



Session 6: Maniacs Wet Their Whistle

Content Learning Objectives:

- Explain the nutritional importance of limiting fat and sugar in the diet
- Use food labeling and other visual activities to compare the nutrition of specific drink and fast food items
- Prepare nutritious snack and drink items that are low in fat and sugar
- Reinforce the importance of healthy eating and physical activity through various fun activities, interactive games and taste testing opportunities.

Key Components:

- Where do fats and sugars come from in our diet?
 - (Added to our food: oil for cooking, butter on potato; sugar in desserts, syrup on pancakes, candy and soda)
 - (Naturally in food: fat in meat, nuts, dairy products; sugar in fruits and vegetables)
- How do we know how much fat and sugar is in food?
 - Fat can sometimes be seen but often it is invisible. Much of the fat in food comes for the way the food is prepared.
 - Activity: “Make Healthy Snack Choices” and (see handout, shopping and equipment list)
 - Why do some of these foods have more fat than others?
 - How can you tell how much fat is in food? (read label)
 - Sugar is also often invisible to the eye.
 - Activity: “Make Mine Orange” (see handout, shopping and equipment list)
 - Display a can of orange soda. Do you know what are the main ingredients in a can of soda? Ask participant to read the ingredient label. (water and sugar)
 - After making soda, ask, "What does this tell you about sugar in foods?"(Easy to see how much sugar is hidden in food.)
 - Label reading can help you find the amount of fat and sugar present in most foods you eat.
 - Activity: “Think Your Drink” (see handouts and display)

- Display the six beverages and their nutrition facts panels. Using the handout “Make Drinks Count” ask the participants to compare the different drinks in relation to calories, calcium, vitamin C, etc.
- Play “Sugar Clumps” (Directions listed in experiential learning activities section)
- Prepare recipes and discuss “Healthy Snacks” handout

Experiential Learning Activities:

- Activity: “Make Good Food Choices” compares amount of fat in various fast food items
- Activity: “Make Mine Orange” -prepare homemade orange soda to show amount of sugar in soda.
- Activity: “Think Your Drink” -uses nutrition food facts on food labels to compare drink choices
- Activity: Comparing “Roasted Chicken vs. Fried Chicken”
- Physical Activity: Sugar Clumps
 - *Equipment needed:* None
 - *How to play:* Kids are standing in a group. One leader is designated to call out one of the following names of foods with fats and sugars. The participants must get in the specified formation at that time. Practice each formation before play begins.
 - *Butter:* Youth must kneel on the ground
 - *Soda/Pop:* Youth must stand straight with their arms at their sides and jump in place
 - *Popsicle:* Groups of *two* youth must stand back-to-back.
 - *Candy bar:* Groups of *three* are formed. One person standing in the center with his/her arms to the sides, and two other youth must hold hands and encircle them (like London Bridge).
 - *Stir the Batter:* Youth must walk around and find new people to clump with until the next food is called.

The object is to eliminate youth with each number called until only one remains. For example, if Popsicle is called (the kids race to find a person to stand back to back with) but there are an odd number of youth, one person will be out. If the leader yells Soda/Pop, and the youth kneels as Butter, then they are out.
- Sanitize food preparation area, properly wash hands, and prepare recipes
 - Make Mine Orange Drink
 - Wet and Wild Cocoa Mix
 - Crispy Chicken Sticks
- Evaluate session using “Chose A Healthy Snack” worksheet

Handouts:

- Munchin’ Maniacs Wet Their Whistle” Recipes
- “Healthy Snacks” handout can be found at <http://wellnessways.aces.uiuc.edu/Snacks.html>
- “Make Mine Orange” soda recipe
- “Make Drinks Count”
- “Think Your Drink”
- “Make Good Food Choices” activity sheet
- “Choose A Healthy Snack” worksheet can be found at <http://wellnessways.aces.uiuc.edu/Snacks.html>

Lesson Materials:

- “Make Good Food Choices” activity: 5 paper plates, 5 black markers, 5 sets of measuring spoons, 2 small cans of solid shortening, paper towels. (Set up so youth work in groups of 2 or 3)
- “Make Mine Orange” activity –Purchase the following for 10 participants:

Ingredients	Purchase	Groups of 2-3
Soda water	36 ounces	12 ounces
Sugar	1 cup sugar	11 teaspoons
Red food coloring	1 small bottle	2 drops
Yellow food coloring	1 small bottle	3 drops
Orange extract	1 small bottle	¼ teaspoon

Equipment needed per (2-3 participant) work groups: 3 1-cup liquid measure cups, 3 1-teaspoons and ¼ -teaspoon measuring spoons, 5 small paper plates, 10 8-oz paper cups, small paper plates, paper towels

- “Think Your Drink”: white milk, chocolate milk, orange juice, fruit punch, cola, diet cola, sports drink and water containers, pencils
- Recipe ingredients and equipment

MUNCHIN' MANIACS

Maniacs Wet Their Whistle Recipes

CRISPY CHICKEN STICKS

Makes: 6 strips

- 1 skinless boneless chicken breast cut into 6 strips
- ¼ cup cheese crackers
- 2 tablespoons dry breadcrumbs
- ¼ cup skim milk

Directions:

Preheat the oven to 400°. Grease baking pan with spray oil or 2 teaspoons vegetable oil. Put crackers in a plastic bag. Tightly close the plastic bag and crush the crackers. Add breadcrumbs to crackers and shake to combine. Pour milk into the bowl. Place chicken in milk and turn to coat completely. Place a few of the milk coated chicken strips into the plastic bag and shake to coat. Place coated chicken piece in greased baking pan. Put baking pan in the oven. Bake the chicken for 15 to 20 minutes and the crumb mixture is golden brown. When a food thermometer is placed in the chicken it should read 170° F. Serve immediately.

Serving: 1 chicken strip

Nutrition Analysis per serving: Calories 33 kcal, Protein 2 g, Fat 1 g, Carbohydrates 3 g, Fiber 0.1 g, Calcium 22 mg, Sodium 53 mg

Crispy Chicken Sticks Shopping List-10 Participants Yield: 10-6 ounce servings

Ingredients	Purchase	Groups of 2
Skinless boneless chicken breast	10	12 strips
Bite size cheese crackers	2 ½ cups	½ cup
Dry breadcrumbs	1 cup	4 tablespoons
Milk	2 ½ cups	½ cup
Pam spray	1 can	Few sprays

Equipment: (Work Group: 2 participants)

- 5 plastic sealable bags
- 5 small bowls
- Food thermometer
- Toaster oven
- Extension cord
- Tongs
- Pot holders
- Aluminum pans to hold 120 chicken strips
- Paper towels

MAKE MINE ORANGE DRINK

Makes: approximately 5 (6 ounce) servings

- 1 (6 ounce) carton low fat vanilla yogurt
- 1 ½ cup orange juice
- 1 ½ cup orange soda
- 1 cup vanilla ice cream

Directions:

Put the vanilla yogurt, orange juice, orange soda and vanilla ice cream in the blender. Cover blender with lid. Blend on high speed until combined. Serve immediately.

Optional:

Drink can be frozen for a nice summer treat.

Serving: 8-ounce serving

Nutrition Analysis per serving: Calories 144 kcal, Protein 3 g, Fat 1.5 g, Carbohydrates 30 g, Fiber 0 g, Calcium 82 mg, Sodium 50 mg

Make Mine Orange Drink Shopping List-10 Participants Yield: 10-6 ounce servings

Ingredients	Purchase	Groups of 5
Lowfat vanilla yogurt	12 ounces	6 ounces
Orange juice	24 ounces	12 ounces
Orange soda	Made during activity	12 ounces
Vanilla ice cream	16 ounces	8 ounces

Equipment: (Work Group: 5 participants)

- 2 blenders
- 2 liquid measuring cups
- 2 1-cup dry measuring cups
- 2 rubber spatulas
- 10 (6 ounce) drinking cups
- paper towels

WET AND WILD COCOA MIX

Makes: 2 cups cocoa mix

Ingredients:

- 1 cup powdered instant dry milk
- ½ cup sugar
- ¼ cup cocoa
- ¼ cup powdered nondairy creamer

Directions:

Measure all ingredients in an airtight container such as a sealable plastic bag. Gently shake to combine all ingredients.

To make cocoa: In a mug, add 3-4 tablespoons of mix and fill with hot water.

For a twist add:

- one teaspoon cinnamon
- flavored creamers like vanilla, hazelnut or Irish cream
- one package of raspberry or cherry unsweetened dry beverage mix.
- miniature marshmallows

Serving: 1 recipe

Nutrition Analysis per serving: Calories 85 kcal, Protein 2.6 g, Fat 1 g, Carbohydrates 17 g, Fiber 0.9 g, Calcium 80 mg, Sodium 32 mg

Wet and Wild Cocoa Mix Shopping List-10 Participants

Yield: 10 2-cup recipes

Ingredients	Purchase	Individual
Unsweetened cocoa powder	8 ounces	¼ cup
Dry milk	2 lbs.	1 cup
Sugar	1 lb plus ½ cup	½ cup
Nondairy creamer	2 large containers	¼ cup

Equipment: (Work Group: individual*)

*Arrange workstations so individuals can measure each ingredient and place in a sealable plastic freezer bag.

- 2 1-cup dry measures
- 2 ½-cup dry measures
- 4 ¼-cup dry measures
- 4 large containers to hold ingredients
- 10 sealable plastic freezer bags
- Paper towels



UNIVERSITY OF ILLINOIS
EXTENSION
FOOD STAMP NUTRITION EDUCATION
EXPANDED FOOD AND NUTRITION
EDUCATION PROGRAM

University of Illinois * United States Department of Agriculture
* Local Extension Councils Cooperating
University of Illinois Extension provides equal opportunities in programs and employment.
This material was funded by USDA's Food Stamp Program.