



# New London County 4-H Food Show

## Explorers Snack Planning Worksheet



Club/Individual 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 snacks for the day are balanced with something from many food groups.
- ✿ Visit <http://myplate.gov/> for more information on eating healthy.
- ✿ These are the snacks you will be making for the Food Show.

Your Snacks						
Recommended servings/day	Vegetable 2 ½ cups	Fruit 1 ½ cups	Proteins 5 ½ ounces	Dairy 3 cups	Grains 6 ounces	Oils 6 teaspoons
Example: Morning Afternoon	2 pieces celery	½ c grapes ¼ cup raisins	2 tbs peanut butter	1 string cheese		
Morning						
Afternoon						