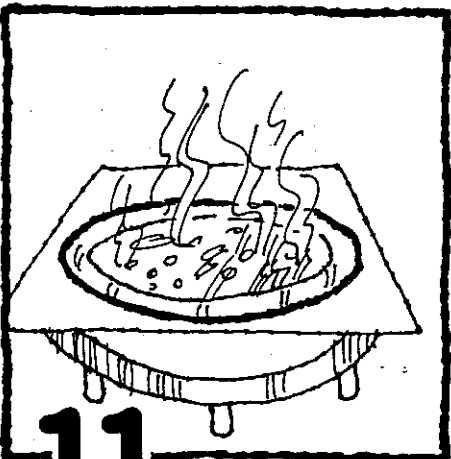
**8.** Add the chopped green pepper and pepperoni.



**9.** Sprinkle the cheese on top.



**10.** Bake in the oven for 8 minutes or until the crust is nicely browned. Be sure to use pot holders to remove the cookie sheet from the oven.



**11.** Let cool a few minutes before eating.



# Make-Your-Own Pizza

(makes 1 serving)

This pizza is good for you. It will give you calcium for strong bones and teeth, protein to help you grow and build strong muscles, and carbohydrates for energy. The tomato sauce and green peppers have vitamins A and C. Vitamin A will help you see in dim light and keep your mouth and throat healthy. Vitamin C will help cuts and bruises heal.

## You need:

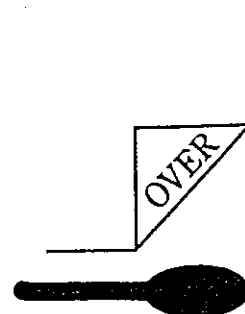
- ☐ shortening or cooking spray
- ☐  $\frac{1}{3}$  cup flour
- ☐  $\frac{1}{2}$  teaspoon baking powder
- ☐ 2 teaspoons nonfat dry milk powder
- ☐  $\frac{1}{8}$  teaspoon salt
- ☐ 1 tablespoon oil
- ☐ 2 tablespoons water
- ☐ 1 teaspoon flour
- ☐ 1 tablespoon tomato sauce or pizza sauce
- ☐ 2 tablespoons chopped green pepper
- ☐ 2 tablespoons chopped pepperoni
- ☐ 2 tablespoons mozzarella cheese, grated

## Equipment:

- ☐ cookie sheet
- ☐ measuring cups—dry
- ☐ measuring spoons
- ☐ 2 small bowls
- ☐ spoons for mixing
- ☐ waxed paper
- ☐ can opener
- ☐ pot holders
- ☐ hot pad or cooling rack

1. Preheat the oven to 400° F.
2. Lightly grease the cookie sheet with the shortening or cooking spray.
3. Put the flour, baking powder, nonfat dry milk powder and salt in a small bowl. Stir to mix. Set the bowl aside.
4. Mix the oil and water in the other small bowl.

5. Pour the oil and water mixture into the bowl with the flour mixture. Stir to make the pizza dough.
6. Put a piece of waxed paper on a lightly wetted countertop (this will keep the waxed paper from sliding).
7. Sprinkle 1 teaspoon of flour on the waxed paper.
8. Put the pizza dough on the floured waxed paper. Pat it into a circle about 5 inches across.



**9.** Place the pizza dough on the greased cookie sheet.

**10.** Spread the tomato or pizza sauce on the dough.

**11.** Put the green pepper and pepperoni on top of the sauce.

**12.** Sprinkle cheese on the top.

**13.** Bake for 8 to 10 minutes, until the crust is nicely browned. Be sure to use pot holders to remove the cookie sheet from the oven.

**14.** Let cool a few minutes before eating.



**Be Safe!**

Use pot holders and set the hot cookie sheet on a hot pad, cooling rack or other surface that won't be hurt by heat.

**Skills to Use:**

Preheat oven

Measure solids and liquids

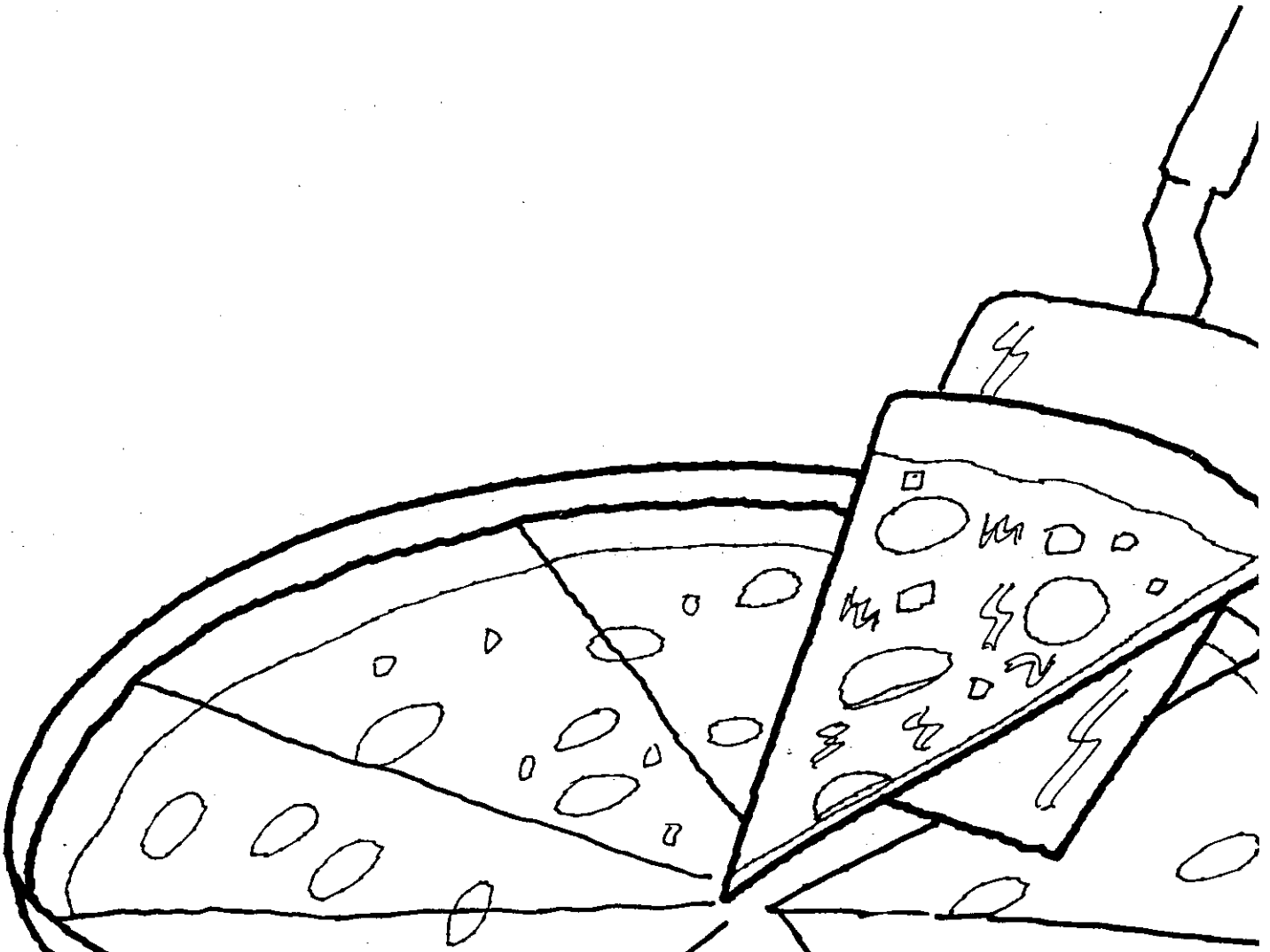
Mix

Pat and shape dough

Spread

Use an oven

Monitor baking time



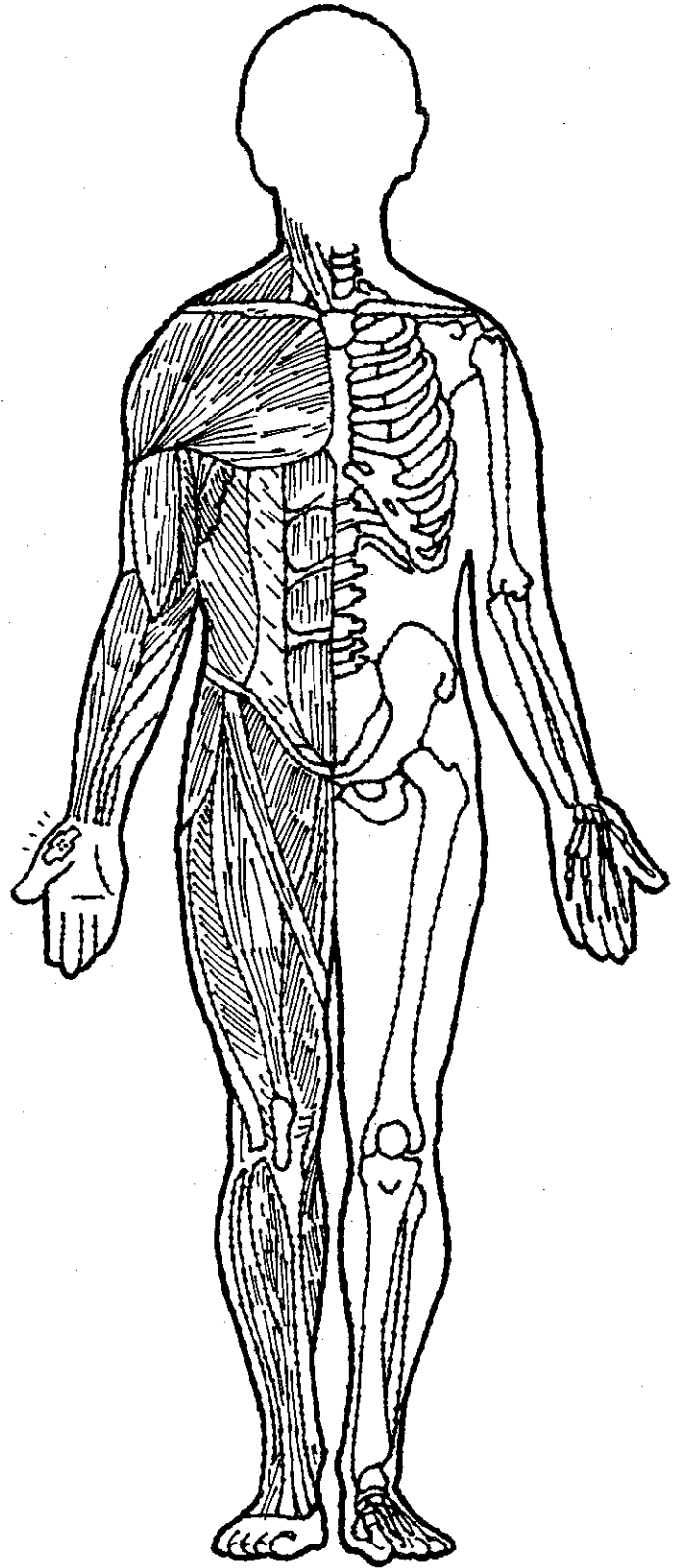


Name \_\_\_\_\_

# About Me

Draw in a face and hair to look like you and color the rest of the picture. Then draw and color your favorite foods. Draw at least one milk food, one grain, one fruit, one vegetable and one protein food.

Many kinds of foods are needed for growth, health and energy.

































Name \_\_\_\_\_

# My Thoughts and Feelings

## Meeting 7: Putting It All Together

We did these things:	I felt like this:
 About Me	  
 Cooking	  
 Singing	  
 Action Games	  
 Arts and Crafts	  
 Card Games	  
 Reading	  
This is how I felt about the whole meeting:	



# Snackin' Healthy

## Game Directions

Play the Snackin' Healthy game and show off what you know about food! The game is designed for two to four players and can be played at three levels. Each level is harder than the one before it. Begin with Level 1 the first time you play the game. Invite an adult, an older brother or sister or a friend to play with you.

### You need:

- ☐ The Snackin' Healthy game board (This is found on the outside of your **Snackin' Healthy Member's Packet**.)
- ☐ 14 game cards (Cut these from the inside flaps of your folder.)
- ☐ One game marker for each player (Cut these from the inside flaps of your folder.)

### LEVEL 1: Find the Food!

Each player should select a marker (choose from the broccoli, cheese, peanut, roll or strawberry). One player should shuffle the cards and place them on the game board. The youngest player should go first, followed by the next youngest up to the oldest.

The goal of the game is for all players to cross the finish line. Players advance by drawing a card from the card pile and doing what the card says. For example, if the first player draws a "Go to the next fruit" card, he or she moves the marker to the first fruit on the path. If the player draws a card that says to move back 2 spaces, he or she must move the marker back 2 spaces. The other players then take their turns. The game is over when all the players cross the finish line.

### LEVEL 2: What Does This Food Do?

This is played like Level 1, except that **each player must tell how each food they land on is good for the body**. The players can check the back of this sheet to make sure the answers are correct. If an answer is correct, the player stays on the square and the next player takes a turn. If an answer is incorrect, the player must go back one space or to "Start" (whichever comes first). If a player draws a card that says "Go ahead" or "Go back" one or two spaces, that player must still tell how the food they land on is good for the body.

### LEVEL 3: What Nutrient Does This Food Have?

This is played like Level 2, except that **each player must give an example of a nutrient found in each of the foods he or she lands on**. The players can check the back of this sheet to make sure the answers are correct. If an answer is correct, the player stays on the square and the next player takes a turn. If an answer is incorrect, the player must go back one space or to "Start" (whichever comes first). If a player draws a card that says "Go ahead" or "Go back" one or two spaces, that player must still give an example of a nutrient found in the food he or she lands on.

**ANSWERS FOR LEVEL 1:**

**Milk Foods:** Chocolate milk, milk, yogurt, cottage cheese, cheese, pudding, American cheese

**Grains:** Pasta, crackers, bread, pancakes and waffles, taco shell, rice, cereal

**Fruits:** Apple, orange, strawberry, banana, grapes, pear, peach

**Vegetables:** Peas, broccoli, spinach, corn, green beans, carrot

**Protein Foods:** Chicken, pork chop, fish, tuna fish, beans, peanuts, eggs

**ANSWERS FOR LEVEL 2:**

**Milk Foods:** Milk foods help to build strong bones and teeth.

**Grains:** Grains give us energy to work and play.

**Fruits:** Fruits help cuts and bruises heal.

**Vegetables:** Vegetables keep our mouth and throat healthy and help us see in dim light.

**Protein Foods:** Protein foods help build strong muscles and help us grow.

**ANSWERS FOR LEVEL 3:**

**Milk Foods:** Calcium

**Grains:** Carbohydrates

**Fruits:** Vitamin C

**Vegetables:** Vitamin A

**Protein Foods:** Protein