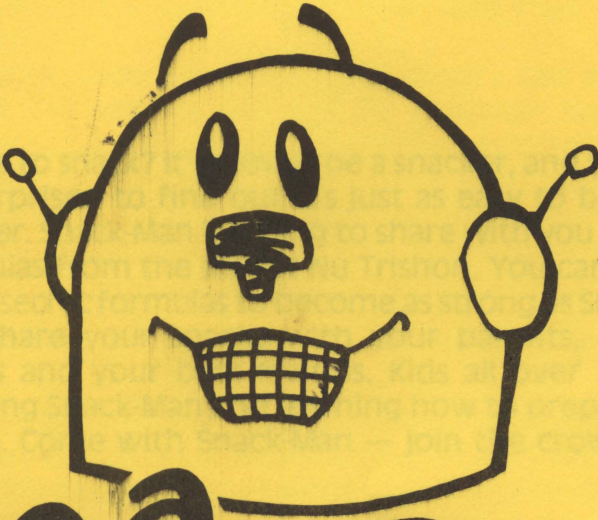


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Be a
**SUPER
SNACKER!**

**Snack-Man
Tells You How**

The Texas A&M
University System



**Texas
Agricultural
Extension
Service**

Daniel C. Pfannstiel, Director
College Station



BE A SUPER SNACKER!

Tells You How
Snack-Man

This booklet supplements the youth phase of the "Be A Super Snacker!" program, developed by the home economics staff of the Texas Agricultural Extension Service to promote nutritious snacking.

Be a Super Snacker! *Snack-Man Tells You How*

*Extension Foods and Nutrition Specialists
The Texas A&M University System*

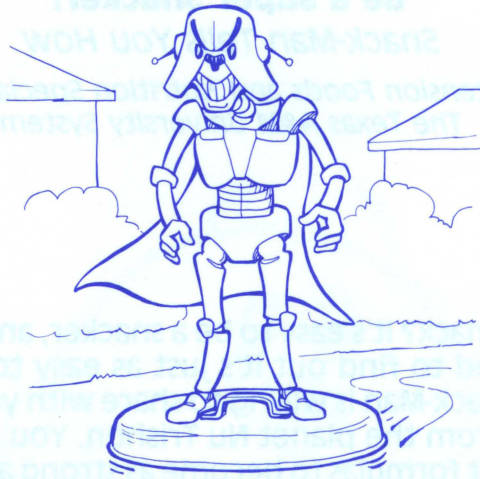
*Love to snack? It's easy to be a snacker, and you might be surprised to find out it's just as easy to be a **super** snacker. Snack-Man is willing to share with you his secret formulas from the planet Nu Trishon. You can prepare these secret formulas to become as strong as Snack-Man, and share your snacks with your parents, brothers, sisters and your best friends. Kids all over Texas are meeting Snack-Man and learning how to prepare these treats. Come with Snack-Man — join the crowd.*

Adventures of Snack-Man

Deep in the recesses of outer space, on the planet of Nu Trishon, the Nutrinites struggled to protect their formulas for super strength from the evil Malinite monsters.

But the Malinites invaded Nu Trishon. They found the secret formulas and destroyed all the elements which gave the Nutrinites their super strength. There was only one way to save their people. The Nutrinites decided to seek help from the planet Earth.

So one space night, a Nutrinite silently launched himself toward Earth — hurling, spinning, faster and faster. His name was Snack-Man.



A sinister creature was moving toward the house closer to the open door.

Meanwhile, on the planet Earth, in the small town of Tenoma, Danny and Laura Smith were slowly walking home from school. Danny kicked at some rocks along the sidewalk. Laura tried to pretend she didn't know her brother. It was a beautiful, warm afternoon, and she was taking her time, hoping that one of her school chums would come by.

'Let's go!' Danny said, somewhat impatiently. All he wanted to do was go home and eat. School gave him an appetite.

Suddenly, they were both jolted by a loud boom which seemed to shake the ground beneath them. Laura fell down. Danny dropped his books and held on to the nearest tree.

"What was that?" she asked.

'I don't know,' he said, looking worried. "Do you think it was an earthquake?"

"I don't think so," Laura said as she got up and brushed herself off.

They started to walk a little faster now, wondering what the noise had been. What could shake the ground like that?

Laura was glad to see their own house and quickly ran to the front door. She nervously got her key out of her pocket and opened it. At that moment she thought she heard a noise coming from the bushes nearby.

"I wonder what Mom left us for a snack," Danny said. "I hope there's some ice cream left over from last night's dessert."

Laura realized that she was hungry too and forgot about the noise as she opened the door. Danny raced past her toward the kitchen. Laura stooped down to pick up their cat, Corky, who had been lazily stretched out on the door step. She heard the noise again, and Corky's ears suddenly became stiff as she turned her head in the direction of the sound. Laura turned around, but she saw nothing. It must have been the wind, she thought, but felt uneasy as she quickly went in the house, leaving the door open behind her. If she had looked just one moment later, she would have seen a strange creature's head emerging from the bushes near the driveway of their house.

Danny was coming back out of the kitchen holding a big carrot which had been scraped clean.

"There's no more ice cream, but Mom left us some of *these and some bananas*," he said. He walked over to the living room window and suddenly his eyes bulged wider and his mouth dropped open.

"What's wrong with you?" Laura asked.

"Look! What is that thing?" Danny pointed his finger in the direction of the path leading up to their door.

Laura ran over to the window and gasped.

"Gee whiz!"

A sinister creature was moving toward the house toward the open door. It was slithering on what looked like a trash can lid. Danny ran to close the door on the creature, but didn't make it in time.

"Look out, Dan!" cried Laura as she heard the ugly thing hissing. Her brother was ready to swing his fist at it.

The creature hissed louder as Laura came to the door to help.

Danny watched the hissing creature as if paralyzed. The monster reached across and grabbed Danny by the arm, twisting it downward.

"Let go, let go, you ugly thing!" screamed Laura beating her fists against the creature's head. Suddenly Danny was heaved to the ground. The creature roared a loud hiss. He had grabbed the carrot away from Danny and seemed to have lost interest in fighting. He turned and slid away back into the bushes.

"What is that thing?" Danny finally got his voice back. He felt weak from the struggle.

"I don't know, but hurry up and close the door before it comes back," Laura yelled. She ran to the window.

"The bushes are still moving . . . that thing is looking for something." She watched her brother lock the door and heave a sigh of relief as he leaned against the locked door.

"We can't stay here. He may find another way to get in," Laura said.

"The secret club house!" yelled Danny. "Let's go!"

They ran to the back door, opened it and dashed out through the back yard and past their mother's flower patch.

"There's another one!" Danny was pointing to the flowers. Two arms and two legs seemed to be growing upside down in the middle of the flowers.

"Help! Help me, please! Help me, Earthlings. I'm your friend!" said a muffled voice under the arms and legs.

"This one doesn't have any head . . . or does it?" Laura cautiously approached the legs and arms which were waving around frantically.

"Please, I really am your friend. Help me," pleaded the voice.

"Come on, Dan, let's help this one. I think it's okay . . . but bring that pitchfork over here, just in case," said Laura.

Danny yanked on one arm and Laura yanked on the other. The creature felt very heavy and strong. Danny held on tight to the pitchfork while he yanked harder

and harder. The creature finally stood upright.

"It's a man . . . uh . . . no . . . it's a robot . . . uh . . . I don't know what it is," Danny said, scratching his head.

"Thank you," the creature said, calmly dusting himself off.

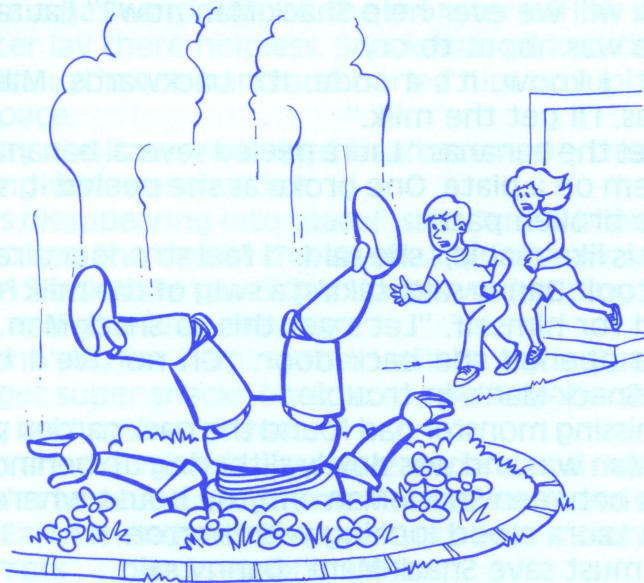
"Who or what are you?" asked Laura, gaining some courage. The creature looked friendly, not like that other hideous thing.

"My name is Snack-Man. I am a Nutrinite from the planet Nu Trishon. My planet is green and great. My people are strong and healthy," he said.

"What on earth are you doing here?" Laura asked.

"The Malinites have taken the ingredients for the secret formulas from our snack stations. Without them we will be shriveled and weak. I have come to get a supply from Earth so we may regain our strength and produce new secret ingredients. Unfortunately, the Malinites discovered my mission and have followed me here," explained Snack-Man.

"So that's what that ugly thing is . . . a Malinite!" exclaimed Danny.



"Please, I really am your friend. Help me."

"Malinites throw the secret ingredients in their destructive trash cans. They want us to be weak, yet do not realize they could eat them and have super strength too."

"Will he come after us again?" Laura asked.

"I'm afraid so. We can be ready if you help me prepare one of the secret formulas."

"We will," Danny offered.

"Here is a secret formula. Prepare this and we will have nothing to fear from that grungy old Malinite." Laura took the paper he offered.

"Hurry before the Malinite returns. I will stand watch outside the house."

"Come on," Danny said, catching her arm.

They ran to the house and made sure all the windows were locked this time.

"What do we need?" Danny asked, opening the refrigerator again.

"Danny, I can't read this!"

"Let me see it."

He stared at the alien words. Klim, Sananab.

"How will we ever help Snack-Man now?" Laura wailed. She was about to cry.

"Wait! I know. It's a code. It's backwards. Milk and bananas. I'll get the milk."

"I'll get the bananas." Laura peeled several bananas and put them on a plate. One broke as she peeled it, so she ate the broken part.

"This is like magic," she said. "I feel stronger already."

"Me too!" Danny said, taking a swig of the milk he had poured for himself. "Let's get this to Snack-Man."

Laura opened the back door. "Oh no! We'd better hurry. Snack-Man's in trouble."

The hissing monster had found the back garden where Snack-Man was and was slowly slithering up behind him. He was between Snack-Man and the house where Danny and Laura stood looking with horror.

"We must save Snack-Man!" Danny said.

The Malinite was getting closer and closer to Snack-

Man. Suddenly Snack-Man turned around and saw the monster. He looked at Danny and saw the super snacks.

"We must get this food to him," Danny said.

Laura nodded. She darted out of the house yelling, "Here we come Snack-Man. We'll save you!"

"Like a cavity you will," the monster hissed, turning his leering face toward her.

"I'll save you, Laura!" Danny shouted and ran, spilling half the milk.

The monster reached for Laura. She screamed. He laughed, a deep hissing laugh.

"Weakling Malinite!" Danny jeered, hoping to distract the monster.

"Eat the ananab!" Snackman shouted.

"What!" Laura hollered.

"The banana, Sis. The banana!" Danny called.

She popped a piece of banana into her mouth, and the Malinite backed away. She ran to Snack-Man with the rest of the bananas.

Snack-Man quickly ate the *super snacks*, milk and bananas. He got up and stood strong and tall. He reached out like a flash and flipped the monster off his lid. The monster lay there helpless. Snack-Man picked the ugly creature up in one hand and hurled him up, up, up, far into space.

Danny and Laura watched in amazement, their eyes growing wider and wider.

"He's disappearing into space!" said Danny, blinking his eyes to see the dot in the sky finally fade away.

"Yea! Snack-Man! You did it!" Laura was jumping up and down and gleefully cheering.

"Thank you for helping me. I will be back. But first, I must get super snacks back to my planet," he said in a strong and powerful voice.

"You are real friends. You have understood my secret formulas and have taught me how to say them so that other Earth friends can help me. Let's see . . . storrac will be carrots . . . and segnaro will be . . ."

"Oranges!" answered Danny, delighted that he knew



Snack-Man reached out like a flash and flipped the monster off his lid.

code so quickly.

"Yes, that's right. Now I am strong and can go on my journey and find more and more *super snacks* all over the earth."

"Please don't go," pleaded Laura. "We love you, Snack-Man."

"I must go, Laura. But I will leave these secret formulas. Think of me when you prepare them. Perhaps someday"

Laura blinked back her tears. "Yes, or we could visit you."

"Yeah!" Danny jumped up and down. "Wow! I'd love to zoom into space with you, Snack-Man!"

Snack-Man started off to complete his long journey. As he was leaving, he turned and called, "Goodbye, friends. And remember, be a super snacker!"



Why Be a Super Snacker?

Snack-Man wants to know when you eat snacks. He enjoys them often, because he is very busy, sometimes too busy to eat a whole meal. Snack-Man likes to eat snacks after he gets home in the afternoon, at parties, at football games, while he's watching TV and before he goes to bed at night.

What is the magic of the secret formulas? How do they make Snack-Man strong? They provide nutrients. Snacks also provide calories. A *super snack* must contain lots of nutrients.

Eating nutritious snacks keeps Snack-Man healthy. A healthy person has shiny hair, bright eyes, strong teeth, smooth skin and stands straight. Snack-Man stays healthy and powerful.

For a treat, make a *super snack* for your family and friends. Is your mom or dad home when you get home from school, or can you surprise them by preparing your own *super snacks*?

Before you begin to cook, Snack-Man reminds you to follow these rules in the kitchen:

- Wash your hands and clean under your fingernails.
- Put on a clean apron or an old shirt.
- Tie your hair back.

While you are busy in the kitchen, be sure to:

- Wipe spills right away.
- Put milk back in the refrigerator as soon as you are finished using it.

After you prepare a secret formula, wash all the dirty dishes in hot, soapy water and rinse well.

A snack can be more fun if you serve it at a time when the whole family, or a group of friends can sit down and

enjoy it together. When you make a super snack decide how you would like to serve it.

Snack-Man Presents the Quick-and-Easy Super After School Snacks

- * *Creamy Meteorites* — Top vanilla ice cream with nuts, crunchy cereal or sunflower seeds.
- * *Space Wedgies* — Serve graham crackers and cheddar cheese.
- * *Malinites in Space* — Fix frozen waffles with fruit.
- * *Galaxie Greenies* — Wrap lunch meat, roast beef or ham around a pickle.
- * *Moon Wrap* — Wrap lettuce around cheese, meat or poultry.
- * *Power Wichies* — Eat a peanut butter or tuna sandwich with a glass of milk.
- * *Lunar Logs* — Stuff celery stalks with cheese or peanut butter mixture.
- * *Ready for Lift-off Snacks* — Try cherry tomatoes, carrots, green pepper and celery with dips. Or lift-off with cheese cubes, plain popcorn, raisins, dried fruit, pumpkin and sunflower seeds, pretzels, cereals, orange sections and nuts.



Secret Formulas

Fruit Magic

You will need:

Fresh fruit (apple, pear, strawberries, peaches or whole blueberries)

Very cold milk

Enough sugar substitute to equal 2 teaspoons sugar

Cut the fruit into chunks. Put the fruit into a blender, and pour just enough milk to cover the fruit. Blend well on high speed. This is a refreshing drink for a hot day, very popular on Nu Trishon.

Flying Saucers (Earth Carrot-Oatmeal Cookies)

You will need:

- | | |
|---------------------------|---------------------------|
| ½ cup butter or margarine | ½ teaspoon salt |
| 1 cup brown sugar | ½ teaspoon nutmeg |
| ½ cup white sugar | 1 teaspoon cinnamon |
| 2 eggs | 2 cups old fashioned oats |
| 2 cups sifted flour | 1 cup raisins |
| 2 teaspoons baking powder | 1 cup grated raw carrots |
| ½ teaspoon baking soda | 1 cup chopped nuts |

Preheat oven to 350 degrees F. Cream butter and sugars well. Add beaten eggs. Sift together dry ingredients and stir in. Add raisins, carrots, nuts and oats. Stir gently until just blended. Drop by rounded teaspoons onto lightly greased cookie sheet. Bake for 12 to 15 minutes. Makes 5 to 6 dozen large saucers. This is Snack-Man's favorite treat, after being chased by a Malinite.

Out of This World Cheesy Pretzels

You will need:

- | | |
|-------------------------------|-----------|
| 1½ cups biscuit mix | 1 egg |
| ½ cup milk | Dash salt |
| 2 oz. shredded cheddar cheese | |

Heat oven to 400 degrees F. Grease cookie sheet. Combine biscuit mix, milk and shredded cheese to make a soft ball. On lightly floured surface roll dough into a 12" x 8" rectangle. Cut into strips. Twist each strip into a pretzel shape. Place on greased cookie sheet. Beat egg in small bowl. Brush pretzels with beaten egg. Sprinkle each pretzel with salt. Bake for 20 to 25 minutes. Snack-Man makes these for his friends. "Out of This World Cheesy Pretzels" are so much fun to make that sometimes his friends come over and not only help him bake them, they help him clean up.



Space Rations

You will need:

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|------------------------------------|---------------|
| 3 cups crunchy-style peanut butter | 1½ cup honey |
| 2 cups dry milk | 1 cup raisins |

Mix ingredients thoroughly. Shape into 5 rolls. Chill and slice as needed. If too dry, add a little more honey. Snack-Man carries these with him on his trips through outer-space.

Starshine Punch

You will need:

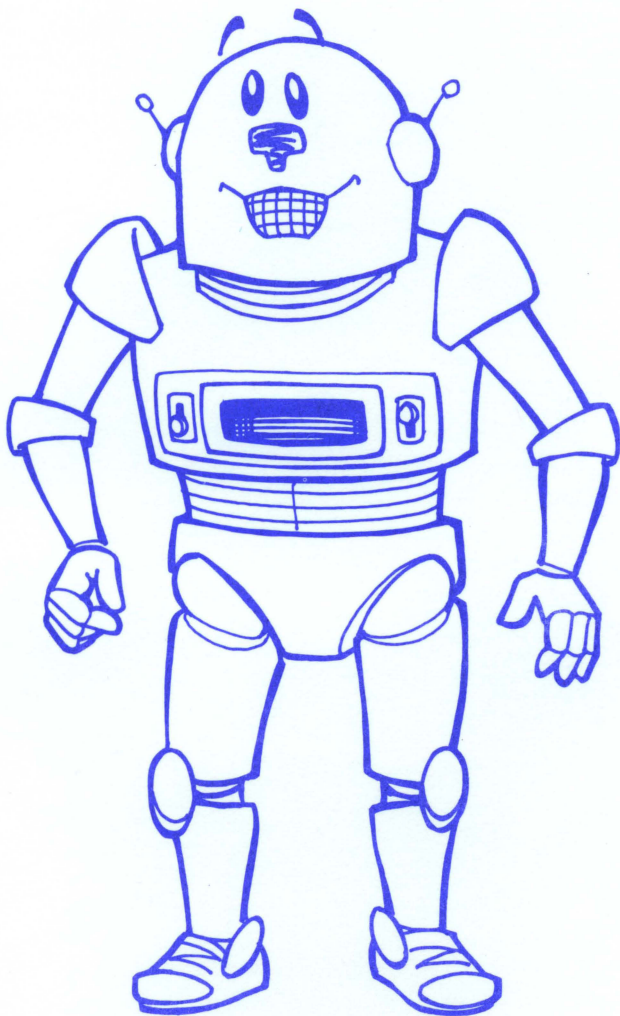
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| 1 cup instant nonfat dry milk | 2 tablespoons powdered orange drink |
| 4 teaspoons sugar | 2 cups water |
| 1 cup ice | |

Put all ingredients into a quart jar and shake until it is thoroughly mixed. Snack-Man and his friends on Nu Trishon fix this tangy drink after a ball game!

Cosmic Cocoa

- | | |
|------------------------|-------------|
| 4 cups nonfat dry milk | 1 cup sugar |
| 1 cup cocoa | |

Stir together until ingredients are well mixed. Use 3 tablespoons to a cup of hot water — not boiling. Serve cold for chocolate milk. Store in can or jar with a tight lid. Makes about 24 servings.



"Goodbye, friends," he called. "And remember, be a super snacker!"

Space Rations

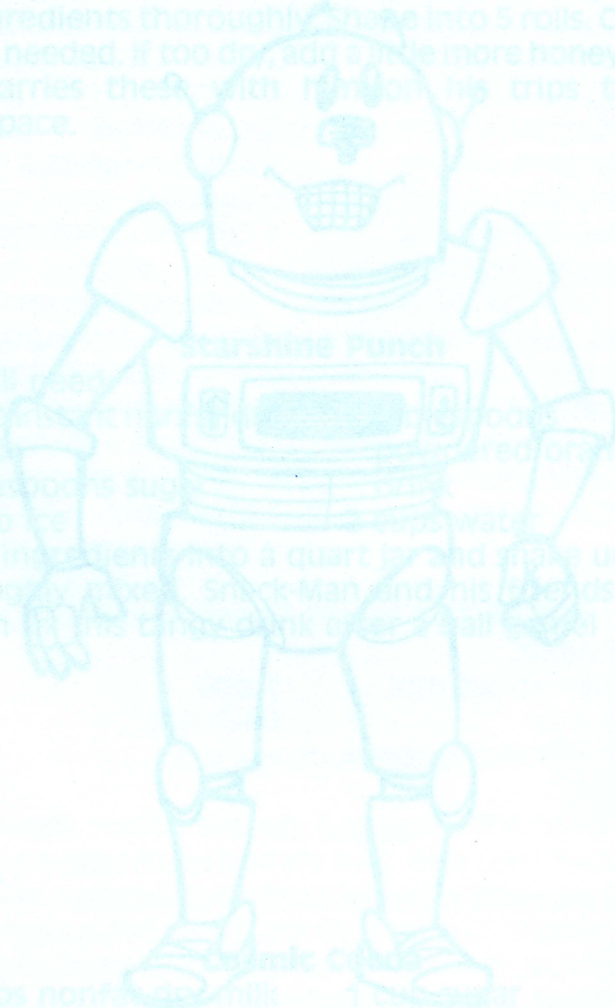
You will need:

3 cups crunchy-style
peanut butter

1½ cup honey
1 cup raisins

2 cups dry milk

Mix ingredients thoroughly, shape into 5 rolls. Chill and slice as needed. If too dry, add a little more honey. Snack-Man carries these with him on his trips through outer space.



Starshine Punch

You will need:

1 cup instant nonfat dry milk
milk

4 teaspoons sugar
1 cup ice

Put all ingredients into a quart jar and shake until it is thoroughly mixed. Snack-Man and his friends on his Trishon can't drink over a ball game!

4 cups nonfat dry milk
1 cup cocoa

Stir together until ingredients are well mixed.

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