

*Taken from the Volunteer Toolkit Badge Year for Brownies
Snacks 1*

Overview

Note to Volunteers

Check with parents about food allergies for girls.

Prepare Ahead

- Get your badges [here](#).
- 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

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.

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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

- 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 4: Face Full of Veggies

- 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 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)

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- 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.*

Activity 2: Opening Ceremony

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Time Allotment

10 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

Time Allotment

15 minutes

Materials

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- 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.

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?*

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Activity 4: Face Full of Veggies

Time Allotment

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.*

[Note to volunteer: 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 5: Pizzatastic Pinwheels

Time Allotment

15 minutes

Materials

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

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:

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- *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*

Activity 7: Recipe Roundup

Time Allotment

10 minutes

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.*

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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.