

Snack Attack!

Learning Goal: **Snack Attack!** Is designed to allow 4-Hers to practice skills in recipe creation, food preparation, and food marketing. Through this activity, 4-Hers should:

- Consider options for how they may mix different ingredients together to create new or different snack options that are both delicious and nutritious
- Practice their food preparation skills in creating the snack
- Think through different ways to package and market their snack to consumers
- Share their learnings with others

Snack Attack! Contest Guidelines

For all age groups, you will create a snack such as a granola bar, snack mix, trail mix, vegetable and dip, etc. **You will exhibit one serving of this snack with your recipe.** Please **bring 3 additional servings to share with the evaluators.** These do not need to be in your fancy packaging, but can be if you like. You will **discuss your snack with the evaluators.**

Primary Guidelines

Create a tasty snack following the guidelines above and share it with the evaluators. There are no additional requirements for Primary members

Junior Guidelines

Create a tasty snack using the guidelines above. In addition you will need to:

- Include at least two MyPlate food groups,
- Give your snack a creative name
- Create a simple 1-page advertisement (no larger than a standard sheet of paper)*
- Present to evaluators. Be prepared to share your name, your snack, how it relates to MyPlate, and details about your advertisement.

Intermediate Guidelines

Create a tasty snack using the guidelines above. In addition you will need to:

- Include at least two MyPlate food groups,
- Give your snack a creative name,
- Put your snack in an attractive packaging, including ingredients on the label
- Create a simple 1-page advertisement (no larger than a standard sheet of paper)*
- Present to evaluators. Be prepared to share your name, your snack, its packaging, and details about your advertisement.

Senior Guidelines

Create a tasty snack using the guidelines above. In addition you will need to:

- Include at least two MyPlate food groups,
- Give your snack a creative name,
- Put your snack in an attractive packaging, including ingredients on the label
- Calculate the calorie information for one serving of your snack and include this in your packaging label*
- Create a simple 1-page advertisement (no larger than a standard sheet of paper)*
- Present to evaluators. Be prepared to share your name, your snack, its packaging, and details about your advertisement.

*Tips for your Snack

- You may use a favorite recipe or something you have tried in the past for your exhibit. Bonus if you rename the recipe and make changes to it in some way!
- You may use prepackaged ingredients as an element of your recipe, although they cannot be your entire exhibit. For example, you could exhibit a pudding pie made with premade pie dough and cook and serve pudding, however, you could not exhibit just a cup of cook and serve pudding.
- You should consider the nutrition of your snack as it applies to your specific nutritional goals and be prepared to discuss this with the evaluators
 - Are you an athlete
 - Are you trying to increase the amount of vegetables or dairy you are consuming?
- To calculate calorie information, try an online recipe analysis website such as [Very Well Fit](#)
- You may use any type of materials for your food packaging. Remember to only allow food-safe materials to touch your food.
- You may create your advertisement using any medium or tool that you like (e.g., you may create the advertisement using a computer program, your own personal art, or a mix of the two!)
- As you create your package and your advertisement, think about who would eat your snack.
 - How do you make sure your package is easy for this person to open, especially when they are away from home?
 - Will the packaging be sturdy for this audience?
 - How does your advertisement appeal to this audience and encourage them to eat or buy your snack?
- Be prepared to talk to the evaluators about who you think would eat your snack and how you have considered these questions in your exhibit

Example

Snack Attack Examples

Advertisement

Could this bee any more delicious? 



Busy Bee Honey Granola is packed with fiber rich oats, almonds, and a touch of sweet honey. Perfect for a yogurt parfait, sprinkled on your ice cream, or in a bowl with milk.

Try it today!

Snack



Both were made with Google Slides and it's free clipart and fonts

Scoring

Percent	Criteria
20%	<p>Taste</p> <ul style="list-style-type: none"> ● Appearance of Snack - snack looks attractive to eat. <ul style="list-style-type: none"> ○ Snack is free of any burn spots, cracks, broken pieces, etc. ○ 4-Her has taken care in handling and preparing snack ● Preparation of Snack <ul style="list-style-type: none"> ○ Snack is correctly baked or mixed, with appropriately volume of ingredients ● Eating Quality <ul style="list-style-type: none"> ○ Snack ingredients are fresh ○ Snack ingredients are appropriate to be combined together ○ Snack is tasty
15%	<p>My Plate</p> <ul style="list-style-type: none"> ● 4-Her has incorporated ingredients from at least two MyPlate categories and can speak to these ingredients ● The 4-Her shows a good understanding of the food groups and how to swap different foods of similar nutritional value ● 4-Her is able to provide examples of alternate ingredients <ul style="list-style-type: none"> ○ Based on age, 4-Her can provide healthy substitutes for their snack, or speak to ways it can be altered for allergies or dietary restrictions.
30%	<p>Marketing</p> <ul style="list-style-type: none"> ● 4-Her is able to speak to how they created their snack and why they included the ingredients they did ● 4-Her can talk about the name for their snack and how they created the packaging and ad (if relevant) ● 4-Her is able to explain who they think would eat this snack, and how their packaging and ad works to encourage people to eat their snack ● Food is served attractively and conveniently <ul style="list-style-type: none"> ○ Snack packaging is easy to open ● Based on age, 4-Her has provided requirements (e.g., name, ad, packaging, ingredient list, and calorie information)
25%	<p>Communication</p> <ul style="list-style-type: none"> ● 4-Her is engaged and speaks at a volume, tone, and speed that is appropriate for their age ● 4-Her is able to answer questions they are asked accurately and succinctly ● 4-Her can speak to properly food handling practices (e.g., hand washing, keeping hot foods hot/cold foods cold, how to store

	their snack, foods safely, etc.based on age)
10%	Project is neat, clean and shows creativity. <ul style="list-style-type: none">● 4-Her has provided a typed or written recipe card● 4-Her has provided all of the requirements for the exhibit