

Veg Out! Educator Instructions

Picking Snacks for the Lesson

To do Lesson 6: Veg Out! you will have to find snacks to use for the presentation. We want you to use unhealthy snacks that teens in your community eat. You should look in places such as corner stores/bodegas near the school, school vending machines, and school stores to find snacks your teens may eat. Also, you may want to observe what snacks your teens bring to class or eat during school hours. You should find six snacks that are non-perishable and are between 300 and 1000 calories for the entire package. Pick at least one sweet snack (candy, cookies, muffins, etc.) and at least one salty/crunchy snack (potato chips, pretzels, tortilla chips, etc.) Do not pick out healthy snacks, such as vegetables, nuts, or fresh/dried fruit. You will be bringing these snacks into class for the lesson. You may want to remove the snacks from the package and only bring the package to class.

Matching Snacks to Veggie Snacks

Match each of your 6 snacks with the 6 veggie snacks that appear in the PowerPoint®. Match them so you are comparing each snack to veggies of the same taste and texture during the lesson (See Table 1 for sweetness and crunchiness of each veggie snack). Record your matches on the Veg Out! Worksheet included (see sample for help).

Table 1

Vegetable	Sweetness	Crunchiness
Cherry Tomatoes	2	6 – softest
Cucumbers	5	5
Snow Peas	4	3
Celery Sticks	6 – least sweet	1 – crunchiest
Baby Carrots	1 – sweetest	2
Bell Pepper Slices	3	4

Try to match sweet snacks with sweet veggies and crunchy snacks with crunchy veggies. For example, a bag of chips should be compared to celery sticks. Try to match your highest-calorie sweet snack with the baby carrots. Since carrots have lots of natural sugars, they are slightly higher in calories than the other veggies. The teens will be surprised that it takes fewer carrots than the other veggies to equal

such a high number of calories! However, you will want to point out that the amount of carrots is still very high and more than they would eat in one sitting.

Finding Veggie Pictures for the Presentation

Now that you matched your snacks with the veggies you will compare them to, find the veggie pictures with the Lesson 6 materials. Open the .zip file to find the pictures for each veggie snack. Choose the veggie pictures that most closely match the calories on your snacks. For example, if you have a bag of Takis® that are 560 calories and you are matching them to celery sticks, you will choose the picture of celery that represents 550 calories. You will identify this using the file name of the picture (ex. “550 Calories – Wok Overflowing with 358 Celery Sticks.jpg”). You will download the pictures for each snack-veggie pair. Write down the number of veggies for each snack and the file name of the veggie picture on your Veg Out! Worksheet.

Editing the Veg Out! Presentation

After you download the veggie pictures, you will have to edit the Veg Out! PowerPoint® presentation to reflect the snacks that you have chosen. You can find this presentation with the Lesson 6 materials. Download the presentation and save it onto your computer or flash drive, and open it in PowerPoint®. Using your worksheet, find the slides that correspond with each veggie. Click on each default veggie picture and press the “Delete” key to delete the picture on the slide. Then, copy and paste the veggie picture that matches your snack into the slide. Resize as necessary so the picture fits the slide. Drag from the corner of the picture to enlarge so you do not accidentally distort the image. Then, click on the number in each slide. Delete the number and retype the number of veggies that you wrote in your Veg Out! Worksheet (this number is also found in the picture’s file name). Repeat this process for all the veggie slides (#5, 7, 9, 11, 13, and 15). Save this presentation by clicking “File,” then “Save As.” Rename the file so you know which class it is for (ex. “Lesson 6 – Veg Out! – January 1 ABC High School.pptx”).

Veg Out! Worksheet

Snack Name	Snack #	Slide #	Veggie Name	Snack Calories	# Veggies	Picture File
	1	5	Cherry Tomatoes			
	2	7	Cucumbers			
	3	9	Snow Peas			
	4	11	Celery Sticks			
	5	13	Baby Carrots			
	6	15	Bell Pepper Slices			

Sample Veg Out! Worksheet

Snack Name	Snack #	Slide #	Veggie Name	Snack Calories	# Veggies	Picture File
Blueberry Muffin	1	5	Cherry Tomatoes	426	212	400 Calories – Wicker Basket Full of 212 Cherry Tomatoes
Doritos® Nacho Cheese	2	7	Cucumbers	560	374	550 Calories – Wok Full of 374 Cucumber Slices
Pringles® Sour Cream & Onion	3	9	Snow Peas	370	256	350 Calories – Candy Jar Overflowing with 256 Snow Peas
Rold Gold® Pretzels	4	11	Celery Sticks	980	650	1000 Calories – Baking Pan Full of 650 Celery Sticks
Oreo® Minis	5	13	Baby Carrots	460	103	450 Calories – Candy Jar Overflowing with 103 Baby Carrots
Sour Patch Kids®	6	15	Bell Pepper Slices	525	335	500 Calories – Baking Pan Full of 335 Bell Pepper Slices



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This work is supported by the Expanded Food and Nutrition Education Program from the USDA National Institute of Food and Agriculture. USDA is an equal opportunity provider.

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S-0026-06-02

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