

Clay County 4-H



Mini 4-H Program



Foods Project Manual

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Project Exhibit Tag
Mini 4-H Foods

Name: _____

Age: _____



Hi there! Welcome to the Mini 4-H Program. In the Mini 4-H Foods project you will discover how much fun it is to cook and bake.

Some of the things you will learn in this book are:

- How to set the table
- My Plate and Food groups
 - How to Measure
- Following a recipe to make cookies

Cooking is a lot of fun, as you will find out as you work on your Mini 4-H project. Be sure to follow directions carefully and ask an adult before using the kitchen and the stove. Have fun and enjoy!

What You Will Exhibit

You will exhibit **Four (4) no bake cookies from one of the cookie recipes in this manual** on a plain white 6" paper plate at the Clay County 4-H Fair.

Attach the exhibit tag (located on the front of this manual) to the front of the plate. Attach the completed RECORD SHEET and a 5" x 8" recipe card with your exhibit recipe on it to the back of the plate.

Kitchen Safety Rules

Before you start in the kitchen, you should know some Safety Rules so you don't get hurt.

1. Use pot holders when touching hot pans.
2. Stir hot mixtures with a wooden spoon.
3. Turn saucepan handles toward the back of the stove, so they won't get knocked off.
4. Turn off all burners when you are finished cooking.
5. Ask an adult if it is okay to use the kitchen and the stove.



Helpful Hints

1. Wash your hands.
2. Before you begin, read through the recipe.
3. Get out the ingredients that you will need.
4. Get out the utensils that you will need.
5. Always follow the instructions carefully.
6. Clean up your dishes and work area, put everything away.



Terms and Definitions

Boil - Heat a liquid hot enough so that it bubbles hard and steams.

Melt- Changing a solid ingredient (like butter or chocolate) into a liquid by heat.

Simmer- Cook in a liquid over very low heat. Bubbles are lazy, not rolling.

Mix- Stir ingredients together thoroughly.

3 teaspoons (t) = 1 tablespoon (T)

4 tablespoons (T) = 1/4 cup (c)

8 tablespoons (T) = 1/2 cup (c)

1 cup (c) = 8 ounces (oz.)

16 tablespoons (T) = 1 cup (c)

1 cup (c) = 1/2 pint (pt.)

2 cups (c) = 1 pint (pt.)

4 cups (c) = 1 quart (qt.)

4 quarts (qt.) = 1 gallon (gal.)

How To Measure

What To Use:

Standard measuring cups and spoons are the secret of accurate measuring.

Measuring Dry Ingredients– Take a heaping measure in a spoon or cup, then level it off with the flat edge of a table knife or spatula.

Measuring Liquids-A liquid measuring cup has a rim above the 1 cup line to prevent spills. Place the cup on a level surface and read it from the side. You'll probably have to bend down to do this.

Measuring Brown Sugar– Since brown sugar is sticky, you can measure it more accurately by packing it. Fill a dry measuring cup and press down with the back of a spoon to pack firmly.

Measuring Fats or Shortening-Fat at room temperature is easier to pack without air pockets. Fat is leveled the same way you level dry ingredients.



What's on your plate?



Vegetables

Vary your veggies, eat more red, orange & green.

Eat 2 1/2 cups every day.

Make half of your plate fruits and vegetables.

Fruits

Focus on whole fruits but any fruit counts.

Eat 2 cups every day.

Grains

Make at least half of your grains whole grain.

Choose products whose labels name a whole grain first on the ingredients list.

Eat 6 ounces every day. One slice of bread is an ounce.

Protein

Go lean with protein.

Eat a variety of foods from the protein group, beans, nuts, seafood, lean meat, eggs and poultry.

Eat 5 1/2 ounces every day.

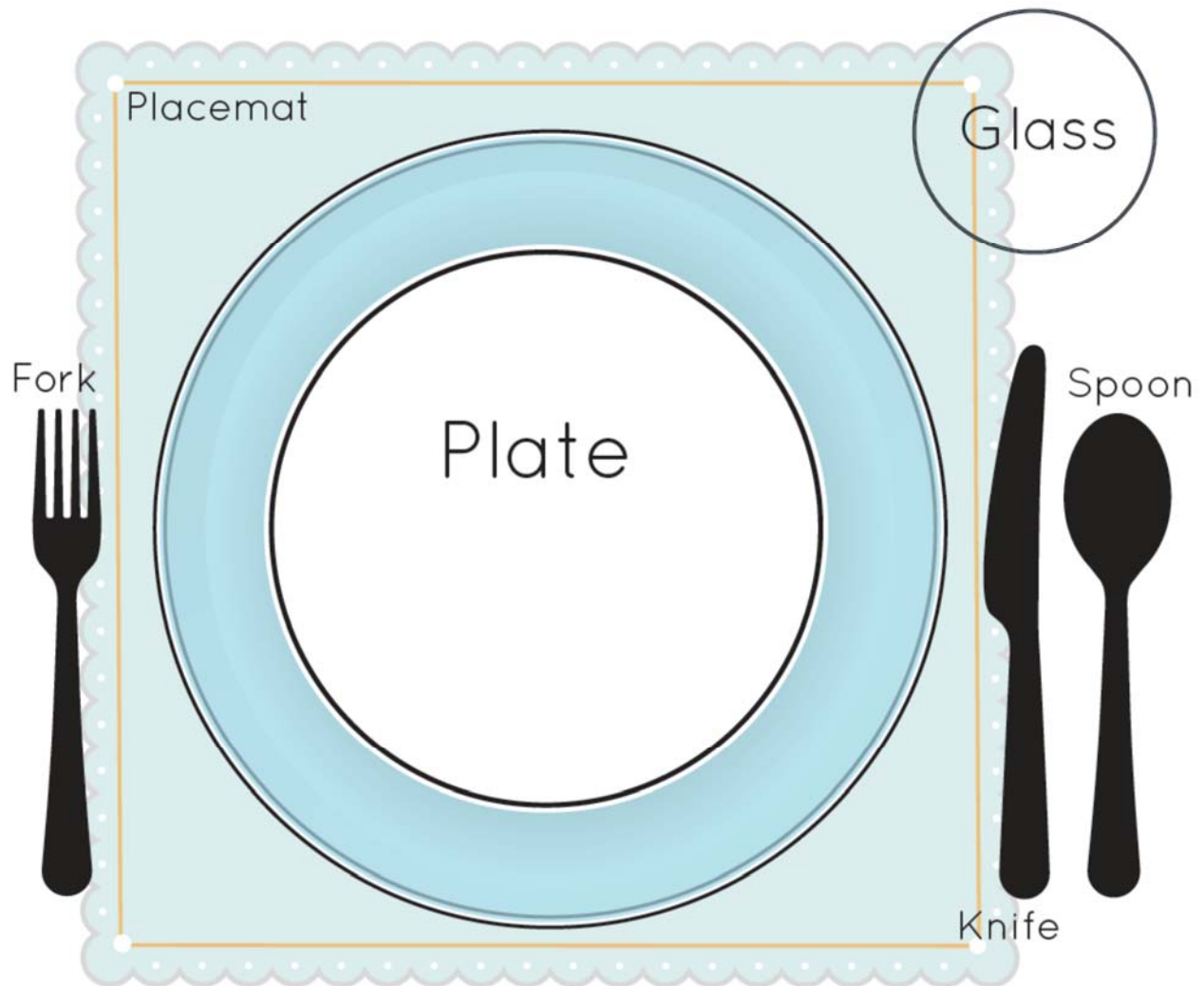
Dairy

Choose skim or 1% milk. They have the same amount of Calcium but less fat and calories.

Low-fat yogurt is a good choice.

Get 3 cups every day.

Setting the Table for Everyday Meal



For pleasant family meals, set the table as shown in the picture above. To make the meal even more pleasant, add a centerpiece such as flowers, fruits or a candle. Place the fork and napkins on the left. Knife, spoon and glass goes on the right. The blade of the knife should always be pointed toward the plate.

You can practice by setting the table for some of your family meals.



Recipes for Fun



Scrambled Disks

Ingredients

2 cups semi-sweet chocolate bits
2 T. vegetable shortening
3 cups miniature marshmallows
2 cups broken pretzels

Equipment

Saucepan
Mixing spoon
Dry measuring cups
Wax paper

Directions

1. Melt chocolate bits and shortening over low heat in the saucepan. Stir until completely melted.
2. Remove from heat, add marshmallows and pretzels. Stir until covered with chocolate.
3. Drop by spoonful's on wax paper.
4. Let cool until firm.

Rice Krispy Treats

Ingredients

1/4 cup margarine
5 cups Rice Krispies
4 cups miniature marshmallows or
10 oz. regular marshmallows

Equipment

Saucepan
Dry Measuring Cups
Table Knife or Spatula
Mixing Spoon
Buttered 13" x 9" pan

Directions

1. Measure all ingredients before you start and prepare your pan (butter it).
2. Place butter in saucepan and melt over low heat.
3. Add marshmallows, stirring constantly until marshmallows are melted and mixture is blended.
4. Remove from heat and stir in Rice Krispies. Mix well. Press warm mixture into buttered pan.
5. When cool, cut into 2 inch squares. (makes 24 squares)

Noodle Clusters

Ingredients

12 oz. package semi-sweet chocolate bits
1 cup Spanish peanuts
2 cups chow mein noodles

Equipment

Double Boiler Pan
Mixing spoon
Dry measuring cups
Wax paper

Directions

1. Melt chocolate bits in the top section of a double boiler pan over hot water.
2. Remove chocolate from heat, mix in Spanish peanuts and chow mein noodles.
3. Drop by spoonful's on wax paper.
4. Let cool until firm. Makes 2 to 3 dozen clusters.

Butterscotch Crunchies

Ingredients

6 oz. package butterscotch bits
1/2 cup peanut butter
3 cups Rice Krispies or Corn Flakes

Equipment

Saucepan
Mixing spoon
Dry measuring cups
Wax paper or 9" x 9" pan

Directions

1. Melt butterscotch bits and peanut butter over low heat in the saucepan.
2. Stir until completely melted and well mixed.
3. Remove from heat, add Rice Krispies or Corn Flakes. Stir until well coated.
4. Drop by spoonful's on wax paper or press into 9" x 9" pan.
5. Let cool until firm.
6. Makes 16 squares.

Unbaked Peanut Butter Cookies

Ingredients

1/2 cup sugar
1/2 cup corn syrup
1 cup peanut butter
2 cups corn flakes

Equipment

Saucepan
Mixing spoon & rubber spatula
Dry measuring cups
Wax paper

Directions

1. Simmer sugar and corn syrup for 3 minutes .
2. Add peanut butter and stir well.
3. Remove from heat and stir in corn flakes. Stir until well coated.
4. Drop by spoonful's onto wax paper and cool.

Chocolate Oatmeal "No-Bake" Cookies

Ingredients

3 cups rolled oats
1/4 cup cocoa
1 stick margarine
2 cups sugar
1/2 cup peanut butter
1/2 cup milk

Equipment

Saucepan
Mixing Bowl
Mixing spoon & rubber spatula
Liquid & Dry Measuring Cups
Table knife or spatula
Wax paper

Directions

1. Place margarine, sugar, cocoa, peanut butter and milk into saucepan. Place saucepan over medium heat and bring to boil.
2. Boil for one minute while stirring constantly, then remove from heat.
3. Add rolled oats and mix.
4. Drop by spoonful's on wax paper.
5. Let cool until firm.



Mini 4-H Foods Record Sheet



Name _____ Age _____

Please answer the following questions. Attached this completed record sheet to your project. See you at the fair!

1. Name the Five Food Groups from My Plate

2. List the name of the cookies that you have made and how many times you made them. Example: No-Bake Peanut Butter 3

3. What did you learn from this project?

Parent's Signature _____ Date _____