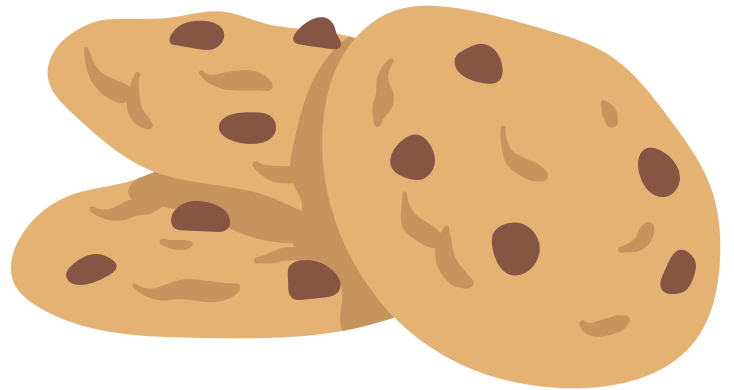
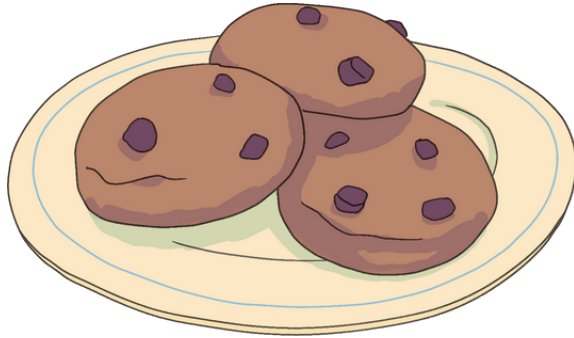


# Mini 4-H Foods



## Kindergarten, 1st & 2nd Grades

Purdue University is an equal opportunity/equal access/affirmative action institution.

## Mini 4-H Parent's Page

As a Mini 4-H parent, your job will be to guide and encourage your child through this project. We suggest that you do not complete the activities for them. Instead, help them, guide them, work with them, and let them do all that they possibly can. The 4-H motto is “Learn by doing” and is the best educational tool that we can provide for youth.

If you have any questions about this project, please contact Purdue Extension- Hancock County at 317-462-1113 or [hancockces@purdue.edu](mailto:hancockces@purdue.edu)



## Mini 4-H

Welcome to Mini 4-H! You are now a member of the 4-H family. Mini 4-H'ers have lots of fun. There are many activities for you to explore. You can try new things. You can share it with your friends and family.

An adult can help you with your project, and you can bring your project to the 4-H fair. Many people will be able to see what you have done. You will receive a ribbon made just for Mini 4-H.

The 4-H fair is an exciting time for 4-H members and families. It is a week that allows community youth to show their talents, interests, and enthusiasm for learning!

4-H Symbol: A four-leaf clover with an "H" in each leaf

4-H Colors: Green and white

4-H Motto: To make the best, better

4-H Pledge: I pledge my Head to clearer thinking

My Heart to greater loyalty

My Hands to larger service and

My Health to better living,

For my club, my community

my country, and my world.



## Mini 4-H Foods

Welcome to the Mini 4-H Foods project! We are so glad you have decided to join on this wonderful adventure. In this project we will learn about kitchen safety and good nutrition.

## What Will I Do?

You can use a recipe from this manual or one you have at home.

Put your cookies on a paper plate and cover them with clear plastic or put the plate in a small plastic bag. Fill out the exhibit tag at the back of this manual and attach it to your plate of cookies.

Division 1 (Kindergarten): Exhibit three (3) no-bake cookies on a paper plate

Division 2 (1<sup>st</sup> Grade): Exhibit three (3) no-bake cookies on a paper plate.

Division 3 (2<sup>nd</sup> Grade): Exhibit three (3) baked cookies (dropped cookies) on a paper plate. A 3x5 recipe card with plastic should accompany the cookies.

## Helpful Hints

- Your parents, grandparents, or friends can help you learn how to prepare a recipe. When you make your cookies for the county fair, try to do all the work yourself. We do not expect you to do a perfect job, but show everyone your best cookies.
- Choose 3 cookies that are the same (uniform) size and shape.
- You may want to make the recipe several times before your final attempt.



## Activity 1- Kitchen Safety Tips

Always follow the kitchen safety tips listed below.

6. Always cook with supervision



7. Tie back long hair



8. Wash your hands with warm, soapy water



9. Keep work area clean



10. Keep pets out of the kitchen



11. Read the recipe



1. Place food & utensils you will need on the counter



2. Turn pan handles away toward the back of the stove so they don't get knocked off



3. Use potholders to handle hot foods



4. When you're finished, turn off the oven and stove burners



5. Wash dishes with hot, soapy water



## Activity 2- Measuring

1. Read the section on the next page “How to Measure”
2. Practice by measuring using the correct measuring tool

### Ingredient:

- 1 cup flour
- 1/2 cup brown sugar
- 1/3 cup shortening
- 1/4 cup granulated sugar
- 1 teaspoon baking powder
- 1 tablespoon baking powder
- 1 cup water

### Measuring tool:

- 1 cup dry measuring cup
- 1/2 cup dry measuring cup
- 1/3 cup dry measuring cup
- 1/4 cup dry measuring cup
- 1 teaspoon measuring spoon
- 1 tablespoon measuring spoon
- 1 cup liquid measuring cup



## How to Measure

It is very important to measure all your recipe ingredients correctly. Not measuring correctly may cause problems with your recipe.

### Common measuring terms

Cup:	c.
Tablespoon:	T. or tbsp.
Teaspoon:	t. or tsp.

- Measure small amounts (1 tbsp. or less) with measuring spoons
- Measure larger amounts in measuring cups.
- Measure liquid in a glass measuring cup. Set the cup on a table so that it will be level when you are measuring. Bend down so that your eyes are even with the mark the recipe calls for. Fill the up to that mark.
  - Fill measuring spoon with liquid so it is level with the top.
- Measure dry ingredients in cups or spoons that come in sets. You can measure flour, sugar, shredded cheese, raisins, and similar items in these cups or spoons.
- Pick the cup or spoon for the amount the recipe calls for. Fill the cup or spoon to heaping full and level off the top with the straight edge of a knife so the top is flat.
  - Flour and powdered sugar should be sifted before gently spooning it into the measuring cup.
  - Brown sugar and shortening should be packed tightly in the measuring cup.



## What did you learn?

What ingredient was the hardest to measure? \_\_\_\_\_

Why? \_\_\_\_\_

Why is it important to use the correct size measuring tool? \_\_\_\_\_

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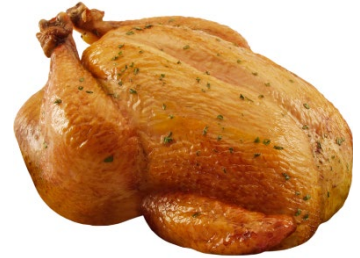
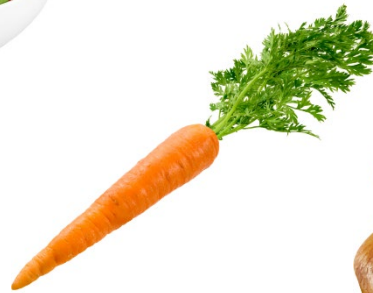
How many items did you measure? \_\_\_\_\_

### Activity 3- Plant or Animal?

Circle the foods below that come from animals.

Draw a square around the foods that come from plants.

Hint: There are six of each!



## Activity 4- Go with the Grain

Find and circle the 10 foods from the Grain Group hidden in this puzzle. The grain foods you are looking for are:

Bagel

Pasta

Bread

Popcorn

Bun

Rice

Cereal

Tortilla

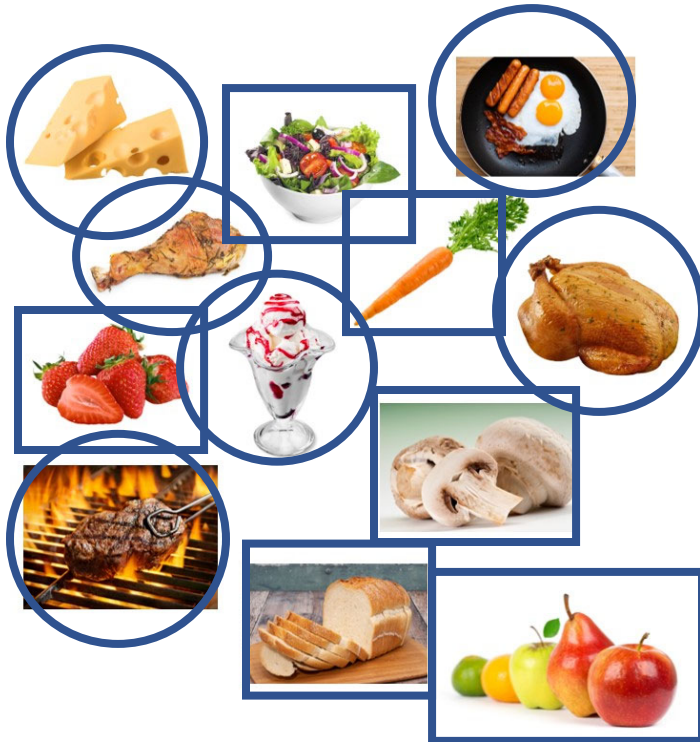
Noodles

Waffle

P N U D A E R B  
T O R T I L L A  
E O P A S T A G  
S D E C I R Z E  
K L N E O K B L  
T E B R U R U R  
J S C E Y O N C  
R I W A F F L E  
C J M L T K S O

Answers to Activities 3 & 4

P N U D A E R B  
T O R T I L L A  
E O P A S T A G  
S D E C I R Z E  
K L N E O K B L  
T E B R U R U R  
J S C E Y O N C  
R I W A F F L E  
C J M L T K S O



## Activity 5- Let's Cook!

Choose a recipe to try. Read the recipe. Make sure you have all of the ingredients. Follow the recipe, then try another one.

### No-Bake Cookie Recipes

#### **Rice Crispy Treats**

¼ cup margarine

5 cups rice crispies

3-4 cups miniature marshmallows

or 6-10 oz regular marshmallows

Melt margarine in saucepan over low heat. Add marshmallows, stirring constantly until melted and well-blended. Remove from heat and stir in rice crispies. Press into buttered pan. When cool, cut into squares.

#### **Butterscotch Crunchies**

1 package (6oz) butterscotch chips

½ cup peanut butter

3 cups rice crispies or corn flakes

Melt chips and peanut butter over low heat. Stir until well mixed. Remove from heat and add rice crispies, stirring until well-coated. Press into 9x9 pan or drop by teaspoon onto sheet of waxed paper. Let cool until firm.

## No-Bake Cookie Recipes

### **Mud Cookies**

2 cups sugar  
½ cup milk  
3 tbsp cocoa  
1 stick butter or margarine  
2 tsp vanilla  
3 cups rolled oats  
½ cup peanut butter

Mix sugar, milk, and cocoa in a saucepan. Place pan on stove over moderate heat. Bring to a rolling boil and boil for 1 minute. Add butter, vanilla, and peanut butter. Stir. Remove from heat. Stir in rolled oats. Drop by spoonful on wax paper.

### **Cow Pies**

2 cups milk chocolate chips  
1 tbsp shortening  
½ cup raisins  
½ cup slivered almonds

In a double broiler over simmering water, melt chocolate and shortening. Stir until smooth. Remove from heat. Stir in raisins and almonds. Drop by teaspoon onto sheet of waxed paper. Chill until ready to serve.

## Baked Cookie Recipes

### **Chocolate Chip Cookies**

1 cup brown sugar	2 cups flour
½ cup sugar	1 tsp baking soda
1 cup shortening	1 tsp salt
2 eggs	1 tsp vanilla
1 bag semisweet or milk chocolate chips	

Mix shortening, sugar, eggs, and brown sugar together. Add flour, baking soda, salt, vanilla, and chips. Mix well. Drop by spoonful onto ungreased cookie sheet. Bake at 375\* for 8-10 minutes.

### **Outrageous Chocolate Chip Cookies**

¾ cup sugar	1 large egg
¾ cup brown sugar (packed)	1 cup flour
½ cup butter, softened	1 tsp baking soda
¾ cup peanut butter	½ tsp salt
1 tsp vanilla	1 cup rolled oats
1 cup semi-sweet chocolate chips	

Preheat oven to 350\*. In a large bowl, cream together butter, brown sugar, white sugar, and peanut butter until smooth. Beat in the egg and vanilla. Combine flour, baking soda, and salt. Stir into the peanut butter mixture. Mix in oats and chocolate chips. Drop by rounded spoonful onto ungreased cookie sheet. Bake for 10 minutes.

## Baked Cookie Recipes

### **Peanut Butter Crisscrosses**

1 cup shortening	1 cup peanut butter
1 cup sugar	3 cups flour
1 cup brown sugar	2 tsp baking soda
2 eggs	½ tsp salt
1 tsp vanilla	

Thoroughly cream shortening, sugars, eggs, and vanilla together. Stir in peanut butter. Sift dry ingredients, stir into creamed mixture. Drop by rounded spoon on ungreased cookie sheet. Press with back of floured fork to make crisscross. Bake in oven at 350\* for 10 minutes.

### **Chocolate Cookies**

1 package chocolate cake mix	1 egg
1 cup chopped nuts	2 tbsp vegetable oil

Mix all ingredients well. Drop by teaspoon onto cookie sheet. Bake at 350\* for 10 minutes.