

# Snacks



**Age-level:** Brownie

**Pillar:** Life Skills

**Badge Description:** Make great snacks for yourself and your friends. When you eat them, they'll give you energy to think, hike, run around, dress up—and do all the other activities you love to do.

1. Jump into the world of snacks.
  - Go for a scavenger hunt in your kitchen. Find three packaged snacks. Look at the list of ingredients. Find three you don't recognize and team with an adult to figure out what they are and if you they're good for you.
2. Make a savory snack.
  - When you make a snack at home, it's often healthier for you than when you eat it in a restaurant. Find a recipe for your favorite snack at a restaurant and make it yourself!
3. Try a sweet snack.
  - There are thousands of desert recipes out there! Find a basic recipe and add your creative twist! For example, if you're making chocolate chip cookies, add some dried fruit instead of chocolate chips!
4. Snack for energy.
  - Make a snack for your family! Try to make a snack that is easy to carry, doesn't need silverware, and that a lot of your family members might like.
5. Slurp a snack.
  - Make your own shake or smoothie! Use whatever milk you like to create your favorite smoothie or milkshake.

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