

Try IT - You'll Like IT!

Staying Healthy Skill: Creating healthy snacks using nutrient rich foods—“power foods”—will help you to stay healthy

Life Skill: Thinking creatively: makes connections between old and new and develops creative solutions

Educational Standard: NS.K-12.F: Science in Personal and Social Perspectives; personal health and nutrition

Success Indicator: Shares information with others about creating healthy snacks.

Pickle-Beef ROLL-up

Ingredients: dill pickle, slice of deli roast beef, toothpick

Directions:

1. Lay out a slice of deli roast beef
2. Roll up slice around pickle.
3. Secure with a toothpick

Are you stuck in a food rut? Do you and your friends always eat the same stuff day after day? Trying new foods can be an adventure, and you can be healthier by being brave and trying some new things you haven't tried before. Since all foods have different combinations of the 50 nutrients your body needs, choosing a variety of foods will help you get what you need to be strong and healthy. So, be creative and develop some new, healthy snacks using “power foods.”

Get Smart!

Which snacks give you the most nutrients for the least number of calories?

- Peanut butter on whole wheat bread?
- Dill pickle wrapped with a slice of deli roast beef?
- A slice of cake with frosting?
- A one ounce bag of chips with a soft drink?

The peanut butter on a slice of whole wheat bread has about 250 calories. The dill pickle wrapped in a slice of deli roast beef has only 60 calories. Both of these choices are naturally nutrient-rich providing your body protein, iron and B-vitamins. The slice of cake also has about 250 calories but provides fewer important nutrients. The chips and soft drink add up to about 300 calories with few nutrients.

Look at the list of nutrient-rich foods that you studied in the activity called “power foods.” Create some snack recipes here. Buy the supplies and test at least one of them on your family and friends.

Name:

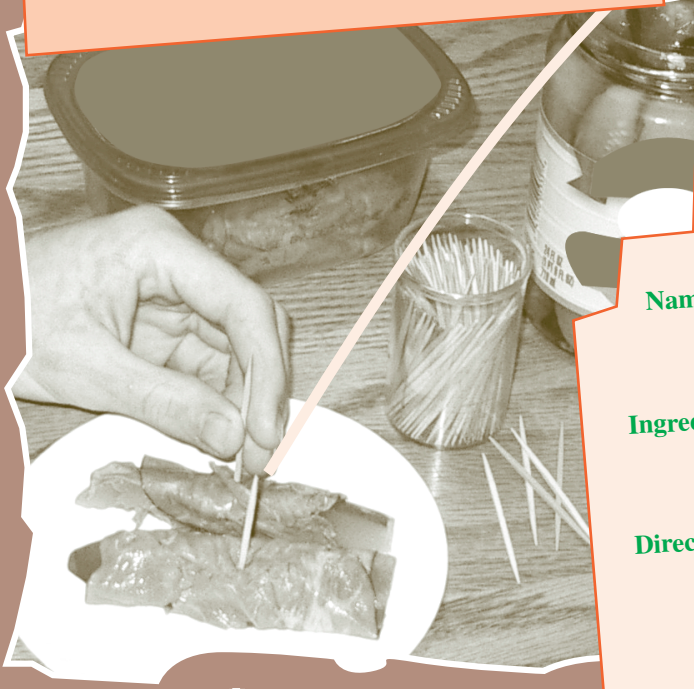
Ingredients:

Directions:

Name:

Ingredients:

Directions:



Snacking with beef roll-ups

BRAINstorming



Share What You Did

- Which “power foods” did you combine? Which ones worked well together? Which ones did not work well together? Did any of your snacks include more than one power food?

Process What’s Important

- Why is it important to choose “power food” snacks?

Generalize To Your Life

- Why is it good to try new things?

Apply What You Learned

- Create a Power Meal (a meal made up of nutrient-rich foods) that your friends would like.

Real World Survival Tip

Your friend is afraid to try new foods! What can you do to encourage him/her to try new things? Write a Real World Survival Tip.

More Challenges

1. Prepare a food label that tells about the calories and nutrients in one of your snack recipes.
2. Make a list of “power foods” that you and your friends like and then give it to your school’s lunchroom manager. Offer to make signs to encourage kids to try these foods.

Did You Know

In the early 1800’s people were afraid of tomatoes! They thought they were poisonous. Then on September 26, 1820, Robert G. Johnson ate an entire basket of tomatoes and didn’t die. People were amazed! In the 1830’s tomatoes were marketed as a miracle cure called “Dr. Miles Compound Extract of Tomato.” Today, we call this “ketchup.”

Show Your Smarts

Snacking is good for you when you choose the right foods. Snacks are nutritious in-betweens. Choose snacks like you would other foods – go for the “power foods” first! The calories you eat should give your body the nutrients it needs to grow strong. Choose “power foods” to make new combinations. Don’t be afraid to try something new.

How can you share this information with others? Consider one of the “Show Your Smarts” ideas below to show what you know in your final project activity.

Word Smart

- Create great names for your new snacks.
- Do research about a new food you tried and tell about its culture and history.

Math Smart

- Find out about the nutrients in one of your snacks by investigating each ingredient. What are the numbers? Make a chart of the facts.
- Choose four “power foods.” How many different snacks can you create using different combinations of these foods?

Art Smart

- Design a menu of snacks for your friends. Illustrate it with photos or drawings.
- Create an ad for a magazine showing one of your snacks.

Body Smart

- Make Power Snacks for your sports team. Provide recipes.
- Perform a play showing you and your friends having a “Snack Attack.”

Music Smart

- Compose a song about snacking. Create different parts for your friends.

Nature Smart

- Create snacks that don’t require cooking or refrigeration so they can be carried in a backpack or on a hike.
- Do animals eat snacks? Create some healthy snacks for your pet.