



# New London County 4-H Food Show Explorers Snack Planning Worksheet



Club Name:

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Table Theme/Name:

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- ✿ Plan snacks for one day in the menu table.
- ✿ Check to see if your menu is balanced with the recommended number of servings each day.
- ✿ Visit <http://myplate.gov/> for more information on eating healthy.
- ✿ These are the snacks you will be making for the Food Show. Discuss with your club different snacks you could make so you would have a serving of each of the five food groups.

Recommended servings/day	Vegetable 2 ½ cups	Fruit 1 ½ cups	Proteins 5 ½ ounces	Dairy 3 cups	Grains 6 ounces
Example: Snack- morning afternoon	½ cup Celery	½ cup Grapes ¼ cup raisins	2 tbsp peanut butter	1 string cheese	
Morning Snack					
Afternoon Snack					