

Life Skills• Brownie Badge Blueprint



Snacks Badge

Purpose of Badge:

This badge teaches girls how to make snacks that will give them energy

Supplies needed: Internet for research, paper and pen to take notes, kitchen, cooking utensils and food to make recipes

Step 1: What's in a snack? Jump into the world of snacks

Go on a scavenger hunt in your kitchen or with an adults help on a grocery store's website and find three packaged snacks. Look at the list of ingredients and find 3 you don't recognize. With an adults help, look them up on the internet and find out if they're good for you.

Step 2: Make a savory snack from another country.

With help from an adult, use the internet to learn about snacks from another country. Kids from all over the world eat some pretty amazing snacks. Some of my favorites are making guacamole from Mexico, open-faced sandwiches from Sweden, or Onigiri (Japanese rice balls) from Japan.

Step 3: Try a sweet snack. Create a Holiday snack. If you like desserts, you'll like these.

What are some of your favorite snacks around Christmas, Easter, Valentine's Day or 4th of July? Try making a parfait with colorful fruit that represents red, white, and blue colors, or make your favorite cookie that represents your family heritage. With help from an adult, use the internet to learn about the origins of gingerbread, and then find a recipe to make some gingerbread cookies.

Step 4: Snack for energy. Find a recipe you can make for a group.

Do research on finding a snack you can create for your entire family. Try to make a snack that is easy to carry, doesn't need utensils, and that a lot of people might like. Find a fun way to make mini pizzas with different toppings, fruit kebabs with seasonal fruit, or make your own recipe for homemade hummus.

Step 5: Slurp a snack. Some snacks are best in a cup, and healthy if you choose the right ingredients.

Make your own fruit smoothie. With help from an adult, research fruits that are in season that provide a lot of vitamins in a little cup. On another day, try a smoothie with another fruit. Which did you like better, and why?

Congratulations! You have now earned the Snacks Badge!

Remember, the Volunteer Toolkit Online has more activities to explore and is a great resource for planning meetings.