

Fun Nutrition Snack Attack

Purpose:

- Practice preparing to cook, focusing on safety and cleanliness
- Prepare easy and nutritious snacks
- Demonstrate that food preparation is fun

Preparation:

Youth prepare for any foods activity by tying their hair back, rolling up their sleeves and washing their hands.

Activity 1: Quick Breakfast Snack

Supplies:

- Bowls, spreading knives, forks and spoons
- Bananas (2)
- 1 c. peanut butter
- Graham crackers
- Plastic bags

Directions: Mash bananas (approx. 1 cup) and mix bananas with peanut butter. Spread on graham crackers and make into a sandwich. Freeze. Use as a quick breakfast snack.

Makes enough for 3-4 youth. Have plastic bags available for youth to take home a snack.

Activity 2: Honey Milk Balls

(Do not give honey to children under 2 years old).

Supplies:

- Bowls, spatula, wax paper, liquid and dry measuring cups (1 cup and ½ cup), and plastic bags.
- ½ c. peanut butter
- 1 c. oatmeal
- ½ c. honey (use liquid measuring cup)
- 1 c. dry milk

Directions: Mix together well. Use hands and roll into balls. Place balls on wax paper. Makes enough for 4 – 6 youth depending on age. Have plastic bags available for youth to take home a snack.

Activity 3: Football Pudding

Supplies:

- Spoons, marking pens and liquid measuring cup
- Quart size resealable bags – 1/participant
- Gallon size resealable bags – 1 for every 2 participants
- Instant pudding - one package (3.4 oz.) for every 2 participants
- Milk - 2/3 cup for each participant (transport in insulated cooler with ice)

Directions: Each participant puts ½ the package of instant pudding in a quart size resealable bag. Add 2/3-cup milk and seal bag *well* and mark with their name. Two youth can place their *well-sealed* quart bags into a gallon bag and close. Toss to each other *gently* (best done outdoors) until pudding is ready to eat. Pass out spoons and participants can eat from plastic bags.



3 activities for youth grades K-6. Allow at least 60 minutes. Math Standard - Measuring.
Colorado State University Cooperative Extension 4-H Youth Development