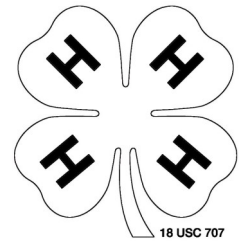


# Boone County

## Mini 4-H



Foods

Resources for this manual :

. [www.choosemyplate.gov](http://www.choosemyplate.gov)

Graphics From:



# Mini 4-H Parent's Page

Welcome to Mini 4-H! Mini 4-H is designed for boys and girls who are in Kindergarten, 1st Grade, or 2nd Grade during the current 4H year. This year we have designed Mini 4-H to introduce 4-H to our young members.

As a parent, your job is to guide your child through the activities. It is suggested that you help them, guide them, work with them, and let them do all that they can rather than complete the project for them. Learning by doing is one of the best educational tools we can provide to our youth.

Mini 4-H is also set up to allow your child to exhibit a project at the 4H Fair. The project will be based on the information in this manual. Mini 4-H is noncompetitive and all participants will receive a ribbon for participation. This year as part of the check in process, our Boone County 4H Junior Leaders will be there and will act as "judges.." They will ask your child a couple of questions about their project and provide positive feedback. This process will help introduce the judging process that happens in 4H. The 4H Fair is an exciting time for 4H members and their families. It is a week that allows community youth to showcase their talents, interests, and enthusiasm for learning.

Mini 4-H is fun! Your child will certainly have fun. You can have fun too, by guiding and helping as your child participates in the program. Encourage and praise your child as he/she has fun learning and sharing with you.

## Rules

1. Mini 4-H is for any boy or girl who is enrolled in Kindergarten, 1st Grade, or Second Grade on January 1 of the current 4H year.
2. Any Mini 4-H participant may enroll in (1) project. There are 5 projects to choose from.
3. Mini 4-H participants must enroll in the **Boone County Mini 4-H club** by **January 15** and their projects are done at home.
4. The Record Sheet at the back of this book needs to be completed and will be turned in with their project at the fair.

# Mini 4-Her's Page

Welcome to Mini 4-H! You are now a member of the 4-H family! You are a special person. Mini 4-Her's have a lot of fun! There are many activities to explore. You can try new things. You can share it with your family. Mom, Dad, or another adult can help you with your project. Bring your project to the 4-H Fair and lots of people will be able to see what you have done. You will also get a ribbon made just for Mini 4-Hers!

Here are a few things about 4-H:

The 4-H Symbol: A four leaf clover with a "H" on each leaf

4-H Colors: Green and White

The 4-H Motto: "To make the best, better"

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## 4-H PLEDGE

I pledge my **HEAD** to clearer thinking,

I promise to use my head to make good choices.

my **HEART** to greater loyalty,

I promise to use my heart to be a good friend.

My **HANDS** to larger service,

I promise to use my hands to do helpful things for others.

And my **HEALTH** to better living,

I promise to take care of my body and to show others to live in a healthy way.

For my club, my community,

I promise to help my group, my community,

My country, and my world



# Foods Exhibit

If you like food and love to help in the kitchen, then this is the project for you! You will learn some fun and important food facts by doing activities in this book. You will learn how to measure and cook simple recipes. You will also learn about basic kitchen safety and good nutrition.

## **Before you get started:**

- Look over information pages with an adult.
- Ask an adult to help you.
- Read the directions carefully.
- Make sure you have all of the needed materials.
- Clean up your work area and put your supplies away when you are finished.
- Enjoy!

## **Kindergarten Exhibit:**

### **No Bake Cookies**

- Display 3 no-bake cookies on a 6" disposable plate.
- **Bring** recipe on a recipe or note card
- Completed Record Sheet.

## **First Grade Exhibit:**

### **Rice Crispy Treats**

- Display 3 rice crispy bars on a 6" disposable plate. **You can use any recipe you wish.**
- **Bring** recipe on a recipe or note card
- Completed Record Sheet.

## **Second Grade Exhibit:**

### **Favorite Trail Mix Recipe**

- Display a snack baggie with your favorite trail mix recipe (can be one you create or a recipe you find)
- **Bring** recipe on a recipe or note card
- Completed Record Sheet

# How to Measure

**Liquid Ingredients:** When measuring liquids, use a glass measuring cup and place on a flat surface. Bend down at eye level and fill to the correct line. Smaller amounts can be measured with measuring spoons. Fill to the top.



**Dry Ingredients:** Measure dry ingredients in cups or spoons that come in sets. Measure flour, sugar, shredded cheese or similar dry ingredients in these cups or spoons. Fill the cup or spoon higher than the top, then take the straight edge of a knife or metal spatula and level it off the top.

Brown sugar and shortening need to be packed or pushed down before leveling with a knife or spatula.

## **Common Measuring Terms:**

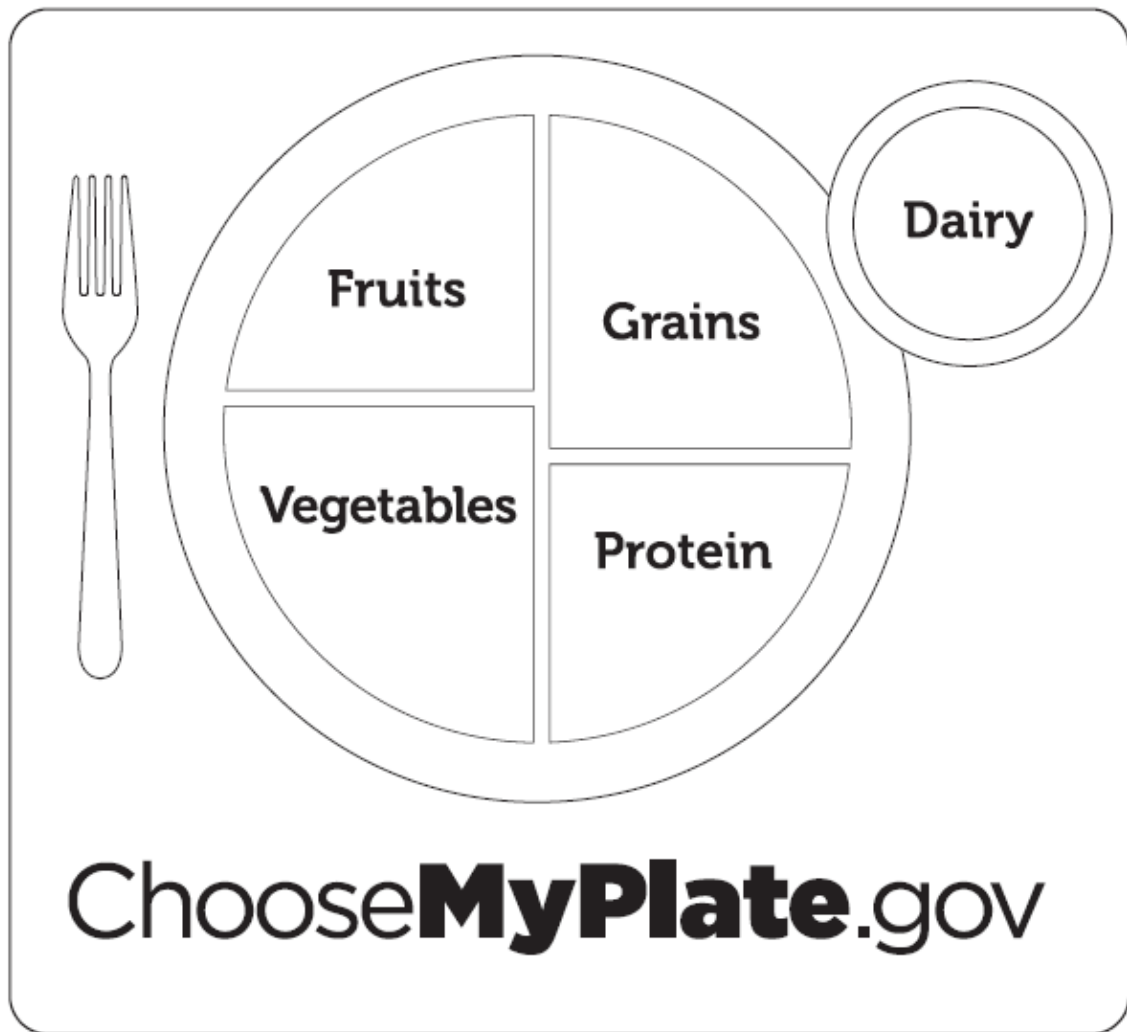
| Abbreviation | Term       |
|--------------|------------|
| C.           | Cup        |
| T. or tbls.  | Tablespoon |
| t. or tsp.   | Teaspoon   |

## **Kitchen Safety**

- Pull long hair back.
- Wash your hands with soap and warm water.
- Keep your work area clean.
- Read the recipe and place items needed on the counter.
- Measure carefully.
- If using pots and pans, turn handles away from the front of the stove. Use oven mitts if baking on stove top or in oven.
- Turn stove or oven off when finished, and put all of your unused ingredients and utensils away.
- Wash dirty items in hot soapy water or in dishwasher.

# Coloring Sheet:

Color each food group a different color to create a healthy eating visual for your family!



My plate, approved by the USDA, is a visual way to encourage families to eat healthier. It illustrates the five food groups using a familiar mealtime visual, a place setting.

The visual shows families that they should make half their plate fruits and vegetables. Make half of the grains, whole grains and switch to fat-free or low-fat milk.

# Trail Mixes

Trail mixes are a great snack food. They are easy to make, healthy for you, and there are so many combinations of ingredients that can be used to make a trail mix. Trail mixes allow you to be creative and practice measuring dry ingredients.

## Crunchy Trail Mix:

### Materials Needed:

- Mixing bowl
- Airtight container/ sandwich bags
- Spoon
- Measuring cup (1 cup, 1/2 cup, 1/4 cup)

### Ingredients Needed:

- 2 1/2 cups candy coated chocolate pieces
- 10 oz. package peanut butter chips
- 3 oz. can Chow Mein noodles
- 1 1/2 cups raisins
- 1 1/4 cups peanuts

### Directions:

In a large bowl, combine all the ingredients; mix well. Store in the airtight container or bag. Clean up your area. Enjoy your snack!



## Fancy Trail Mix:

### Materials Needed:

- Mixing bowl
- Airtight container/ sandwich bags
- Spoon
- Measuring cups

### Ingredients Needed:

- 1 pound (16 oz.) dry roasted peanuts
- 1 pound (16 oz.) cashews
- 1/2 pound (8 oz.) dried cranberries, cherries, or blueberries
- 1/2 pound (8 oz.) candy coated chocolate pieces
- 1/4 pound (4 oz.) flaked coconut

### Directions:

In a large bowl, combine all the ingredients; mix well. Store in the airtight container or bag. Clean up your area. Enjoy your snack!

## Make Your Own Trail Mix:

### Materials Needed:

- Mixing bowl
- Airtight container/ sandwich bags
- Spoon
- Measuring cups

### Ingredients Needed:

- Any combination of nuts, Seeds (sunflower, flax, pumpkin, cereals (granola, puffed rice, toasted oat rings, etc.), crackers, pretzels, popcorn, dried fruit, mini- marshmallows, or sweet additions (candy coated pieces, baking chips etc.

### Directions:

Choose the ingredients and amounts you want to include in your snack mix that sound good together. Be creative! In a large bowl, combine all the ingredients; mix well. Store in the airtight container or bag. Clean up your area. Enjoy your snack!



# Boone County Mini 4-H Foods Record Sheet

Please complete and bring with 4-H exhibit.

Name: \_\_\_\_\_ Grade: \_\_\_\_\_

I chose to exhibit \_\_\_\_\_

I liked making

\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

I learned

\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

My favorite part of Mini 4-H this year was

\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

List who helped you with the project.

\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_