



Rio Arriba 4-H Presents: Tell Us About it Tuesdays!

Super Snacking!

Do you have a hard time making it from breakfast to lunch because your stomach is growling? Are you starving when you get home from school?

The right snack at the right time may be just what you need to hold you until the next meal. This project introduces 4-H members to the importance of a nutritious snack for a healthy diet.



Some of the Project Activities include:

- Practicing Food Safety and Cleanliness
- Preparing Snack Ideas and Recipes
- Food Group Game and Snack Smart Matching
- Understanding Good Labels

Going Beyond the Project!

Complete the following activities, share your results, and earn points!

Watch this video:

Elisabeth Watkins, 2019 Youth in Action Winner: https://youtu.be/gNI_vSnYos4

Complete attached Super Snacking Activity and Recipes

brought to you by Ashley Tafoya,

Rio Arriba 4-H Senior and NM Healthy Living Ambassador

Send a picture of your efforts to: marctala@nmsu.edu or hannah99@nmsu.edu

Earn points for your participation and receive Pizza Gift cards!

Have Questions Contact: 575-588-7423

Marcella, Extension 4-H Agent, at marctala@nmsu.edu

Hannah, Extension Program Assistant, at hannah99@nmsu.edu



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College of Agricultural, Consumer
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Cooperative Extension Service
Rio Arriba County Extension Office

New Mexico State 4-H Healthy Living Ambassador Program

The New Mexico Healthy Living Ambassadors are teen health leaders from across the state and focus on learning about and solving healthy living issues impacting our homes, our community and our economy. Designed for grades 9 through 12, the opportunity to develop the knowledge and skills to address today's issues facing nutrition education, physical fitness, wellness and emotional well-being.



My name is Ashley Tafoya, I have been a 4-H member for 13 years and I am also completing my senior year of high school. I enjoy showing livestock and working in leadership positions. This year I have been chosen to serve as one of your six New Mexico State 4-H Healthy Living Ambassadors. Our goal this year is to spread awareness about all aspects of health. We chose to incorporate mental health, physical health, and healthy eating habits as our main focuses. We spent a week in Washington DC at the National 4-H Conference Center where we attended The National Healthy Living Summit and we were able to meet people from all over the country. I have an amazing team this year and we look forward to continuing serving our state!



Photos feature the 2020 NM Healthy Living Ambassadors on their trip to the 2020 National 4-H Healthy Living Summit in Washington, DC.



Super Snacking Activity

Creating fun activities can encourage our youth to eat healthy! Eating healthy can cause you to sleep better at night and be more rested the next morning. Making fun snacks out of vegetables or infusing fruit to water can make youth enjoy it even more. Next time you make a snack from the Super Snacking project book, look at this worksheet and calculate just how healthy your snack is!

Food Label Exercise

This exercise can help you compare foods to see which foods are the healthier choices. Use an assortment of canned, boxed or packaged foods for this label reading exercise or use the suggestions for milk products listed below.

Answer these questions: Name of Food: _____

1. What is a serving size?
2. Is this a realistic serving size? Is this how much you would normally eat?
3. How many calories are in each serving?
4. How many total grams of fat are in one serving?
5. What is the percent of calcium in one serving?
6. How many grams of sodium are in each serving?

A good comparison can be done by looking at food labels from different types of milk including:

Fat-free Milk
Chocolate Milk

2% Milk
1% Chocolate Milk

Whole Milk



Remember to follow the food safety guidelines and the food pyramid next time you make yourself a healthy snack!

Getting Started With Food Safety and Cleanliness

Germs can get into the food we eat and can make us sick. We can keep germs out of our food by practicing good food hygiene. The following tips will help you stay healthy.

- Wash your hands with soap and warm water before eating or working with food
- Wash dishes and utensils well
- Keep the work area clean and free of clutter
- Wash fruits and vegetables before cooking or eating them
- Put food away as soon as you are finished with it
- Use a separate tasting spoon to sample food, and then use it only once

- Orange – grains
- Green – vegetables
- Red – fruits
- Yellow – fats and oils
- Blue – milk and dairy products
- Purple – meat, beans, fish and nuts



Stuffed Celery

Makes 3 servings, 2 sticks each

2 celery stalks, cut into 3 pieces

Cheese Spread or Pineapple Cream Cheese Spread or other flavor, jar type

Fill celery sticks and spread evenly.

Serve.

Quesadilla

Makes 1 serving

1 flour tortilla

1 cheese slice (sandwich type)

1 Tablespoon of your choice:

chopped bell pepper, red, green or yellow
jalapeno slices, chopped green chili or salsa
leftover cooked, chopped chicken, or low fat
turkey or chicken lunch meat



Place cheese on half of tortilla.

Sprinkle other toppings of choice over cheese.

Fold tortilla in half. Microwave 15-20 seconds on high.

Fold in half again. Serve.

Teddy Bears and Peanut Butter

Makes 1 serving

2 teaspoons peanut butter

24 Teddy Bear shaped snack crackers, or graham crackers

Spread peanut butter evenly onto 12 of the graham snacks.

Top each with a second graham snack to make sandwiches.

