



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

- Develop personal fruit preferences.
- Know food preparation safety.
- Make a fruit snack.

STRATEGIES

- Active tasting experiences to increase self-efficacy and preferences for fruits
- Building food preparation skills

TIME NEEDED

Total Time: 60 minutes

Introduction (5)

Food Preparation Safety (30)

Snack/ Review: (25)

GETTING READY

1. Soapy water and clean rags/towels
2. Medium mixing bowl(s)
3. Measuring spoons
4. Measuring cups
5. Rubber spatula
6. Two cups fat-free sour cream
7. One cup fruit-flavored yogurt
8. 4 tablespoons (about ½ of 3.5 oz package) vanilla instant pudding
9. Plates, forks, & spoons
10. Choose fruits (try to incorporate all color groups). All fruit should be peeled and/or cut before the lesson starts.
11. Germ simulator
12. Black light

Module 6: Let's Make a Fruit Snack

1. Greeting & distributing nametags.
2. Introduction. The instructor will briefly review the importance of eating fruit and vegetables. The instructor will introduce the lesson for the day.
3. Food Preparation Safety. The students will demonstrate knowledge of food preparation safety by following safety procedures before preparing a snack.
4. Snack Making. The students will make a healthy snack; they will demonstrate they have developed personal fruit preferences by choosing which fruits they want to eat.
5. Review. While the students are finishing up eating the instructor will ask the students if they liked the snack and review the day's activities.

Fun on Your Own!

Each student will make a shopping list, and teach a family member how to make the fruit dip and enjoy it with fruit.

FREQUENTLY ASKED QUESTIONS

1. Does the germ simulator show germs on my hands?
No, the germ simulator pretends to be germs; so, you can see how well you wash real germs off your hands.

2. Is the fruit dip healthy?
There is nothing particularly healthy about the fruit dip other than the fact it is fun to eat with fruit.

Module 6: Let's Make a Fruit Snack

Activity 1: Food Preparation Safety

Objective:

The students will demonstrate knowledge of food preparation safety.

Materials:

Soapy water in a bucket

Dish rags

Powder or gel that stimulates the presence of germs on students' hands

Black light

Time:

Germ observation activity (12)

Washing hands (8)

Washing tables (10)

Total: ~ 30 minutes

Procedure:

The students will form a circle around the instructor. The instructor will inform the students that they are about to have a substance put on their hands and they are to rub their hands being sure to get the fronts and backs of their hands as well as around the nails. The students will then go wash their hands the way they normally do. When the students return they will take turns putting their hands under the black light. The instructor will explain that the powder simulates germs and all the glowing areas are places where germs may not be getting washed off. The instructor will ask the students, "What are some things you do when you are getting ready to cook or prepare a snack?" The instructor will ask the students, "Why is it important to wash your hands?" The instructor will distribute soapy water and rags while discussing proper procedures for washing the tables with the students. The instructor will circulate the room helping students wash the tables.

Follow-up/ Assessment:

The students will use the information they learn about food safety on following food preparation activities.

Modifications:

The black light may not be handheld; in which case, the students will have to form two lines and look at their hands two at a time.

Discussion Points:

Proper Hand Washing Steps:

1. Use soap and warm running water.
2. Scrub hands for at least 20 seconds. Ideally, use a nail brush. 20 seconds is the time it takes to sing the *ABCs* or *Happy Birthday* twice.
3. Wash all surfaces, including: between fingers, under fingernails, back of hands, and wrists.

4. Rinse well.
5. Dry hands with a clean paper towel.
6. Turn off water using the paper towel, and then throw the towel away.

Do not use hand sanitizers in place of hand washing.

Proper hand washing is one of the easiest and most effective ways to stop the spread of disease.

When to wash your hands:

1. After using the restroom.
2. After cleaning.
3. After playing with pets.
4. After sneezing, coughing, or blowing your nose.
5. After playing on the playground.
6. Before and After cooking or preparing a snack.
7. Before eating.
8. When they are dirty.

www.tchd.org/pdfs/child_handwashing.pdf

Scientists have been studying bacteria and other tiny organisms (like viruses) that cause food-related illness for a long time. They have learned these important facts:

- Bacteria are a part of all living things and are found on all raw agricultural products;
- Harmful bacteria can be transferred from food to people, people onto food, or from one food to another;
- Bacteria can grow rapidly at room temperature;
- Growth of harmful bacteria in food can be slowed or stopped by refrigerating or freezing;
- Food-related illness can produce symptoms from mild to very serious.

Illness can occur from 30 minutes to two weeks after eating food containing harmful bacteria; People who are most likely to become sick from food-related illness are infants and young children, senior citizens and people with weakened immune systems.

Fighting BAC![®]: Four Simple Steps

To Fight BAC![®] food safety experts recommend that everyone think about food safety at each step in the food handling process - from shopping to storing leftovers. What this really means is always following these four simple steps:

- **CLEAN** - Wash hands, utensils and surfaces in hot soapy water before and after food preparation, and especially after preparing meat, poultry, eggs or seafood to protect adequately against bacteria. Using a disinfectant cleaner or a mixture of bleach and water on surfaces and antibacterial soap on hands can provide some added protection.
- **SEPARATE** - Keep raw meat, poultry, eggs and seafood and their juices away from ready-to-eat foods; never place cooked food on a plate that previously held raw meat, poultry, eggs or seafood.
- **COOK** - Cook food to the proper internal temperature (this varies for different cuts and types of meat and poultry) and check for doneness with a food thermometer. Cook eggs until both the yolk and white are firm.
- **CHILL** - Refrigerate or freeze perishables, prepared food and leftovers within two hours and make sure the refrigerator is set at no higher than 40°F and that the freezer unit is set at 0°F.

<http://www.fightbac.org/content/view/25/48>

Where have you heard the word simulator before? Flight Simulator

What does a flight simulator do?

Well like a flight simulator a germ simulator lets you pretend to do something or have a similar experience to learn.

Module 6: Let's Make a Fruit Snack

Activity 2: Fruit Dip

Objectives:

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

Materials:

Dip recipe
Mixing bowl
Measuring spoon
Measuring cup
Rubber spatula
Sour cream
Yogurt
Vanilla pudding
Variety of fruit

Time:

Making dip (15)
Eating (10)
Total: ~ 25 minutes

Procedure:

The students will follow the directions to prepare the fruit dip. The students will pick a variety of fruits to put on their plates to enjoy with the dip. After the students eat their snack, they will throw away their trash and clean their area. While they wait for their friends to finish, they will generate a shopping list of items needed to make this snack with their families.

Follow-up/ Assessment:

The students will generate a shopping list they would need to make this snack with their families.

Modifications

An activity could be worked in to allow time for the dip to chill.
Fruit options: pineapple chunks, grapes, bananas, kiwifruit, cantaloupe, papaya, mango, honeydew melon, apples, pears, oranges, peaches, apricots, strawberries

Discussion Points

How did the snack taste?
Will you try this healthy fruit snack for snack time?
Do you have any recipes like this that you already make at home?
Low-fat foods, like fruit or vegetables with a low-fat dip, make great snacks.
What fruit did we have? What colors are they?
Why do we want to eat fruits of different colors?
The HOP'N goal is to eat fruits and vegetables at every meal or snack.

Module 6: Let's Make a Fruit Snack

Introduction

1. Welcome students back to HOP'N Club. Say,

This is the sixth 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. What did we talk about last week? Fruits and Vegetables. What did we say about them? Answers will vary. Encourage students to talk about the colors. I really like bananas so should I just eat bananas? No. Why? You need variety. You need to eat all the colors to get the benefits from lots of different phytochemicals. Did everyone make a chef's hat? They look great. We will wear them when we prepare our snacks.

Food Preparation Safety

1. **Distribute germ simulator.** Say, *You are about to have a substance put on your hands rub your hands together being sure to get the fronts and backs of your hands as well as around the nails. Then go wash your hands the way you*

normally do. Allow students to go wash their hands. Have students return to the group.

2. Review hand washing. Say,

I put a germ simulator on your hands. Where have you heard the word simulator before? Flight Simulator What does a flight simulator do? Give you the feeling of flying without actually flying. Well like a flight simulator a germ simulator lets you pretend to do something or have a similar experience to learn. Now we are going to see whose hands we should be shaking and who we need to just say hi to. Allow students to take turns putting their hands under the black light. Say,

The powder simulates germs and all the glowing areas are places where germs may not be getting washed off. Why is it important to wash your hands? Stop the spread of disease. When should we wash our hands? Answers may vary (After using the restroom, after cleaning, after playing with pets, after sneezing, coughing, or blowing your nose, after playing on the playground, before and after cooking or preparing a snack, before eating and when they are dirty.) How long should you wash your hands? As long as it takes to sing the ABCs or Happy Birthday twice.

What are some things you do when you are getting ready to cook or prepare a snack? Clean. *Clean what? Your hands, the utensils, the surface, the bowls, pans etc. Part of food safety is having everything clean, and what should we do after we have cooked or prepared a snack? Clean everything again. Not only is that part of food safety, but families are more likely to let you fix more food*

in the future if you clean up after yourself.

Modifications:

The black light may not be handheld; in which case, the students will have to form two lines and look at their hands two at a time.

Snack Making

1. Form groups of 5 or 6. Provide each group with a fruit dip recipe and materials. Say,

Follow the directions to make your fruit dip. After your group has made your fruit dip please clean up your area and throw away your trash. Please take turns adding ingredients. Also, everyone in your group should have an opportunity to stir.

2. Circulate the room as the students follow the directions to prepare the fruit dip.

3. Allow students to pick a variety of fruits to put on their plates to enjoy with the dip. After the students eat their snack, they will to throw away their trash and clean their area. While they wait for their friends to finish, they will generate a shopping list of items needed to make this snack with their families. Say:

How did the snack taste? Will you try this healthy fruit snack for snack time? Do you have any recipes like this that you already make at home? Low-fat foods, like fruit or vegetables with a low-fat dip, make great snacks. What fruit did we have? What colors are they? Why do we want to eat fruits of different colors? The HOP'N goal is to eat a fruit or vegetables at every meal or snack

Modifications

An activity could be worked in to allow time for the dip to chill.

Fruit options: pineapple chunks, grapes, bananas, kiwifruit, cantaloupe, papaya, mango, honeydew melon, apples, pears, oranges, peaches, apricots, strawberries

Review

1. Hand out shopping list and recipe. Say,

Please take the recipe and shopping list home and share it with your family. If you liked this snack maybe your family could pick the ingredients up at the grocery store. What other fruits would be good with this dip?

2. Collect nametags.

