

Let’s Go Fishing

Snack Activity

Objectives:
1. Learn to make dips for vegetables.
2. Reinforce the concept of accepting body-size differences.

Age:
6 years and older.

Length:
Approximately 10 to 15 minutes.

Supplies and Materials:
1. Ingredients for dips, recipes attached. For bean dip, mash the beans ahead of time or use low-fat refried beans.
2. Equipment for making dips: bowls, measuring cups and spoons, and spatulas.
3. Great Dips for Veggies recipes available at each dip making station. In addition, copy one handout for each participant’s take-home bag.
4. Three or four different vegetables for dipping, including a few less-common veggies: carrot sticks, jicama sticks, bell pepper strips, broccoli, cauliflower, celery sticks, turnips, etc. Wash and cut vegetables ahead of time.
6. Paper plates – one per person.

Special Considerations:

Food Allergies: Be aware that some participants may have food allergies. As peanut allergies can be serious, you may opt for the other two dips and not have the peanut butter at the site.

Activity Directions:
1. Divide into teams of 4 to 5 participants for making dips. In larger groups, make multiple batches of each dip.
2. Set up a buffet-type table with dips, prepared vegetables and crackers. Introduce each vegetable and encourage everyone to try them, especially any vegetables new to them.
3. Explain how to go fishing – the vegetable sticks are the fishing poles, the dip is the bait and the crackers are the fish. Have participants serve themselves on their paper plates and enjoy the fishing adventure.

4. Reinforce the concept of body-size acceptance with the crackers. The crackers are different shapes, yet they are all tasty treats. The size or shape of a cracker or a person does not indicate his, her, or its value.

**Take Home Tidbit**

*Great Dips for Veggies* handout.

**Source:**