



4-H VOLUNTEER INFORMATION SERIES

Nebraska 4-H Youth Development

Club Activity Idea: Be a Food Detective

Outcome Area: ___ SET x Healthy Lifestyles ___ Life Skills ___ Career Development

Curriculum Area: Food and Nutrition; Physical Fitness

Specific Project (s): *Fast Foods, YOUth in Motion*

Description of Activity:

What is in the food that you eat? How many ingredients do you use to create a healthy snack or recipe? This activity will assist you in helping 4-H members learn about healthy and delicious food combinations. Research shows that youth are more willing to try tasting new foods if they have had a hand in preparing them. Try this lesson that promotes creating healthy snacks and complete a fun activity at a club meeting.

Age Level: Any Age

Group Size: 3-20

Time Involved: Preparation time: 30 minutes Activity time: varies depending on activities selected

Materials Needed:

- Detective Discover Cards
- Ingredients needed for one of the recipes which you select
- Plastic silverware, plates or serving bowls needed for some recipes
- A copy of "Clues to Better Health" and a pen or pencil for each member

Activity:

1. Pass out the "Detective Discover" Cards to the 4-H members. Give one to each group (or individual). Ask them to guess the food that might be made with the ingredients listed. Make up a name for the food. Example for the dip: "Creamy Pumpkin Pie Dip"
2. Discuss the detectives' findings to determine the following:
 - Are there new ingredients in the recipe you have never tasted?
 - What areas of MyPyramid are represented in this recipe?
 - Do you guess this recipe is high or low in sugar, sodium, fat, etc.?
 - Would this be a healthy snack?
3. Select one or more of the recipes to create. Divide the recipe(s) into tasks and involve all of the club members in the preparation. This could be your snack for the club meeting.



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The 4-H Youth Development program abides with the nondiscrimination policies of the University of Nebraska–Lincoln and the United States Department of Agriculture.

4. After trying the new snack you could discuss:

- Are there ways we could have made this snack healthier? Examples could include: using whole grains, low-fat/no-fat products, adding fruits or vegetables, etc.

- If you were a chef, how could you “kick this up a notch?” This would open up a lot of topics such as painting your plate before putting on the food; arranging the food on the plate to make it more appealing; using various spices to enhance the flavors of the food.

5. An additional learning activity you may want to use to reinforce healthy lifestyles principles is: “Clues to Better Health.”

- Copy one per club member.

- Allow time for each individual to fill out the survey.

- Ask them:

- To think about whether they have healthy habits.
- If they have areas they would like to improve.
- To think of other indicators of a healthy lifestyle.
- To set a goal they would like to work toward between now and the next meeting to improve their nutrition or level of physical activity.



Lesson Developed by: Kayla Hinrichs, University of Nebraska-Lincoln Extension Educator

Sources:

Louisiana Department of Education Division of Nutrition Assistance

<http://www.doe.state.la.us/lde/nutrition/2398.html>

This web-site has many nutrition related activities that could be adapted for use at club meetings.

“Team Up at Home” Team Nutrition booklet. USDA.

www.teamnutrition.usda.gov



Detective Discover!

Card 1

1 medium red apple
 2 T. creamy peanut butter
 1 T. honey
 1/3 c. crunchy nugget cereal
 Thin pretzel sticks

Core and slice apple. In a small bowl, combine peanut butter and honey. Stir until smooth. Spread peanut butter and honey mixture on each apple wedge. Dip wedges in cereal. Slice wedges into cubes and insert pretzel stick into cut portion of the apple. Makes 3 servings.



Detective Discover!

Card 3

24 ounce container of cottage cheese
 12 ounce container of sour cream
 1 package dry ranch dressing mix
 2 cups finely shredded cheddar cheese

In a bowl, thoroughly combine cottage cheese, sour cream and ranch dressing mix. Stir in cheese. Serve with celery sticks, baked corn chips, etc. Store in refrigerator. Makes 20 to 24 servings.



Detective Discover!

Card 2

1 (8-inch) whole wheat flour tortilla
 1 whole banana
 2-3 T. peanut butter (smooth or crunchy)

Spread peanut butter on one side of tortilla. Peel banana and roll up tightly in tortilla. Slice into bite-sized pinwheels or serve whole. Makes two servings.



Detective Discover!

Card 4

1 1/2 t. butterscotch instant sugar-free pudding mix
 1/4 c. fat free milk
 1/4 c. canned pumpkin
 1/8 t. pumpkin pie spice
 assorted animal crackers

In a small cup, combine pudding mix and milk. Stir about one minute. Add pumpkin and spice. Stir to mix. Use assorted animal crackers as dippers. Makes one serving.



Detective Discover!

Card 5

- 2 (10-inch) celery stalks
- ¼ c. soft “light” pineapple cream cheese
- 2 T. dried cranberries
- 1 T. dry-roasted, finely crushed nuts

Rinse celery stalks and dry with paper towels. Trim off leafy parts. In bowl, combine pineapple cream cheese and cranberries. With table knife, fill groove of each celery stalk with cheese mixture. Sprinkle crushed nuts over celery stalks. Makes two servings.



Detective Discover!

Card 7

- 2 quarts air-popped popcorn
- ¼ c. reduced calorie margarine, melted
- 2 t. dry taco seasoning mix

Toss ingredients together until popcorn is evenly coated with seasoning. Makes eight servings.



Detective Discover!

Card 6

- 3 packets unflavored gelatin
- ½ cup 100% pineapple juice
- 1 cup 100% orange juice
- 1 cup boiling water

Mix gelatin with a little pineapple juice. Add boiling water slowly, stirring constantly until gelatin is dissolved. Add remaining juices. Pour into 9”x 12” pan. Chill until set. Cut into finger lengths. Store in covered container in refrigerator. Makes about 15 servings.



Detective Discover!

Card 8

- 1 cup mixed greens per person
- Mandarin oranges
- Shredded cheese
- Chopped ham
- Diced apples
- Sunflower seeds
- Slivered almonds
- Croutons or crackers
- Fat-free ranch salad dressing

Place greens in a quart zip close bag. Let each person select toppings to add to their salad. When all ingredients are in the bag, it can be closed and shaken to mix the salad. Makes one serving.



Clues to Better Health

Please check inside the magnifying glass that reflects your current lifestyle.

	Often	Regularly	Seldom
I limit my TV and computer time to less than 30 minutes per day.			
I eat 2½ cups of vegetables daily.			
I look for “whole grain” or the word “whole” listed with the first ingredient.			
I select water, milk or 100% fruit juice when I am thirsty.			
I try to get 30 minutes of exercise.			
I eat a variety of foods from MyPyramid.			

Often (6 or more times a week)

Regularly (3-5 times a week)

Seldom (1-2 times a week)