

BROWNIE SNACKS BADGE

Purpose: When girls have earned this badge, they will know how to make delicious snacks for their family and friends.

Activity Plan Length: 1.5 hours

Time	Activity	Materials Needed
15 minutes	Getting Started <ul style="list-style-type: none"> Girls recite the Girl Scout Promise + Law and sing the Brownie Smile song. 	<input type="checkbox"/> (Optional) Girl Scout Promise and Law poster <input type="checkbox"/> (Optional) Brownie Smile song lyrics poster
15 minutes	All About Snacks <ul style="list-style-type: none"> Girls will look at the ingredients of snacks to determine if they are healthy or not. 	<input type="checkbox"/> Pictures of familiar snacks or snacks from home <input type="checkbox"/> Nutrition label and definitions sheet <input type="checkbox"/> Paper <input type="checkbox"/> Coloring utensils
30 minutes	Making Snacks! <ul style="list-style-type: none"> Girls will make snacks for the troop to enjoy. 	<input type="checkbox"/> Snack recipes <input type="checkbox"/> Pico de gallo ingredients: tomatoes, onion, (optional) jalapeño, garlic, lime, cilantro, salt, pepper, tortilla chips <input type="checkbox"/> Trail mix ingredients: raisins, marshmallows, cereal, chocolate chips <input type="checkbox"/> Smoothie ingredients: frozen fruit, honey, juice or water, ice <input type="checkbox"/> Measuring spoons <input type="checkbox"/> Measuring cups <input type="checkbox"/> Bowls <input type="checkbox"/> Spoons <input type="checkbox"/> Sealable bags (for trail mix) <input type="checkbox"/> Blender <input type="checkbox"/> Cups <input type="checkbox"/> Napkins
10 minutes	Snack Chat <ul style="list-style-type: none"> Girls will enjoy the snacks they have just made and have a topic discussion. 	<ul style="list-style-type: none"> Snacks from Activity #2
10 minutes	Snack Recipe Challenge <ul style="list-style-type: none"> Girls will write recipes for sweet, savory, and “Slurpee” snacks. 	<input type="checkbox"/> Recipe cards <input type="checkbox"/> Writing utensils
10 minutes	Wrapping Up	<input type="checkbox"/> (Optional) Make New Friends song lyrics poster



Getting Started

Time: 15 minutes

Materials Needed: (Optional) Girl Scout Promise and Law poster and (optional) Brownie Smile song lyrics poster

Welcome everyone to the meeting, recite the Girl Scout Promise and Law, and sing the Brownie Smile song.

Activity #1: All About Snacks

Time: 15 minutes

Badge Connection: Step 1 – Jump into the world of snacks

Materials Needed: Pictures of familiar snacks or snacks from your home; nutrition label and definitions sheet; paper; coloring utensils

Prep Needed:

- Print copies of the pictures at the end of this activity, or gather various snacks that are familiar to the girls.
1. Show the girls the snacks and ask them if they think the snacks are healthy or unhealthy.
 2. Ask the girls if they've ever noticed the nutrition label on the side of packaged snacks before. Ask if they've heard of words like vitamins, fat, carbohydrates, and fiber. Discuss what these words mean and why and how your body needs and uses these words.
 3. Give each girl a piece of paper and crayons to draw their favorite snack.

Activity #2: Making Snacks!

Time: 30 minutes

Award Connection: Step 2 – Make a savory snack; Step 3 – Try a sweet snack; Step 4 – Snack for energy; Step 5 – Slurp a snack

Materials Needed: Pico de Gallo (Savory Snack) recipe; tomatoes; onion; (optional) jalapeño; garlic; lime; cilantro; salt; pepper; tortilla chips; Trail Mix (Sweet Snack and Energy Snack) recipe; raisins; marshmallows; cereal; chocolate chips; Smoothie (Slurp Snack) recipe; frozen fruit; honey; juice or water; ice; measuring spoons; measuring cups bowls; spoons; bags; blender; cups; napkins; cleaning supplies

Prep Needed:

- Purchase ingredients for the snacks.
 - Print copies of the snack recipes.
1. Prepare the Pico de Gallo according to the recipe.
 2. Prepare the Trail Mix according to the recipe.
 3. Prepare the Smoothie according to the recipe.

NOTE: If you have a large troop, divide the girls up into smaller groups to prepare the snacks. Because these are snacks, remember that a little goes a long way!

Activity #3: Snack Chat

Time: 10 minutes

Badge Connection: Questions link to multiple award steps

Materials Needed: Snacks from Activity #2

1. Serve the snacks you have just prepared (Pico de Gallo, Trail Mix, Smoothie)
2. While enjoying the snacks, here are some things for girls to talk about:
 - Which snack that we made is your favorite? Why?



- Which snack that we made is your least favorite? Why?
- What else could be a savory snack?
- What else could be a sweet snack?
- What else could be a snack for energy?

Activity #4: Snack Recipe Challenge

Time: 10 minutes

Award Connection: Step 5 – Slurp a snack

Materials Needed: Recipe Cards; writing utensils

1. Encourage the girls to write their own recipes for a savory, sweet, and “slurping” snack.
2. After they have finished writing their recipes, have each girl share her creation.
3. Encourage the girls to make these snacks at home with the help of an adult.

Wrapping Up

Time: 10 minutes

Materials Needed: (Optional) Make New Friends song lyrics poster

Close the meeting by singing Make New Friends and doing a friendship circle.

More to Explore

- Field Trip Ideas:
 - Visit a local restaurant.
 - Visit a local farmers market.
 - Take the girls grocery shopping for the snack ingredients at a grocery store.
- Speaker Ideas:
 - Invite a chef from a local restaurant to share simple snack ideas.
 - Invite a health nutritionist from a hospital or clinic to share healthy eating tips.



Snack Examples



Nutrition Label and Definitions

Nutrition Facts	
Serving Size 1/15 package (23g)	
Servings Per Container 15	
Amount Per Serving	
Calories 81	Calories from Fat 0
% Daily Value*	
Total Fat 0g	0%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 135mg	6%
Total Carbohydrate 19g	6%
Dietary Fiber <1g	2%
Sugars 2g	
Protein 1g	
Vitamin A 0%	• Vitamin C 0%
Calcium 0%	• Iron 3%
*Percent Daily Values are based on a 2,000 calorie diet.	

Fat: Fat is a type of nutrient. Your body needs a certain amount of fat in order to stay healthy. Fats give you energy and help your body absorb vitamins (fun fact: this is why nutritionists and dieticians suggest you cook vegetables with a little bit of fat like olive oil or butter—so your body can more easily absorb the vitamins.)

Sodium: The technical name for salt is sodium chloride because salt is made up of the elements sodium and chlorine. Your body needs sodium to work properly—it helps with nerve and muscle function. It also helps your body keep the right balance of fluids.

Carbohydrates: Provide energy for the body

Fiber: The parts of grains, fruits, and vegetables that are not digested by the body. Fiber helps the intestines absorb water.

Vitamins: An important part of a balanced diet, vitamins occur naturally in foods and may be added to processed foods to increase their nutritional value. Many vitamins have been identified, and each plays a specific role in the functioning of the body. For example, vitamin C is needed for the proper healing of wounds and broken bones; vitamin A helps the body resist infection. Some vitamins are so important that without them certain diseases or conditions could develop.



Snack Recipes

Pico de Gallo

Recipe from the Food Network

Makes about 2 cups

Ingredients

1 1/2 cups seeded, diced tomatoes
1/4 cup diced red onion
1 tablespoon diced jalapenos (optional)
1 tablespoon minced garlic
Juice of 2 limes
2 tablespoons cilantro, plus extra for garnish
Salt and pepper

In a large bowl, mix the ingredients. Serve with tortilla chips.

Trail Mix

Makes about 6 cups

2 cups mini-marshmallows
1 cup raisins
1 cup chocolate chips
2 cups dry cereal

In a large bowl, combine ingredients and mix.

Smoothie

Makes 4 cups

1 cup frozen fruit (cut into cubes if pieces are large)
1 tablespoon honey
1 cup 100% juice or water
1 cup ice

Place all items in a blender and blend until smooth.

Note: Encourage the girls to try new things, but allow them to customize the recipe if there's a particular ingredient (like the jalapeño or cilantro in the pico de gallo recipe) they don't enjoy.

