



Science Experiment: Healthy Habits

Project: Health, Foods

Supplies:

- *Fresh Fruit (strawberries, bananas, blueberries, raspberries, pineapple, etc.)*
- *Juice*
- *Spinach*
- *Dried Fruit*
- *Granola*
- *This list is not extensive and is meant to be used as a guide when picking out the foods to use for this experiment. Be sure to ask about food allergies before beginning the experiment.*

Time: 30-40 minutes

What to Do:

1. Discuss the daily eating habits of the youth in attendance. Ask the youth to discuss what they typically eat for breakfast, lunch, dinner, and snacks.
2. Explain to the youth that they will spend 15-20 minutes inventing a healthy snack using the ingredients provided.
3. Give youth approximately 15-20 minutes to create a healthy snack. *Do not discourage them from trying new food combinations. Let them experiment and taste test for themselves!*
4. Give everyone time to share their new recipe with the entire group. Let everyone try all of the healthy snacks before you finish the reflection portion of the activity.

Reflect:

1. Does your family have healthy eating habits established at home?
2. Did you enjoy the new healthy snack you invented and will you share the recipe with others?
3. Did this activity help you understand how to create healthy snacks for yourself and your family?

Apply:

Establish a family meal plan that incorporates healthy foods. Sit down with your entire family and discuss the types of foods everyone enjoys. Be sure to accompany your parents on their trips to the grocery store. Remember that most healthy foods are found around the outside of the grocery section, not in the aisles! *Along with your healthy eating habits, be sure to also participate in some physical activity with your family to stay healthy.*

Additional Resources: *4-H + Me = Health* Lesson Plans