

Food Activities for Youth Training

	Food Activity	Food Ingredients	Preparation/Serving
Lesson 1	ESBA Energy Snack recipe	See attached recipe.  Distribute the following into snack sized ziplock bags (1 bag for each student):  - ½ cup Energy Snack	Hand sanitizer Serving tray Boxes of cereal Raisins
Lesson 2	Comparing familiar (popcorn) and unfamiliar (bran muffin) grain foods	Purchase microwave popcorn that is “No Added Butter or Salt” or “Light Butter and Light Salt”. Prepare according to directions on box.  Purchase ingredients for Bran Muffin recipe. Prepare the Bran Muffin recipe (as mini muffins).  Distribute the following into snack sized ziplock bags (1 bag of <u>each</u> per student):  - ¼ cup serving of popcorn - 1 mini Bran Muffin	Hand Sanitizer  Serving tray  Box of popcorn (to demonstrate that is was “No Added Butter” “No Added Salt” variety).
Lesson 3	Comparing a low-fat or non-fat food (Lay’s Plain Baked Potato Chips) with a similar high fat food (Lay’s Plain Regular Potato Chips).	Distribute the following into snack sized ziplock bags (1 bag of <u>each</u> per student):  - 3-4 Baked Potato Chips in bags labeled “A” - 3-4 Regular Potato Chips in bag labeled “B”	Hand Sanitizer Serving Tray Napkins Baked Potato Chip bag Regular Potato Chips bag 2 bowls lined with paper napkin - Label 1 <sup>st</sup> bowl “A” and put several baked potato chips on the napkin. - Label “B” and put several regular potato chips on the napkin.

	Additional activity – Fiesta Scoops	<p>Additional Activity:</p> <ul style="list-style-type: none"> <li>- Purchase ingredients for Fiesta Scoops recipe.</li> <li>- Recipe to be prepared in class with the students.</li> </ul>	<p>Hand Sanitizer Serving Tray Napkins Mixing bowl Mixing spoons Cheese Grater Dry Measuring Cups Small paper plates</p>
Lesson 4	Demonstrating how to use a food thermometer in class	2 Apples	2 Food Thermometers
	ESBA Yogurt Parfait	<p>Purchase ingredients for granola and yogurt parfait recipes.</p> <p>Distribute the following into snack sized ziplock bags (1 bag for each student):</p> <ul style="list-style-type: none"> <li>- 2 Tbsp. of granola (16)</li> </ul> <p>2 cans peaches (packed in fruit juice, not syrup).</p> <ul style="list-style-type: none"> <li>- Drain and dice the peaches. Store in a Tupperware container, refrigerate.</li> <li>- Each student will be served approx. 2 Tbsp. of peaches for the fruit layer of their yogurt parfait during class.</li> <li>- Each student will be served approx. ¼ cup low-fat vanilla yogurt during class.</li> </ul>	<p>Hand Sanitizer Serving Tray Napkins Plastic spoons (16) 4 oz. clear plastic cups (16) 2 Large mixing spoons</p>
	Additional Activity - Food Storage & Observation Experiment	<p>Additional Activity:</p> <ul style="list-style-type: none"> <li>- 1 orange</li> <li>- 1 cucumber</li> <li>- 2 small cubes of cheese</li> </ul>	Small cutting board knife
Lesson 5	Tasting #1 (Vitamins A & C)	<p>Tasting #1</p> <p>Distribute the following into snack size bags (1 bag of each per student):</p> <ul style="list-style-type: none"> <li>- 3 snow or snap peas</li> </ul>	<p>Hand sanitizer Serving tray</p>

	Tasting #2 (Calcium)	<ul style="list-style-type: none"> <li>- 1 slice of mango, papaya or apricot</li> </ul> <p>Tasting #2 Distribute the following into snack size bags (1 bag for each student):</p> <ul style="list-style-type: none"> <li>- 1 inch square of part-skim mozzarella cheese</li> </ul>	
Lesson 6	Fruit Fizzy	<p>1 container of frozen 100% grape juice (defrosted) 1 liter of club soda Ice (2-3 cups)</p>	<p>Hand sanitizer Serving Tray 3 Large Pitchers Large mixing spoon Small plastic cups</p>
	Additional Activity - Tap vs. Bottled Water Tasting	<p>Additional Activity:</p> <ul style="list-style-type: none"> <li>- Fill 1 pitcher labeled "A" with tap water</li> <li>- Fill 1 pitcher labeled "B" with bottled water</li> </ul>	<p>Small plastic cups labeled "A" Small plastic cups labeled "B"</p>
Lesson 7	4 types of taste	<p>Distribute the following into snack size bags (1 bag for each per student):</p> <ul style="list-style-type: none"> <li>- Bags labeled #1 - 3 grapes (sweet)</li> <li>- Bags labeled #2 - 1 lemon slice(sour)</li> <li>- Bags labeled #3 - 1/8 oz. unsweetened baking chocolate (bitter)</li> <li>- Bags labeled #4 - 3 mini pretzels (salty)</li> </ul>	<p>Hand sanitizer Serving Tray Napkins</p>
Lesson 8	Apple Salad	<p>Purchase ingredients for the Apple Salad recipe.</p> <p>Prepare the Apple Salad and store in large Tupperware container, refrigerate.</p> <p>Distribute the following into snack size bags (1 bag for each student):</p> <ul style="list-style-type: none"> <li>- 2 whole grain crackers</li> </ul>	<p>Hand sanitizer Serving Tray Small paper bowls Forks Napkins</p>

Lesson 9	National Brand vs. Store Brand cereal comparison	<p>Purchase national brand whole wheat cereal (Frosted Mini-Wheats) and store brand counterpart (Kroger Bite Sized Frosted Shredded Wheat).</p> <p>Distribute the following into snack size bags (1 bag for each student):</p> <ul style="list-style-type: none"> <li>- Bags labeled "A" - ¼ cup store brand cereal</li> <li>- Bags labeled "B" - ¼ cup national brand cereal</li> </ul>	Hand sanitizer Serving Tray
	Additional Activity - Design Your Own Cereal tasting	<p>Additional Activity - Design Your Own Cereal tasting</p> <ul style="list-style-type: none"> <li>- Raisins (2 cups)</li> <li>- Dried Cranberries (Crasins) (2 cups)</li> <li>- Banana Chips (2 cups)</li> <li>- Sunflower Seeds (2 cups)</li> <li>- Cheerios (or store brand) (8 cups)</li> <li>- Kix (8 cups)</li> <li>- Chex (8 cups)</li> </ul>	Hand sanitizer Serving Tray Napkins small paper bowls (8) 3 large mixing bowls Dry measuring cups (3 – ½ cup) Measuring spoons (8 – Tbsp.) Brown paper lunch bags (16) Ziplock sandwich bags (16)