



Girls learn to make fun snacks for themselves, family and friends. Remember to think “outside the box” when preparing your snacks. Use food supplies you already have and how can you improvise with what you have. Order online for your food supplies when you need to.

At Home Badge	Life Skills
Week 1	Thursday April 16, 2020
Badge	Brownie Snacks
Steps	<ol style="list-style-type: none"> 1. Find out about different types of snacks 2. Make a savory snack 3. Try a sweet snack 4. Snack for energy 5. Slurp a snack
Activity #1	<p>Find out about different types of snacks</p> <ul style="list-style-type: none"> ● Look at recipe books, magazines, or online and explore types of snacks. ● What do other Girl Guides eat for snack? ● Create and give your snack a “unique name” ● What types of snacks did your parents or grandparents eat growing up? ● Explore snacks of the decades.
Resource	<p>https://www.kindercare.com/content-hub/articles/2017/april/would-your-kid-eat-this-10-kid-snacks-from-around-the-world</p> <p>https://www.youtube.com/watch?v= ZMbj772NFc</p>
Activity #2	Make a savory snack

<p>Resource</p>	<p>In a kitchen, chefs are creative, just like artists. Today you will be a snack artist! • We will start with a savory snack – that means it is not sweet like a dessert, but it might be salty or spicy. An easy savory snack to make, and one that is super healthy, is veggies and dip.</p> <ul style="list-style-type: none"> • Take a paper plate to use as the head • Then make a face using different vegetables • Which vegetables can be used for hair, eyes or a nose? • Be sure to add some veggies that you have never tried before into your face creation. <p>https://www.youtube.com/watch?v=wrsTsb25Bqw</p> <p>https://www.youtube.com/watch?v=dbAulzBUbyA</p> <p>https://www.pillsbury.com/everyday-eats/snacks/best-snacks-for-kids</p>
<p>Activity #3</p> <p>Resource</p>	<p>Try a sweet snack</p> <p>https://www.youtube.com/watch?v=kyNpBQiiK0Q</p> <p>https://www.youtube.com/watch?v=zWX-fSYeVso</p>
<p>Activity #4</p> <p>Resource</p>	<p>Snack for energy</p> <p>https://www.strong4life.com/en/pages/healthy-eating/articles/high-energy-snack-ideas-for-kids</p>
<p>Activity #5</p> <p>Resource</p>	<p>Slurp a snack</p> <p>Smoothies</p> <p>https://www.youtube.com/watch?v=Lu9zMMWQmng&t=167s</p>