



SUPER Snacking

Project Overview

By following the guidelines laid out in this curriculum, snacking can be a part of a very healthy diet and can give you the energy, nutrition, and fiber you need. Between-meal snacks can be a great way to balance your nutrition. You will learn the basics of snacking by participating in activities, completing the project book, and making some nutritious snacks along the way.

Key Learning Topics

- MyPlate and how it applies to each food group
- What's in a recipe
- the importance of hand washing
- Proper measuring techniques
- Kitchen Safety
- Exercise: When, What, and Why
- What's Calcium
- What's in a food label
- Easy and Nutritious snack recipes

Expanding the Project

- Favorite Foods Contest at County/District/ State Conference
- State 4-H Food Challenge- September

Resources

- Super Snacking Project book (N-22)
- General Project Record Sheet 300.A-7 (R-18)

Exhibit Guidelines

1. Super Snacking Exhibit
2. Snack Attack Recipe Box
 - a. Recipe Box of choice
 - b. 15 recipes with all 5 parts of the recipe
3. Weekly Snack Record
 - a. 7 days worth of snacks, serving size, and appropriate food group mounted on a 8.5"x 11" paper/ poster
4. My Plate Exhibit
5. Self-determined advanced Food and Nutrition exhibit including Self Determined Record Sheet 300.SD.1

Note: if entering posters or display boards in 1, 4 or 5 listed above, ensure that they meet the following guidelines:

- Posters may be no larger than 14 X 22 inches. Posters are defined as any flat paper, foam board, cardboard, or other backing appropriate for hanging on the wall.
- Display Boards may be no larger than 18 x 48 inches. Display boards are defined as scored, freestanding science boards.
- Exhibits: Exhibit bases for three dimensional vertical displays may be no larger than 24 x 24 inches

Targeting Life Skills:

- Disease Prevention
- Healthy Lifestyle Choices
- Self-discipline
- Concern for Others
- Wise use of Resources
- Decision Making

