



## BACKGROUND

Snacking is a great way to fit fruits and vegetables into a child's diet. Healthy snack preparation and habits learned at an early age may become habitual.

## OBJECTIVES

Provide children with the information and opportunity to prepare a healthy vegetable snack and taste it.

## STRATEGIES

## TIME NEEDED

Total: 60 minutes  
Vegetable Dip (20)  
Create a Veggie Person (24)  
Eat Veggie People (10)  
Wrap up (6)

## GETTING READY

**Activity One**  
Soapy water and clean rags/towels  
Spoon or Spatula  
Medium mixing bowl(s)  
1 one-ounce envelope onion soup mix (may substitute Ranch dip mix or vegetable soup mix)  
2 cups fat-free sour cream  
Foil  
Plates  
Spoons  
Vegetables  
Gloves

## Module 10: Vegetable Snack Preparation

1. Greeting & distributing nametags.
2. Vegetable Dip. The students will create a low-fat vegetable dip.
3. Create a Veggie Person. The students will use vegetables and the dip to create a Veggie Person. The students will demonstrate personal vegetable preferences and the ability to create a vegetable snack.

### Fun on Your Own!

Each student will make a shopping list, and teach a family member how to make a Veggie Person with vegetable dip.

## FREQUENTLY ASKED QUESTIONS

- 1.

## **Module 10: Veggie Person**

### **Activity 1: Vegetable Dip**

#### **Objective:**

The students will make a vegetable snack.

#### **Materials:**

Soapy water and clean rags/ towels  
Medium mixing bowls  
2 Envelopes of soup mix or Ranch dip  
4 cups of fat-free sour cream  
Spoon or spatula

#### **Time:**

Wash tables (4)  
Wash hands (8)  
Prepare dip (8)  
Total: ~20

#### **Procedure:**

The students will clean their tables. The students will wash their hands in two groups. While one group is washing their hands the other group will review food safety and discuss rules for wearing gloves. The instructor will randomly choose two students to help prepare the dip.

#### **Follow-up/ Assessment:**

#### **Modifications:**

The supplies could be divided up so every table makes their own dip.

#### **Discussion Points**

The students who made chef hats will be encouraged to wear them.  
This dip is very easy to make.

## **Module 10: Veggie Person**

### **Activity 2: Create a Veggie Person**

#### **Objectives:**

- The students will develop personal vegetable preferences.
- The students will make a vegetable snack.

#### **Materials:**

Foil  
Gloves  
Spoons  
Dip  
Plates  
Baby carrots  
Broccoli stems  
Cauliflower florets  
Celery sticks  
Red bell pepper slices  
Lettuce leaves  
Cherry tomato halves  
Cucumber slices  
Zucchini slices  
Yellow zucchini slices  
Button mushrooms with stems removed  
Snow pea pods

#### **Time:**

Explanation (4)  
Review of food safety (3)  
Creation of Veggie People (15)  
View other groups Veggie People (2)  
Eating of Snack (10)  
Wrap up (6)  
Total: ~40 minutes

#### **Procedure:**

The instructor will explain the project and show an example to the students. The students will be put into groups of 5 or 6. Students, who need to, will rewash hands. The instructor will lead the group in a review of food safety and glove etiquette. While the group is reviewing the instructor will divide up the dip and distribute materials. The students will have 15 minutes to work on their Veggie People. The students may not eat during the work time. When the time is up, the students will walk around the room viewing other groups' Veggie People. The students will return to their seats, remove their gloves, and eat their snack. The students will clean up their work areas and form a group. The instructor will lead the students in a discussion.

**Follow-up/ Assessment:**

The students can create a shopping list and share the snack with their families.

**Modifications:****Discussion Points**

The HOP'N Goal is to eat a fruit and vegetable at every meal or snack.

What colors are being represented?

Did you try any new foods today? What did you think?

What were some of your favorite vegetables?

When preparing food avoid touching your hair, eyes, nose, mouth, or objects other than food.

Gloves should not be “snapped” when used properly.

Gloves should be removed by grabbing the bottom and rolling them off.

Gloves must never replace hand washing.

Hands must be washed thoroughly after taking off gloves and before putting on new gloves.

Always change gloves if the gloves get ripped, torn, or contaminated.

Never reuse a glove; discard gloves immediately after use.

<http://www.fau.edu/divdept/envhs/Foodsafety/FS16.htm>

## **Module 10: Vegetable Snack Preparation**

### **Introduction**

#### **1. Welcome students back to HOP’N Club.** Say,

*This is the tenth week of HOP’N Club. What is HOP’N Club? HOP’N Club is a once a week club where we focus on four healthy goals. What are the four HOP’N Goals? Be Physically Active everyday. (Great. How many minutes should we try to get at least? 60 minutes And how many minutes after school? 30) Eat fruits and vegetables at every meal or snack. Cut back on T.V. and video games. (Does that mean never watch T.V.? No, but we should try to limit our T.V. to 2 hours a day.) Drink less soda and juice drinks. (Does that mean never drink soda and juice drinks? No, but we should try to limit our soda and juice drinks to less than one glass a day.) What does HOP’N stand for? Healthy Opportunities for Physical Activity and Nutrition. Today, we will talk more about vegetables today and make a healthy neck.*

### **Vegetable Dip**

#### **1. Review food safety and discuss rules for wearing gloves.** Remind students, part of food safety is wearing a hat (like their chef hat). Say,

*When preparing food avoid touching your hair, eyes, nose, mouth, or objects other than food.*

*Today, we are going to be wearing gloves. When wearing gloves:*

*Gloves should not be “snapped” when used properly.*

*Gloves should be removed by grabbing the bottom and rolling them off.*

*Gloves must never replace hand washing.*

*Hands must be washed thoroughly after taking off gloves and before putting on new gloves.*

*Always change gloves if the gloves get ripped, torn, or contaminated.*

*Never reuse a glove; discard gloves immediately after use.*

#### **2. Ask the students to clean their tables.**

**3. Organize the students to go wash their hands.** Students should wear gloves since they will be touching food others will eat.

#### **4. Choose a couple volunteers to help make the vegetable dip for the club or provide materials for each group to make their own dip.**

### **Create a Veggie Sculpture**

#### **1. Explain the project and show an example.** Say,

*Today, we will be playing with our food. We will be making vegetable sculptures. Be as creative as you can. If you are not sure what to make, you could always make a person. Work with your group. At the end of the work time, we will look at the creations and then we will eat them.*

#### **2. Divide students into groups of 5 or 6.**

**3. Circulate the room while groups work on their sculptures.**

**4. Presentation of sculptures.** When the time is up, the students will walk around the room viewing other groups' Veggie People.

**5. Eat the snacks.** The students will return to their seats, remove their gloves, and eat their snack.

### **Review**

**1. Remind the students.** Say,

*I will give you a shopping list and recipe card; please share this recipe with your friends and family. You can make changes. What other vegetables would you and your family use? The HOP'N Goal is to eat a fruit and vegetable at every meal or snack.*

*What colors are being represented?*

*Did you try any new foods today?*

*What did you think?*

*What were some of your favorite vegetables?*

**2. Collect nametags.**