

Camp Snack Mix Problem Solving Activity

Camp Counselor Skill Development

Oho 4-H Camping Competencies:

- Teamwork & Leadership
- Thinking & Problem Solving
- Health, Wellness, & Risk Management
- Communication

Intended Audience:

- Camp Counselors

Lesson Objectives:

Participants will:

- Explore communication & problem-solving skills in a team environment.
- Practice reading nutrition labels.

Time: 15 minutes

Equipment and Supplies:

- Printed camper food profiles
- Various snack items with nutrition labels: pretzels, popcorn, baked cheese crackers, raisins/dried fruit, chocolate covered nuts, granola, gummy candy, oat cereal, chocolate chips, chocolate coated candies
- Large bowl and stirring spoon

Do Ahead:

- Review lesson
- Gather equipment and supplies

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BACKGROUND

Group problem solving is a valuable skill for anyone that works in a team, but it is a vital tool in the camp counselor toolbox. At any time during camp planning and while at camp, counselors need to be able to approach their peers and work collaboratively to make decisions and creatively solve problems. These problems can be as simple as deciding what goes on the camp dance playlist to determining how to act in a first aid emergency. Practicing these skills is important because the more counselors work together with and get to know their counterparts, the easier it will be to communicate with them when the stakes are higher.

WHAT TO DO

This activity works best with groups of less than 10. Arrange the group so they are standing around a table/counter with all of the snack items and the large bowl. Give the group the camper food profiles which list allergies, likes, and dislikes.

Instruct the participants to imagine that they are a group of counselors at camp and they are in charge of making snack for the evening. The ingredients before them can be made into snack mix and they need to come up with a plan so that they create a snack for all of the campers at camp. Encourage participants to work as a team to discuss the camper profiles and make decisions about the snack mix ingredients. Give the group a time limit and tell them that by the end of the time the snack should be ready to serve.

TALK IT OVER

Reflect:

Did the group come up with an evening snack that everyone can enjoy?
How did the group decide what items to use/not use?
Were the ideas of everyone in the group heard?
How did you feel about reading food labels for allergens?
What was challenging about the activity?

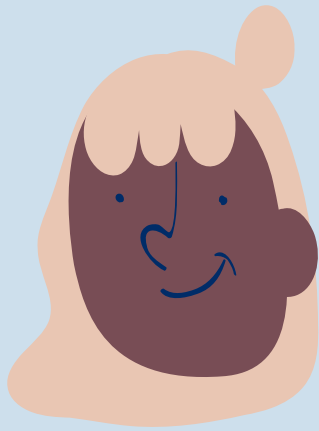
Apply:

Give an example at camp when you can't make everyone happy at the same time. How do you handle that situation?
What are some ways that you can utilize problem solving skills at camp?

WRAP IT UP:

Allow the participants to enjoy the snack that they made!





Jasmine

Food Allergy

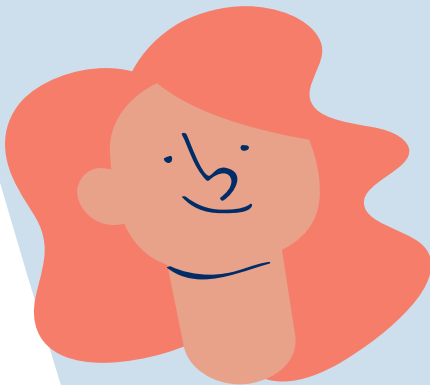
None

Likes

Popcorn
Cheesy Tots
Gummy Worms

Dislikes

Carrots



Audrey

Food Allergy

Eggs

Likes

Baked Cheese Crackers
Chicken
Fruit

Dislikes

Seafood



Anne

Food Allergy

None

Likes

Popcorn
Hot Dogs
Peanut Butter

Dislikes

Seafood
Bread
Hamburger
Candy
Cereal
Raisins



Sam

Food Allergy

Peanuts

Likes

Pretzels
Dried Cranberries
Chocolate

Dislikes

Baked Cheese Crackers



Tray

Food Allergy

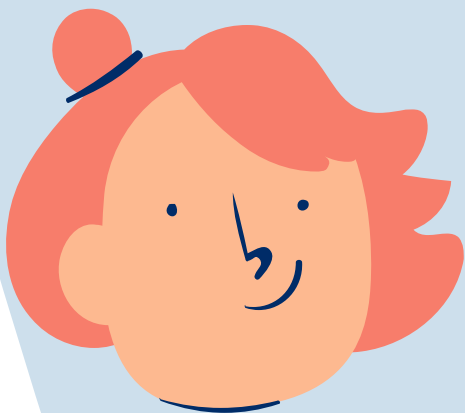
None

Likes

Everything

Dislikes

None



Maddy

Food Allergy

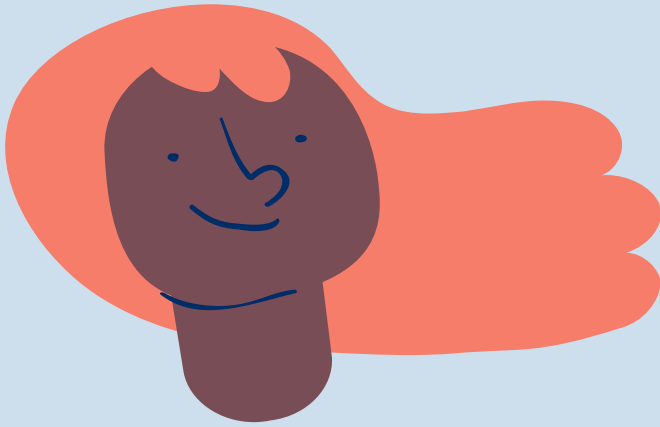
None

Likes

Popcorn
Chocolate
Pizza

Dislikes

Gummy Candy



Sasha

Food Allergy

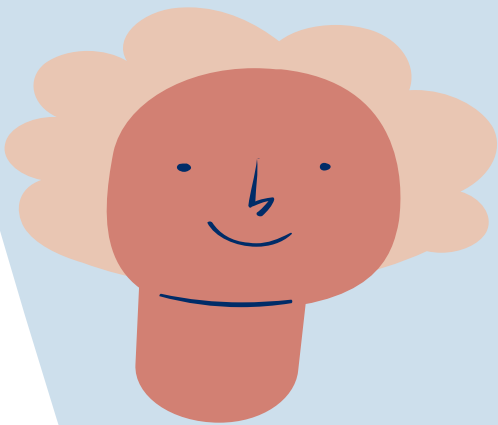
None

Likes

Carrots
Raisins
Cranberries
Celery
Broccoli

Dislikes

Junk Food



Maria

Food Allergy

None

Likes

Mac & Cheese
Ramen Noodles
Popcorn

Dislikes

Ranch Dressing



Damion

Food Allergy

None

Likes

Gummy Candy
Chocolate
Nuts

Dislikes

Fruit



Kane

Food Allergy

None

Likes

Pretzels
Oat Cereal
Seafood

Dislikes

Popcorn