

**Topic:** Chefs

**Badge:** Snacks

**Suggested Supplies:** Blank paper, crayons or markers,  
\*recipe ingredients TBD

**Helpful websites:**

**From Farm to Fork**

Pineapple- <https://www.youtube.com/watch?v=UVL8NXigTkl>

Banana- <https://www.youtube.com/watch?v=ZQsRkG-nFA0>

Broccoli- <https://www.youtube.com/watch?v=U-JYbwlG1Bw>

Carrot- <https://www.youtube.com/watch?v=Pf74rrn1uLk>

**Recipe Links:**

<https://www.allrecipes.com/>

<https://www.pillsbury.com/recipes/family-style-chicken-broccoli-cheddar-calzones/29d88b2e-b9d7-4140-aa33-014ae02da7a2>

<https://www.asweetpeachef.com/homemade-soda/>



**Steps:**

- **Step 1: Jump into the world of snacks-** One of the easiest snacks is just a washed fruit or vegetable! But when you make a snack, you combine ingredients. So how do you know which ones are best? Pick from one of the choices below.
  - o Is the food good for me? You've probably heard words like *vitamins*, *fat*, *carbohydrates*, and *fiber*. Choose one of these or another food word you've heard and find out what it means. Share a food recipe that contains that food you learned about with your Brownie friends virtually via private Troop Facebook page GroupMe, or email with an adult's help. Share with your friends what the food is, how your body uses it, and if it's good for you.
  - o Is the food good for the earth? Make a report for one fruit or vegetable. Draw a picture of it. Write why it's good for you, how it grows, and how to tell if it's ready to eat. Use one of the video links above to virtually travel from farm to your grocery store with some of your favorite fruits and vegetables.
  - o What's in your snack? Go on a scavenger hunt in your kitchen or at a grocery store and find three packaged snacks. Look at the list of ingredients. Find three you don't recognize and team up with an adult to figure out what they are and if they're good for you.
- **Step 2: Make a savory snack-** A savory snack is one that's not sweet- it might be salty or spicy. Try one of these!
  - o Make your own restaurant snack. When you make a snack at home, it's often healthier for you than when you eat it in a restaurant. Restaurants may use more oil, butter, sugar, and salt. Find a recipe for a favorite snack, like potato skins, cheese sticks, or fish sticks, and make it yourself.
  - o Make a savory snack from a different country. Kids from different parts of the world eat some amazing snacks. Try making a Japanese sushi roll, a Vietnamese lettuce roll, or Mexican guacamole with baked tortilla chips.
  - o Make a veggie face. Using your favorite vegetables, make a funny face on your plate. With an adult's help, cut up veggies such as cucumbers, celery, carrots,

peppers, and broccoli. Then create a veggie face. Don't forget to eat it! More fun: Make your own dip!

- **Step 3: Try a sweet snack-** If you like desserts, you'll like these snacks. Sweet snacks are best to eat on special occasions. Choose one.
  - o Create a holiday dessert. Holidays are the perfect time to celebrate with a special sweet snack. With an adult, look online for recipes. Some ideas: make the Purim cookies called hamantaschen; Valentine's Day cupcakes strawberries and blueberries dipped in white chocolate for the Forth of July; or delicious winter gingerbread!
  - o Make a snack "in disguise." Have fun and trick your friends and family with a food that looks like one thing but tastes like something else. Try the recipe above for the Broccoli Cheese "Toaster Pastry." They'll expect a filling of sweet jam, but these toaster pastries are filled with yummy broccoli and cheese.
  - o Make your own cookies. There are thousands of cookie recipes out there, but why not make it your own? Find a basic chocolate chip cookie recipe, but instead off chocolate chips, add what you like best! You could try dried fruit, candy bits, or marshmallows.
- **Step 4: Snack for energy-** Sometimes you don't have time to sit at home and enjoy a snack. So try some snacks that are good for you and perfect for taking along. When you're on the go, it's important to have energy snacks that help you move and think and be strong. Choose one.
  - o Make no-bake energy bars. These are great for a hike! Team up with an adult to find a recipe in a cookbook or online.
  - o Create a snack you could make for a group. It might be for sports teammates, your Brownie group, or even a club. Brainstorm ideas for this snack-. Try to make a snack that is easy to carry, doesn't need silverware, and that a lot of people might like. What about fruit kebab?
  - o Make a lunchtime snack. Create a snack that can sit in your lunch box and that doesn't need to be heated or kept cool. How about turkey jerky or your own blend of snack mix?
- **Step 5: Slurp a snack-** Some snacks ae best in a cup. Just because these snacks are liquid doesn't mean they're any less delicious. And they can still be great for you if you choose the right ingredients. Choose one.
  - o Make your own milkshake. Milk shakes taste so good and are usually good for you! Milk has calcium, which kids need when they're growing. Find a recipe for low-sugar milk shake to build your bones (if you don't drink milk, you could use soy, rice, or almond milk instead.)
  - o Make your own fruit smoothie. Just like milk shakes, smoothies provide a lot of vitamins in a little cup. Try the recipe to build your own fruit smoothie.
  - o Make your own party punch. Sodas and packaged drinks add lots of sugar to your diet. For the next family gathering or meal, create your own punch using natural juices- or make your own cola with the recipe above.

**\*Once completed, this badge can be purchased at the GSUSA Girl Scout shop for \$3.00 plus shipping. This Brownie badge can be found in the Brownie badge section under the Health category or visit the direct link at: <https://www.girlscoutshop.com/BROWNIE-SNACKS-BADGE>**