



MINI 4-H FOODS



A REPLACEMENT MANUAL WILL COST \$2.00

An Introduction to 4-H Foods for Youth in Grades K-2

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***Purdue Extension—Decatur County, Indiana,
545 S County Rd. 200 W, Greensburg, IN 47240***

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Decatur County, Indiana Mini 4-H Foods Manual, Grades K-2

Resources:

Exploring My Plate with Professor Popcorn-Purdue University
<http://www.choosemyplate.gov/>

<http://www.pbs.org/food/recipes>

articles.extension.org/65011/myplate-for-preschoolers

www.ChefSolus.com

www.fsis.usda.gov

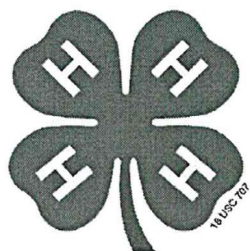
www.fsis.usda.gov/thermy

www.fightbac.org

<http://www.choosemyplate.gov>

<http://teamnnutrition.usda.gov>





4-H Facts



The 4-H Symbol: A four leaf clover with
an “H” in each leaf.

4-H Colors: Green and White

The 4-H Motto: To make the best better!

The 4-H Pledge:

I Pledge
My Head to clearer thinking
My Heart to greater loyalty
My Hands to larger service
My Health to better living
For my Club,
My Community,
My Country,
and my World.



Mini 4-H

“Cloverbuds”



Welcome to *Mini 4-H*! You are now a member of the Decatur County 4-H family! We hope that you will have lots of fun learning new things in your 4-H career.

Mini 4-H is designed for youth in Kindergarten through Second grade. It will give you a taste of the 4-H program as well as help you to explore a variety of project areas.

Mini 4-H'ers may enroll in up to three projects each year. This manual contains fun, age appropriate activities to complete throughout the 4-H year. These activities will help you to learn about the project you have chosen. Additionally, the manual contains all instructions for the Foods exhibit you will be preparing for the Decatur County 4-H Fair in July.

There is no competition in the *Mini 4-H* program. Each child who completes a project for the Fair will receive the same completion ribbon.

Mini 4-H members may attend regular monthly club meetings. Try to attend the special activities planned especially for YOU! These will give you a chance to meet the project leaders, have some hands-on fun, and ask questions about your important Fair display. Special camps and activities will be listed in the newsletter that you receive in the mail. *Mini 4-H* is FUN! You will enjoy it.

Once you enter the third grade you can join regular 4-H and choose from all of the available 4-H projects. You must enroll each year of your 4-H career.

If you have questions about the *Mini 4-H* program, please call the Purdue Cooperative Extension Office at 812-663-8388. We will be happy to answer your questions.

As a Mini 4-H parent, please help guide and encourage your child through the activities. Work with them to help them to "learn by doing." Activities are designed to help your child learn about the project they have chosen. It is not required that they complete all the activities. Choose those that interest you and your child.



LEARNING ABOUT FOODS AND COOKING



You will learn some fun and important facts in this Foods manual. Everyone needs food to live because food gives us two very important things:

- 1.) Energy to move and do things.
- 2.) The nutrients you need to grow and be healthy.

Cooking is fun! When you are old enough to join traditional 4-H (starting in the third grade), you will learn that the Foods project has special skills to learn for each grade. Be sure to read the requirements for your grade so you can prepare your project correctly.

In this manual you will learn about:

- 1.) Kitchen Safety and Rules
- 2.) Cleaning Up
- 3.) Food Safety
- 4.) My Plate and the Food Groups
- 5.) Measuring—Wet and Dry Ingredients
- 6.) Setting the Table
- 7.) Recipes to try
- 8.) What to Exhibit at the Fair

There will be learning activities for you to do as you learn about these different areas of preparing food.

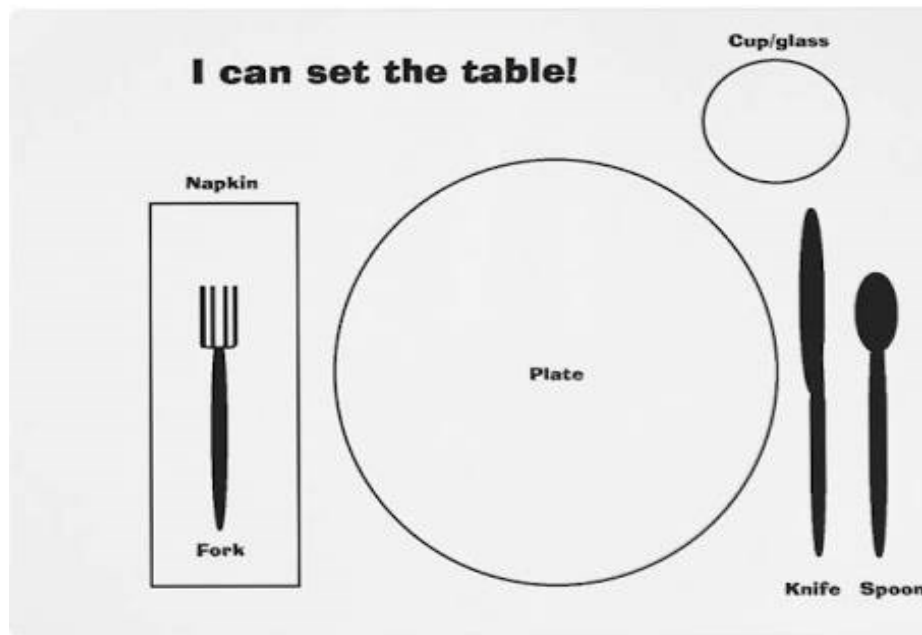
PARENTS' SAFETY TIPS WHEN COOKING WITH KIDS

- 1.) Teach children to always start with washing their hands before handling goods.
- 2.) Teach kids to be prepared by having ingredients ready and lined up, and measuring items set out that they will use.
- 3.) Keep the TV off so there are no distractions and children can focus on the task.
- 4.) Teach children to ask before using any electrical items, appliances or sharp utensils, and to make sure a parent is nearby.
- 5.) Have knives and other sharp objects out of reach.
- 6.) If your child is older, teach them to point the knife away from them before cutting food while you are there to supervise. Depending on their age, you can have them use a plastic knife (with your supervision) to slice foods.
- 7.) Teach kids to use potholders, not dish rags or dish towels, if they are old enough to work with the stove or oven. Keep pot handles toward the back of the stove and teach children this very important safety measure.

Soon, younger children will be able to perform more duties in the kitchen. They will benefit now from seeing you use these safety precautions while working in the kitchen, and why these rules are so important.

ACTIVITIES TO TRY WITH 5-7 YEAR OLDS:

- ♦ Cutting using a small knife—children should learn how to form their hand into a claw to keep fingertips out of danger.
- ♦ Cutting with scissors—if you can get smaller scissors or children’s scissors, use them to snip herbs.
- ♦ Grating—fingers can easily be grated so keep watch and make sure they don’t get too close to the end of whatever they are grating.
- ♦ Measuring—even the very youngest children can do this, but as children learn to read and do basic math, this is a great opportunity for them to do this with less supervision.
- ♦ Rubbing in—rubbing in flour and butter with fingertips is called for in many recipes.
- ♦ Beating and folding—show children how to beat cake mixture with a wooden spoon or fold in egg whites without knocking out too much air.
- ♦ Greasing and lining a cake pan with waxed paper or parchment paper.
- ♦ Peel oranges or hard-boiled eggs—make sure eggs aren’t too hot; run them under cold water first and let them soak in cold water for a few minutes to cool them.
- ♦ Setting the table properly—encourage them to cherish the ritual of family meals.



KITCHEN SAFETY RULES

- ⇒ Always wash your hands before and after handling food.
- ⇒ Tie back long hair before cooking.
- ⇒ Wear an apron and roll up your sleeves.
- ⇒ Keep food preparation surfaces clean.



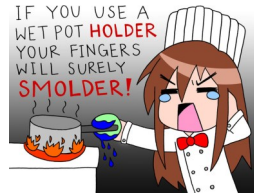
- ⇒ Wash fruits and vegetables under cold water before preparing or eating them.
- ⇒ Do not put cooked food on an unwashed plate or cutting board that held raw food. Always use clean plates to avoid cross-contamination and germs.



- ⇒ Always ask an adult before handling knives, sharp objects, or going near hot things.
- ⇒ Handle knives and other sharp equipment with care and with adult supervision.
- ⇒ When using a knife, always cut away from yourself or downwards on a cutting board to avoid cutting yourself.
- ⇒ Do not put knives or sharp objects into a sink full of water. When reaching in, someone could get cut.



- ⇒ Turn handles of saucepans away from the front of the stove when cooking.
- ⇒ Put foods gently into boiling water so it will not splash on you.
- ⇒ Lift lids from hot pots with the opening away from you.
- ⇒ Keep loose clothing, long sleeves and long hair away from hot burners, along with dish towels, potholders and recipes. They could catch fire.
- ⇒ Do not put hot grease into water or water into hot grease. It might splatter and burn you. In case of a fire, call an adult for help.
- ⇒ Use oven mitts or potholders when taking hot dishes out of the oven or microwave.
- ⇒ Make sure your oven mitts and potholders are dry. Wet potholders will not keep heat from burning you.



- ⇒ Keep wet hands away from electrical outlets.
- ⇒ When finished cooking, make sure the oven and stove are turned off before leaving the kitchen.
- ⇒ Wipe up food spills immediately.
- ⇒ Do not run around a room where food is being prepared.



- ⇒ Store food appropriately in sealed containers. Always keep raw meat away from cooked meat at the bottom of the fridge.
- ⇒ Wash kitchen and eating utensils in hot, soapy water after use.



Knife Safety

Knives are a cook's essential tool , however *probably one of the most dangerous things around the kitchen are kitchen knives*

Don't leave sharp knives loose in a drawer. Banging around in a drawer ruin the good sharp edge on your knives, and can be dangerous if someone reaches into the drawer .

Keep knives sharp. If your knife is sharp, it will slide easily through what you are cutting, with little force involved.

Do not put knives in the sink. If you have a dirty knife, don't put it in the dishwasher as it will not be visible and will cause cuts. Wash the knives separately.

Point Away. When you are using a knife, don't cut toward you or your fingers.

Do not try and catch dropped knives. If you are working with or handling a knife and you drop it, step back and let it fall

Put knives down safely. When you are working with a knife, and you lay it down, don't lay it down with the blade pointing up an make sure it is away from the surface edge.

Knife safety




<p>PINCH GRIP</p>  <ol style="list-style-type: none"> 1. Thumb and index finger grip blade. 2. Use the rest of your fingers to grip the handle. 	<p>HANDLE GRIP</p>  <p>With all fingers and thumb opposite, grip handle firmly.</p>	<p>CARRYING A KNIFE</p>  <p>Carry a knife with the blade pointing downward, close by your side.</p>
<p>CUTTING METHODS</p>  <p>'PLANK': With a firm hand, push top of knife down with palm of hand, fingers away from blade.</p>	 <p>'BRIDGE': Place your hand over top of knife holding food securely, use knife to saw food item.</p>	 <p>'CLAW': Fingers tucked under with knife blade resting up against knuckles.</p>

HAND WASHING WORD SEARCH

Find and circle the eight words in the puzzle below.

GERMS

DISEASE

SOAP

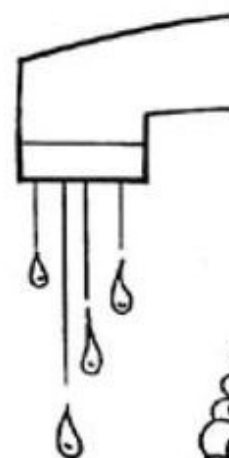
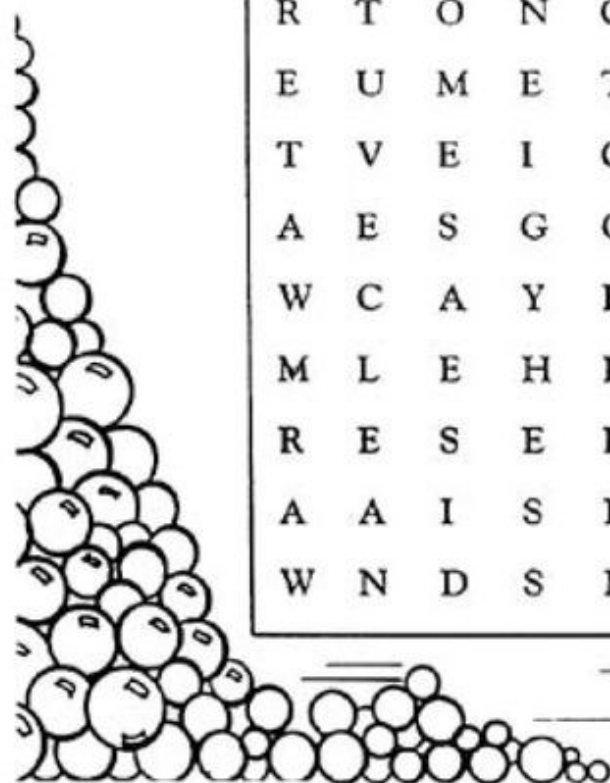
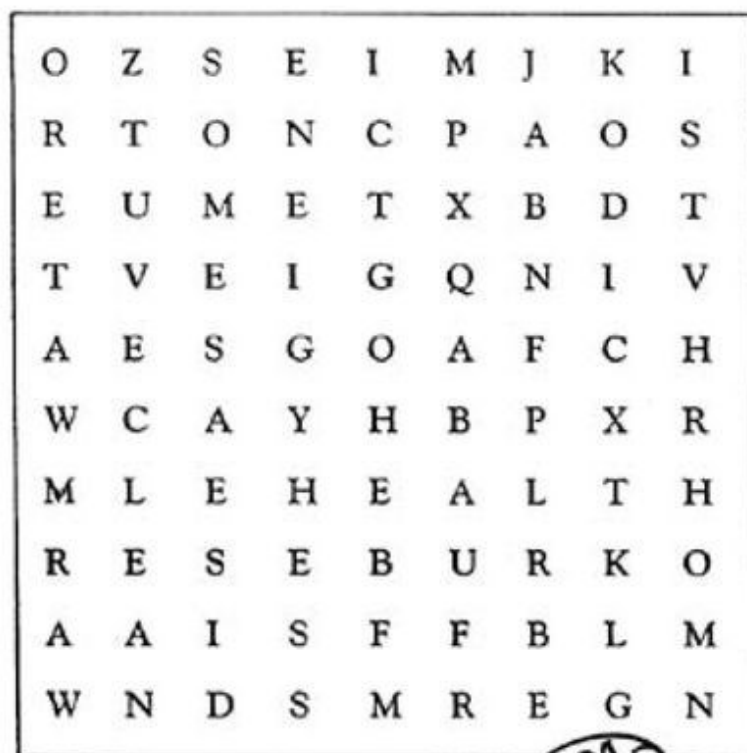
WASH HANDS

WARM WATER

HYGIENE

CLEAN

HEALTH



**simcoe
muskoka**
DISTRICT HEALTH UNIT

Chef Solus A-Z List of Cooking Supplies

How well do you know the items that live in your kitchen?
Match up the cooking item with the right picture.



apron



baking pans



cookie sheet



cutting board



grater



measuring cup



soup pot

potato peeler

oven mitts

rolling pin

soup ladle

spatula

strainer

whisk



Visit www.ChefSolus.com for Free online nutrition games, healthy interactive tools, fun activities, recipes and tips!

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NOURISH
INTERACTIVE

FOOD SAFETY



Dear Parents,

Together we have a responsibility to prevent foodborne illness. The USDA Food Safety Mobile is doing its part by traveling coast to coast, visiting towns—big and small, reaching and teaching consumers about the importance of keeping food safe. Its fun and larger-than-life design shows BAC!—foodborne bacteria—being chased by food safety messengers: Clean, Separate, Cook, and Chill.

The Mobile food safety staff teams with local educators to promote the four Fight BAC!® messages:

1. **Clean:** Wash hands and surfaces often.
2. **Separate:** Don't cross-contaminate.
3. **Cook:** Cook to proper temperatures.
4. **Chill:** Refrigerate promptly.

USDA's Food Safety and Inspection Service launched the Thermy™ campaign to encourage consumers to use food thermometers when they cook meat, poultry, or egg products. Thermy™'s message is: "It's Safe To Bite When the Temperature Is Right!" Using a food thermometer is the only way to tell if your food has reached a high enough temperature to destroy harmful bacteria.

Infants and young children, pregnant women, and older adults are at greatest risk for foodborne illness, as are all people with weakened immune systems caused by cancer treatment, AIDS, diabetes, kidney disease, and organ transplants.

This booklet of coloring pages gets children familiar with the four simple steps to food safety. For more information, check these Web sites with your children:



www.fsis.usda.gov

www.fsis.usda.gov/thermy

www.fightbac.org

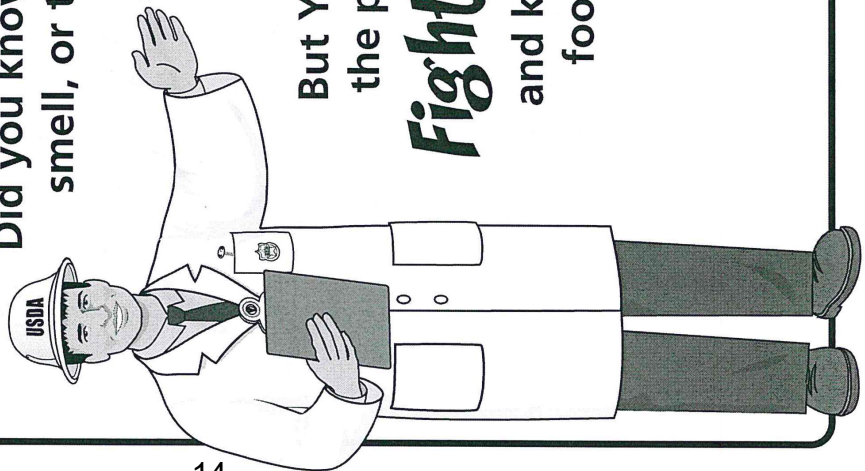
For questions on food safety, contact the **USDA Meat and Poultry Hotline** at 1-888-MPHotline (1-888-674-6854), TTY: 1-800-256-7072, or email: mphotline.fsis@usda.gov.

Note: These coloring pages may be duplicated for educational purposes.

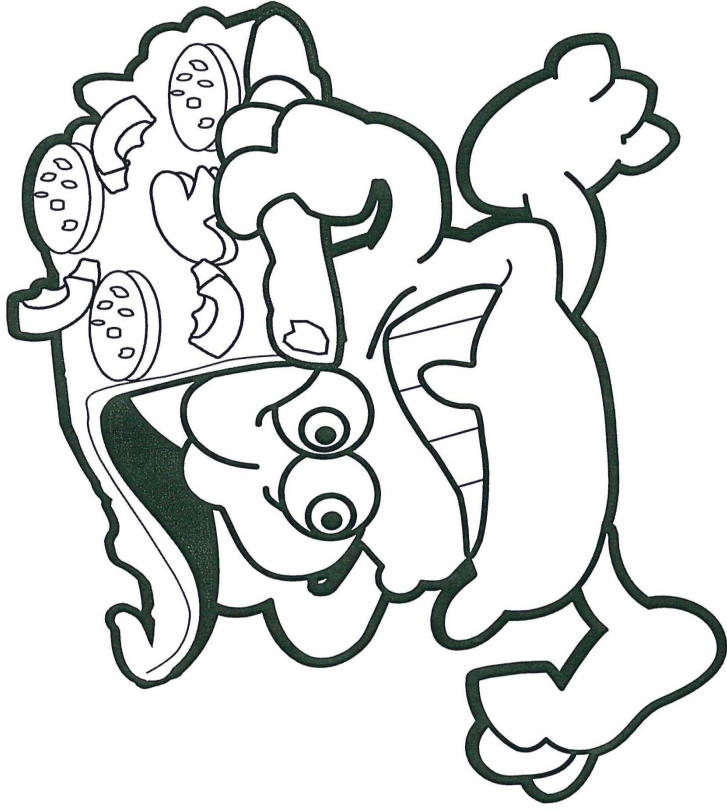
Color the following pages about Food Safety. Be as neat as possible.

Here's BAC!
He is on the attack.
BAC! is quick.
He can really
make you SICK!

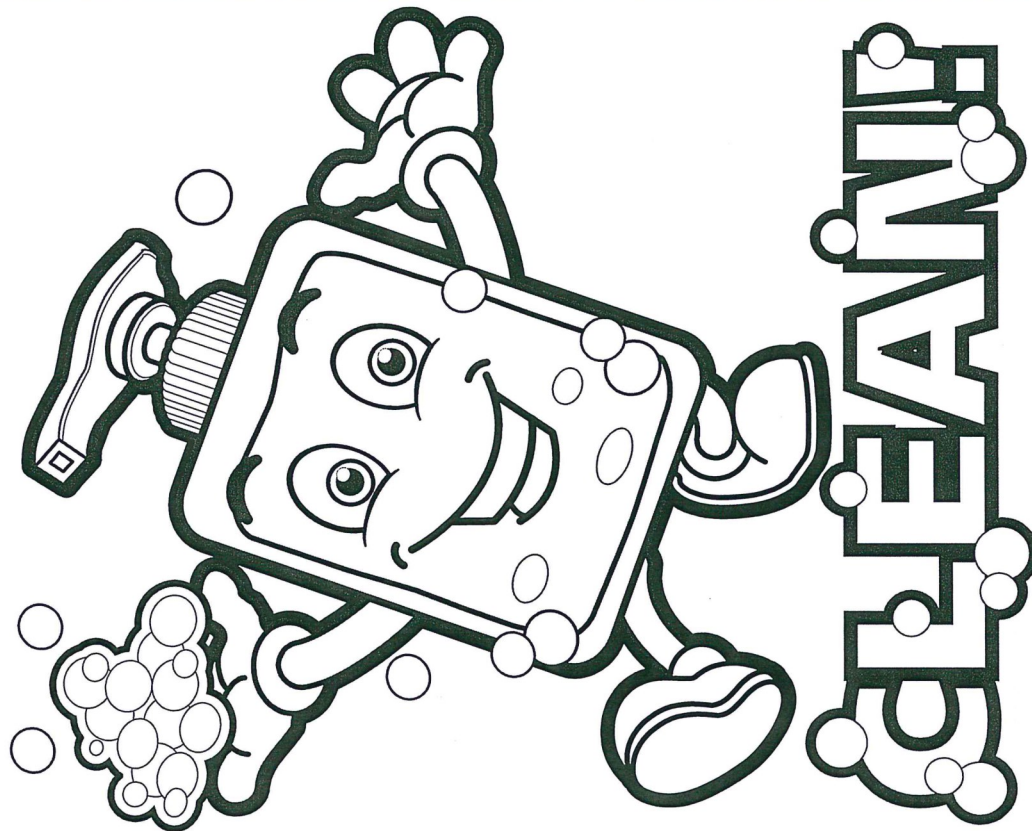
Did you know: You can't see,
smell, or taste bacteria.



But YOU have
the power to
Fight BAC!®
and keep your
food safe!



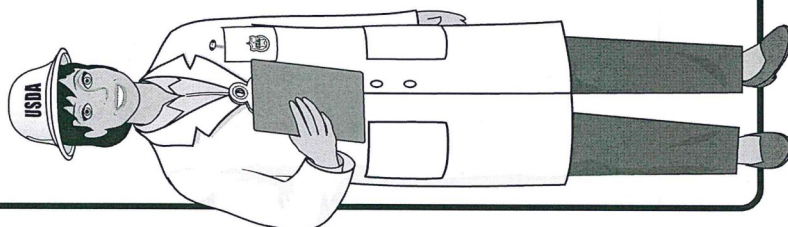
FIGHT BAC!®
Keep Food Safe From Bacteria



Wash your hands for 20 seconds
(sing Happy Birthday 2 times)

Wash with soap and warm water:

- ☒ before you eat,
- ☒ after you play with pets,
- ☒ after you use the bathroom,
and
- ☒ after you sneeze, cough, or
blow your nose.

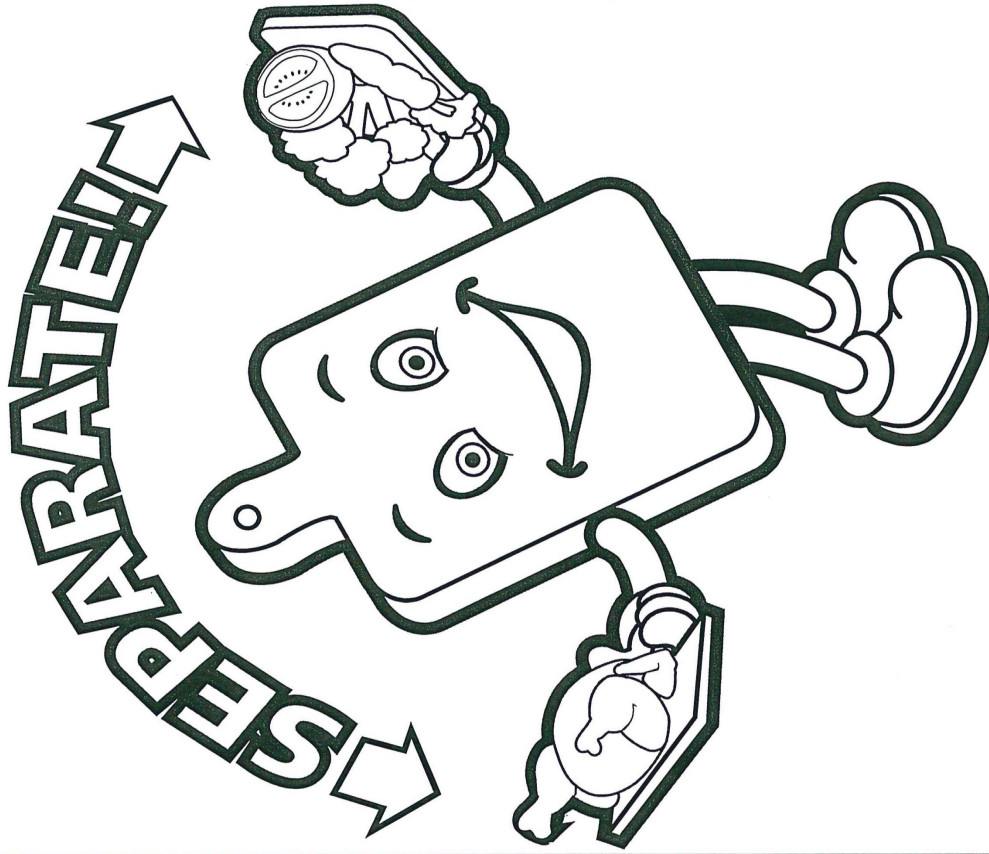
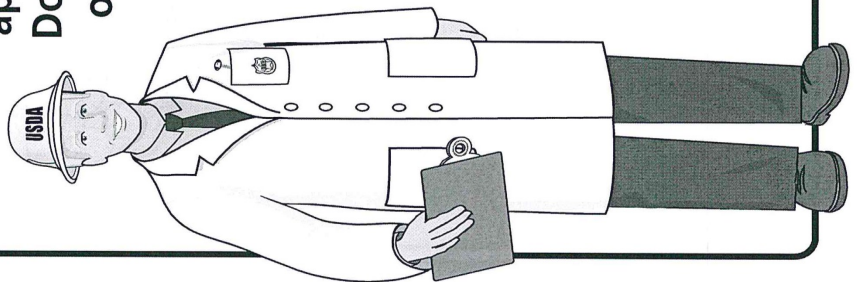


Be smart.

**Keep foods apart.
Bacteria can spread from
one food to another.**

**Remind grown-ups to always keep
raw meat, poultry, and seafood
apart from other foods.
Don't let raw juices drip
on other foods. Yuck!**

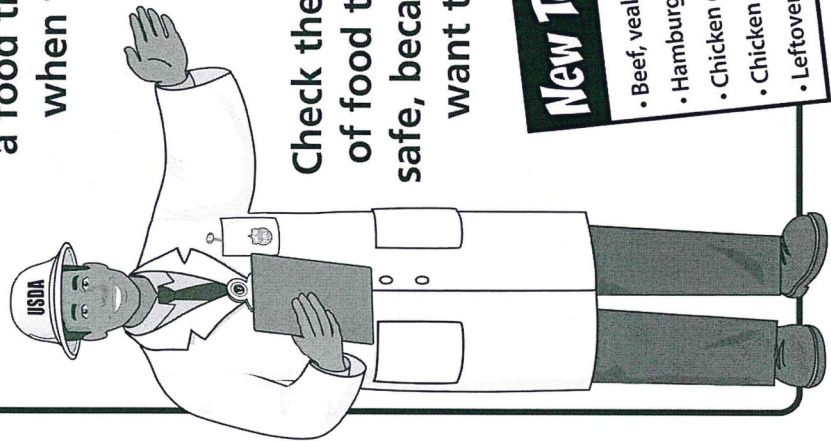
**Don't put cooked
foods on a plate
that held raw
meat, poultry,
or seafood.
(Bacteria could
be hiding!)
Always use a
clean plate.**



Meet **Thermy™**!

Thermy™ says:
"It's Safe To Bite
When the Temperature Is Right!"

Tell grown-ups to use **Thermy™**,
a food thermometer,
when they cook.

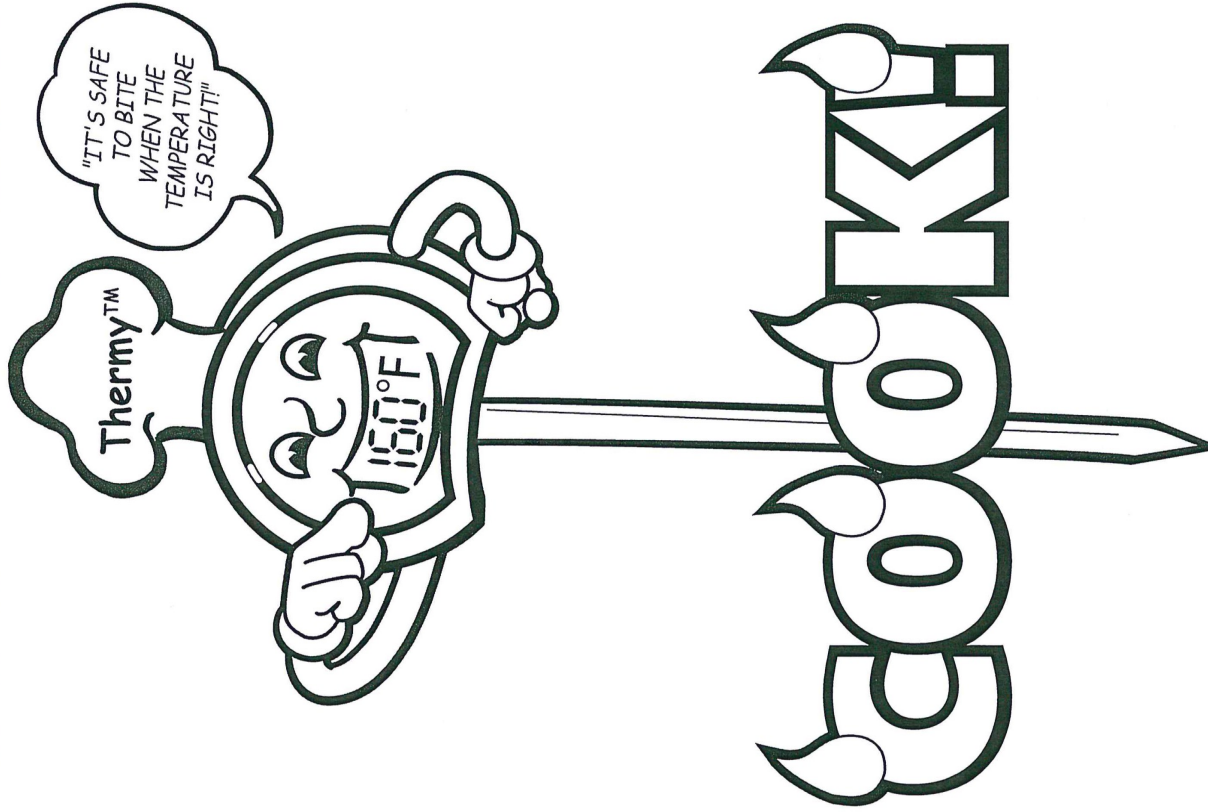


Check the temperature
of food to be sure it's
safe, because you don't
want to get sick.

New Temperature Rules!

revised February 2007

- Beef, veal, lamb: at least 145 °F
- Hamburgers, ground meat, pork: 160 °F
- Chicken or turkey—ground and pieces: 165 °F
- Chicken or turkey—whole: 165 °F
- Leftovers, casseroles: 165 °F

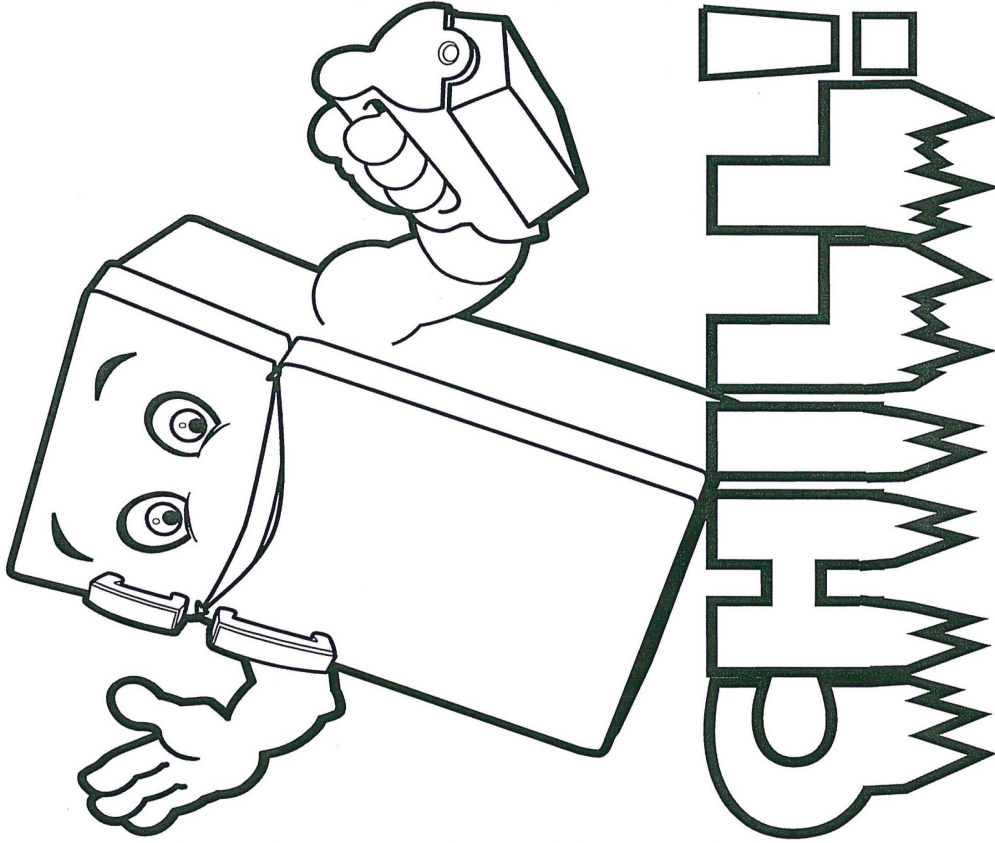
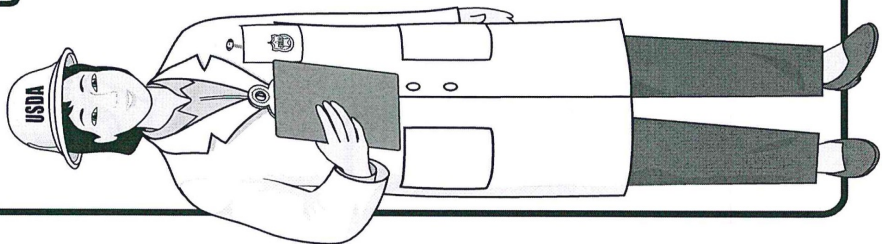


Keep Cold Food Cold!

In the refrigerator, 40 °F or below.

Use an insulated lunch box or bag to keep food cold at school. Add a frozen gel pack or frozen juice box to keep food cold.

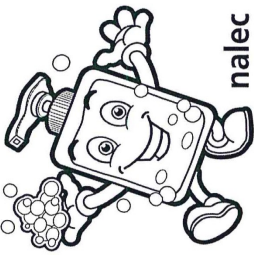
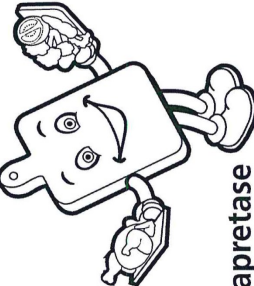
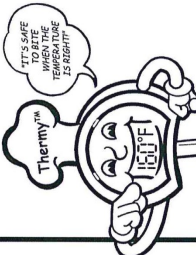
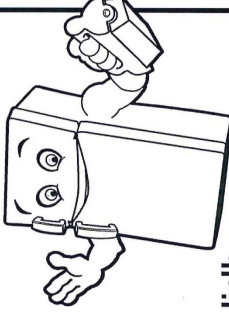
Keep your lunch in a cool place, not in the hot sun.



When in Doubt,
Throw it Out!

Remember:
YOU have the power to
Fight BAC!
and keep your food safe!

Unscramble the four ways to keep food safe.

 <p>nalec</p>	 <p>apretase</p>
 <p>ckoo</p>	 <p>liclh</p>

FSIS "Check Your Steps" Color Quiz

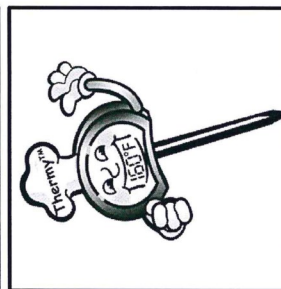
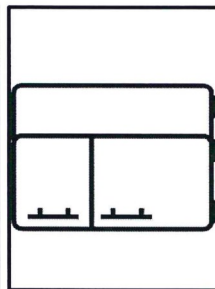
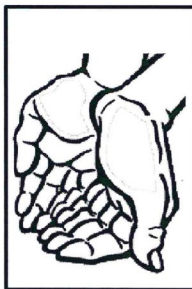
Draw a line to match each sentence with the correct picture and fill in the blank. When you're done, color the pictures!

Wash your _____ in warm, soapy water for 20 seconds before and after handling food.

Use a _____ to make sure your food is fully cooked and safe to eat.

To protect yourself from harmful bacteria, keep _____ away from raw meats, poultry, and seafood!

When you are finished eating, put your food in the _____ immediately!





PARENTS PAGE

One important part of helping your child develop healthy eating habits is serving them appropriate portion sizes. Why does size matter? Obesity among preschoolers aged 2-5 years has more than doubled since the mid 1970s. Large food portions are thought to contribute to these trends by causing children to overeat at meals.

MyPlate was developed by the United States Department of Agricultural (USDA) to help children “eat well, be active, and be healthy.” MyPlate (<http://www.choosemyplate.gov>) shows the types of foods and proportions that preschoolers should eat each day to get the energy, vitamins, and minerals that they need. For example, fruits and vegetables should cover about half of the child’s plate.

The average preschooler will need somewhere between 1200-1600 calories each day. A fairly active preschooler will get a healthy balance of nutrients from eating the following: Fruit—1.5 cups, Vegetables—1.5 cups, Grains—5 ounces, Meats/Meat Alternatives—4 ounces, and Milk/Dairy—2.5 cups.

Children are usually not shy about telling us when they are hungry or full. Sometimes, however, it would be helpful to see inside their small stomachs to know if what they are saying is really true! Children must follow their bodies’ hunger and fullness cues to eat enough, but not too much.

As children get older they can begin to lose touch with their **hunger and fullness cues**. The types of foods offered to children and conversations at the table help or hinder children from listening to these cues. Serving large portion sizes and energy-rich foods (like macaroni and cheese, pizza, cookies) at meals and snacks can override children’s internal cues and cause **overeating**.

Here are a number of strategies that can be used at the table to help children stay in touch with their hunger and fullness:

- Let children serve themselves.
- Encourage small first portions.
- Avoid praising a clean plate. Allow children to decide how much is eaten.
- Do not reward children with food. Instead reward with attention and words.
- Talk to children about how their stomach feels before, during, and after the meal.


Go through the following pages about My Plate and the food groups with your child, discussing the food groups and portions as your child does the activities. Ask your child questions as you go through the information to determine their level of understanding about what they eat. Pages 13-16 are simple recipes you can make with your young child while discussing food groups and portion sizes.

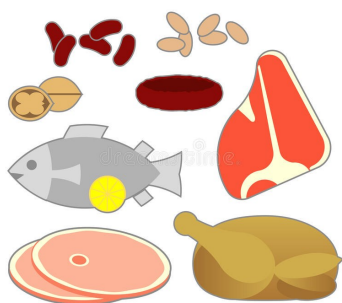
Please read and discuss with your child.

Learn about food groups:

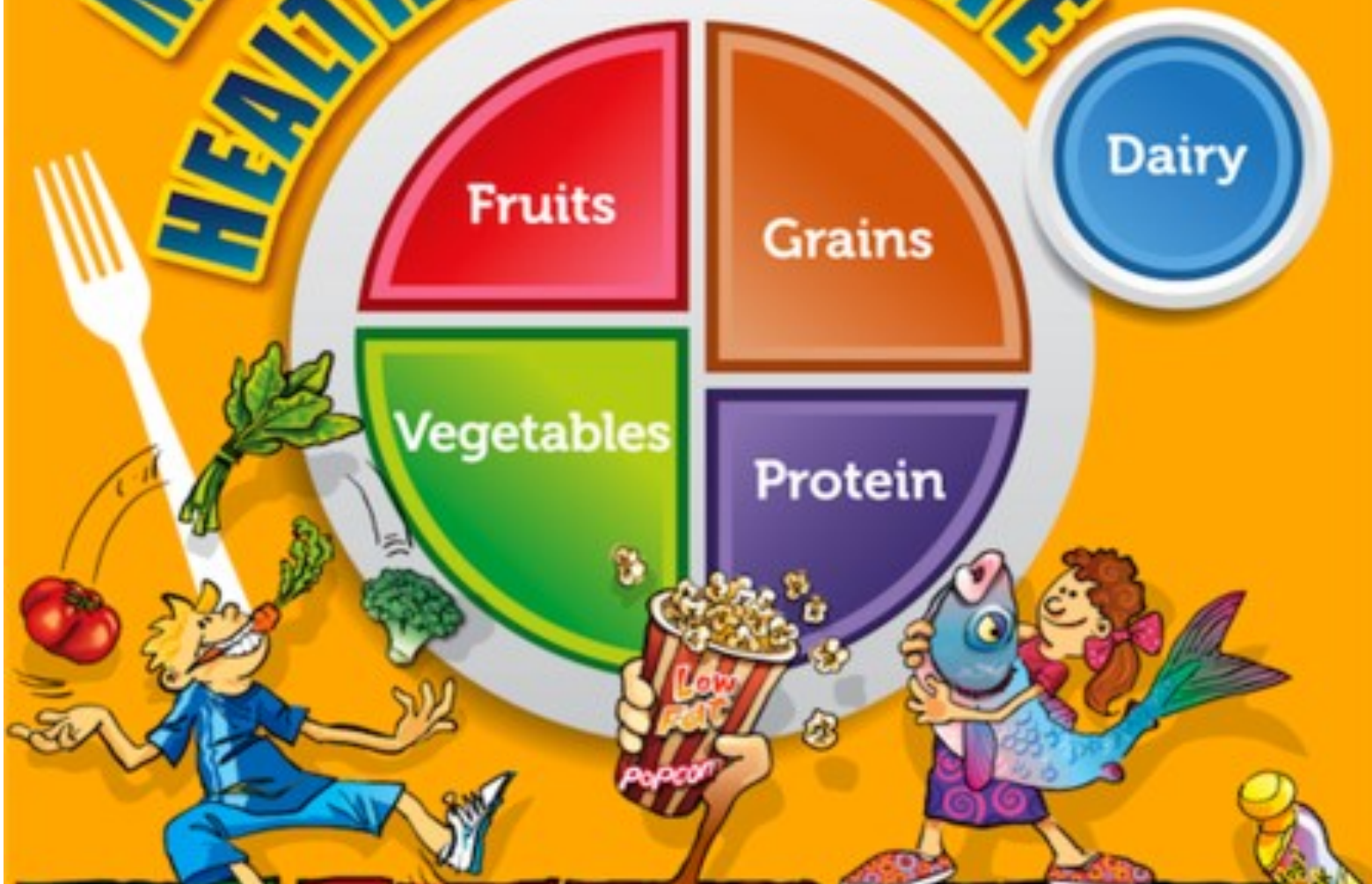
A vibrant, cartoon-style illustration of a variety of food items. At the top left is a long, golden-brown loaf of braided bread. Next to it is a whole red tomato. To the right is a wedge of yellow cheese with orange spots. In the center is a white bowl filled with orange spaghetti topped with red tomato sauce. Below the bowl are two small round bread rolls, a small green leafy vegetable, and a small yellow corn cob. To the right of the bowl is a large, round, golden-brown fried item, possibly a potato or a large pancake. At the bottom right is a large, yellow corn cob. The entire illustration is set against a plain white background.

100% natural

 Choose lean meat, chicken or turkey. Vary your choices, including more fish, eggs, beans, nuts and seeds. You need 5 ounces every day. One ounce is equal to one ounce of meat, one egg, one tablespoon of peanut butter, and a half ounce of nuts or one-quarter cup of dried beans.



MAKE A HEALTHY KIDS PLATE



Veggies

Make your veggies fun!

Get lots of colors and try new things.

Make half your plate fruits and veggies.

Fruits

Fruit is good for you.

Smoothies and frozen fruits are great treats.

Whole fruit is better than juice.

Grains

Make half your grains whole.

Good news: Popcorn is a whole grain.

Try whole grain pasta, cereal and bread, too.

Protein

More than just chicken nuggets, hot dogs and burgers...

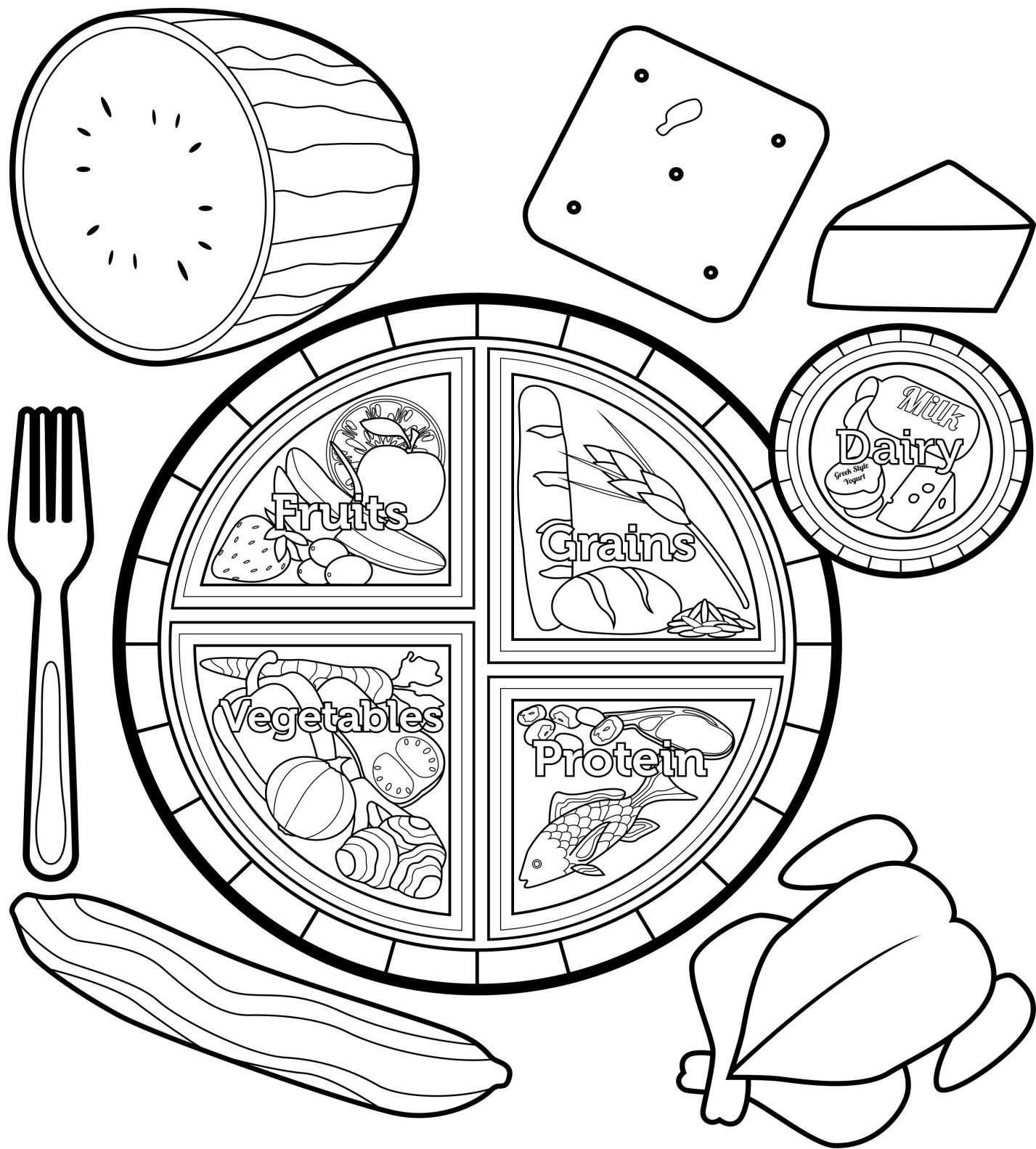
Keep it lean. Nuts, beans, peas, poultry, seeds, soy, seafood, eggs and lean meat are good choices.

Dairy

Kids need calcium.

Choose skim or 1% milk and yogurt, too.

As your child colors this page, discuss the different food groups and what foods are included in each food group.



Choose**MyPlate**.gov

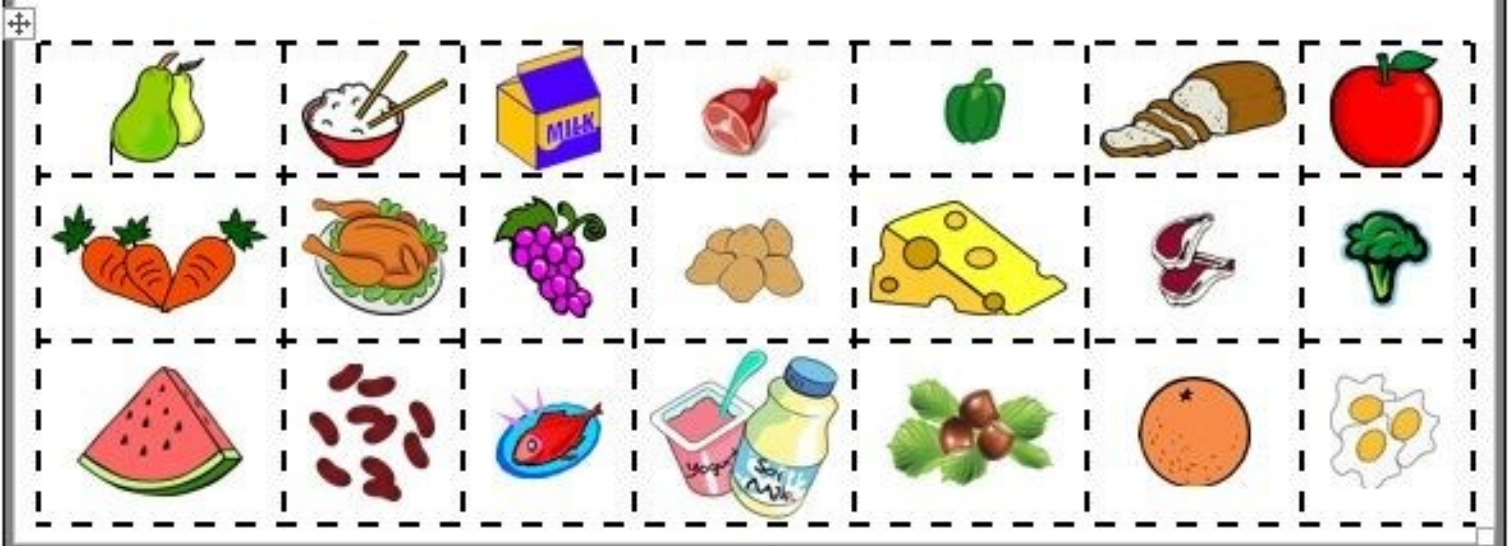
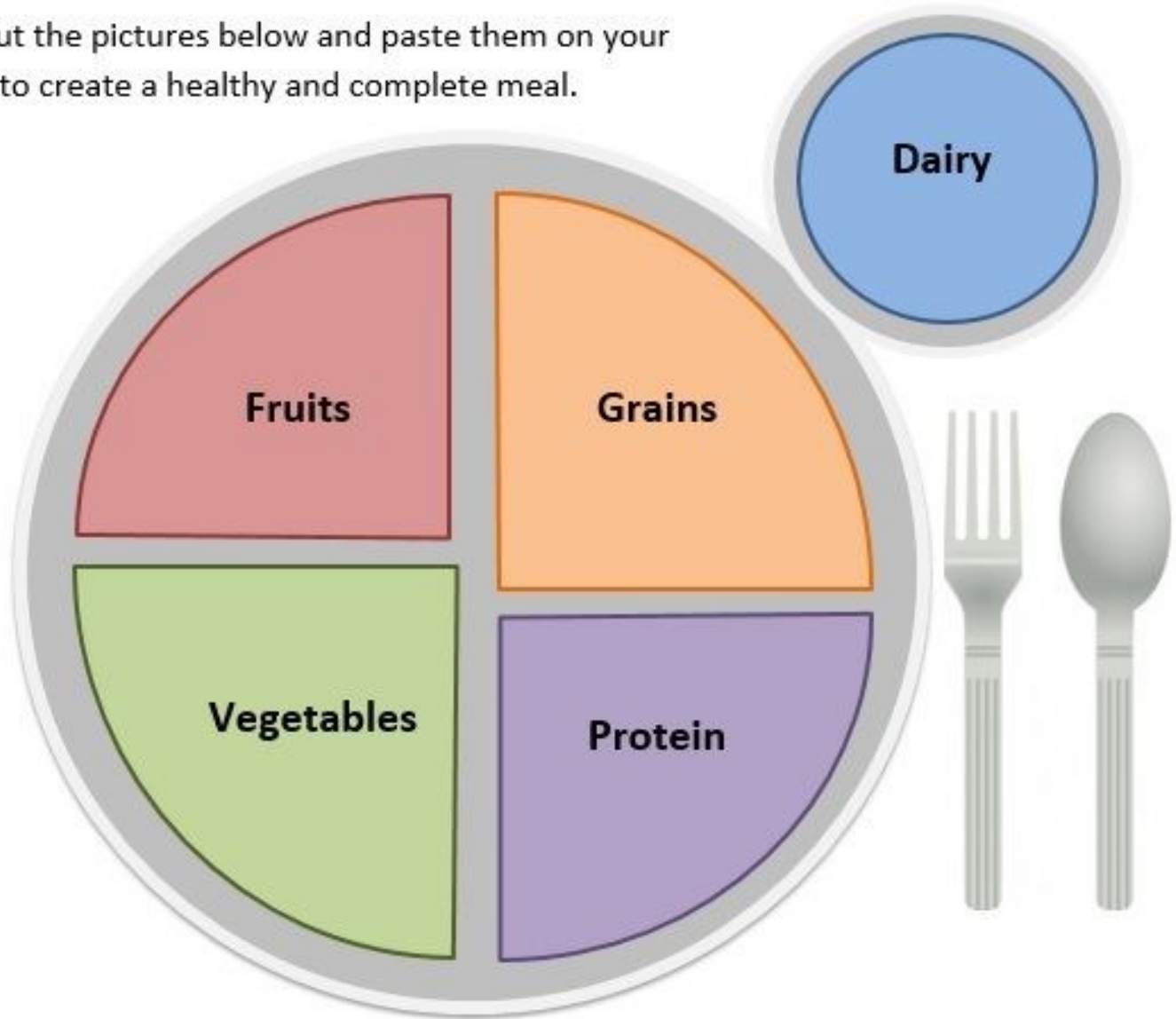
Name: _____

Innovative Teacher



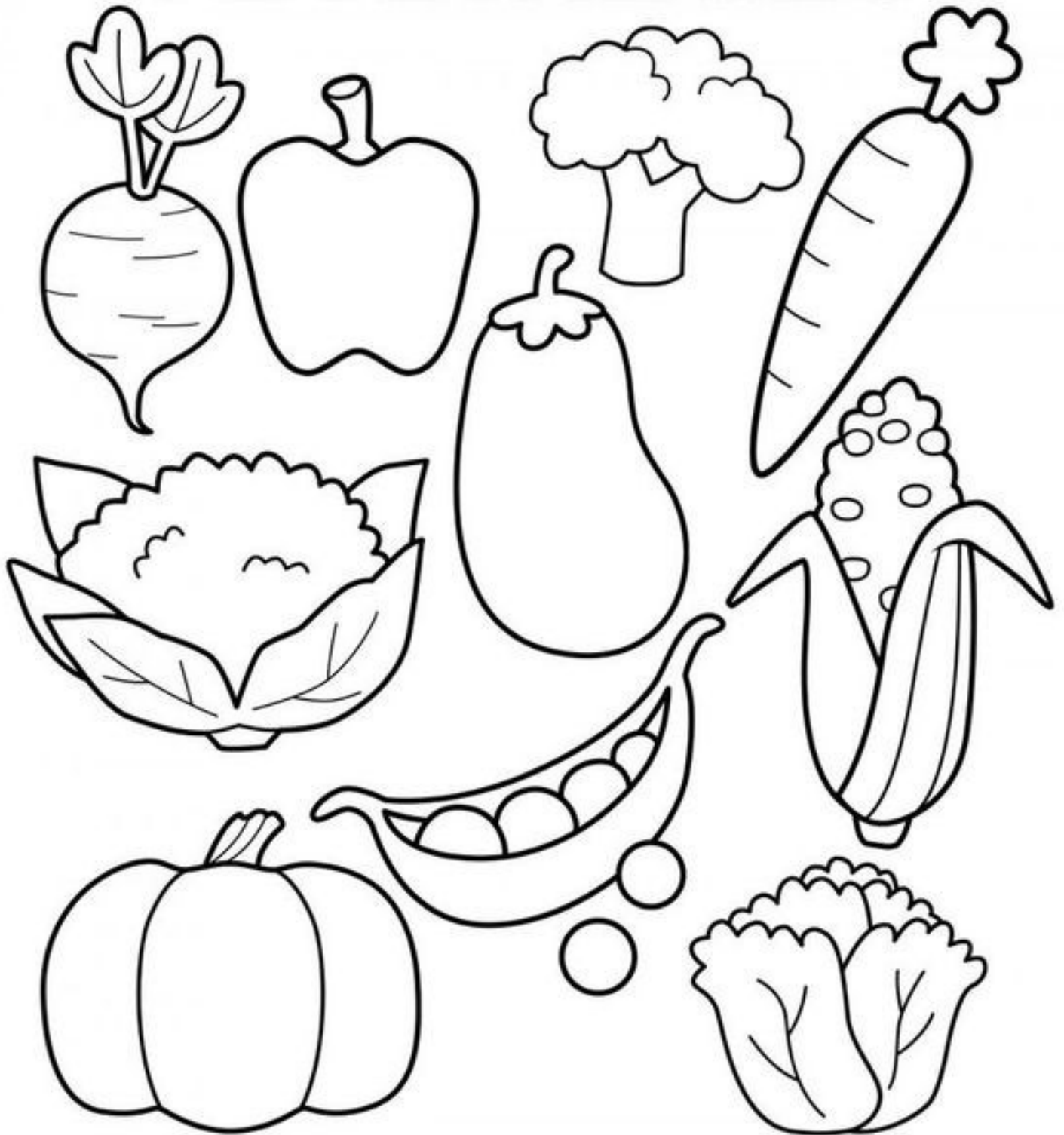
WHAT'S ON MY PLATE?

Cut out the pictures below and paste them on your plate to create a healthy and complete meal.



COLOR THE VEGETABLES IN THEIR CORRECT COLORS

VEGETABLES



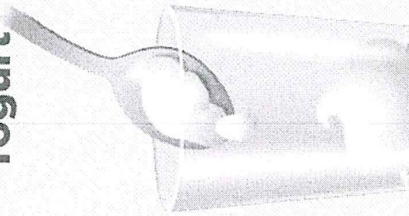
KEEP YOU HEALTHY!

© 2014 HAPPINESS IS HOMEMADE WWW.HAPPINESSISHOMEMADE.COM

Help your child make this simple breakfast recipe.

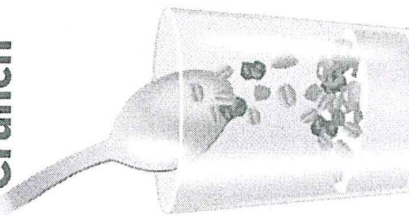
Fruit-a-licious Breakfast Cup

1 Start With Yogurt



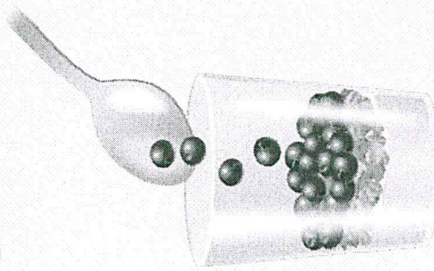
Spoon yogurt into your cup.

2 Add Some Crunch



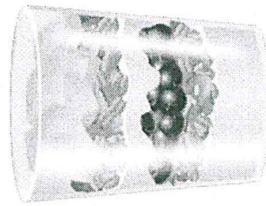
Spoon cereal on top of the yogurt.

3 Pick Fruit



Add some fruit on top of the cereal.

4 Make a Pattern



Add more yogurt, then cereal, then fruit.

5 Enjoy



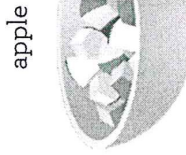
Ingredients



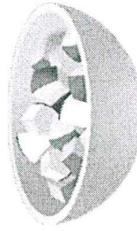
low-fat yogurt

cereal

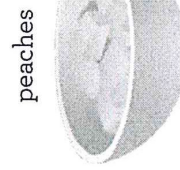
Choose fruits



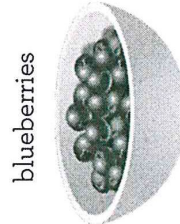
apple



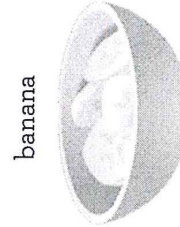
pineapple



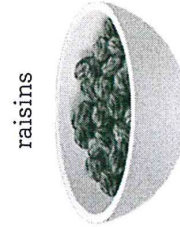
peaches



blueberries



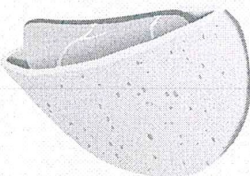
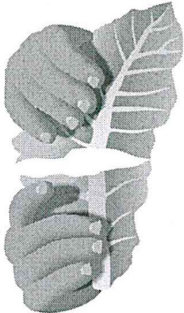

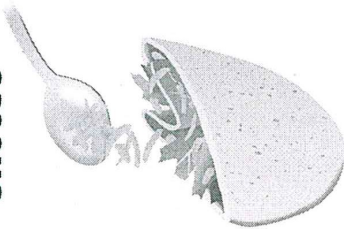
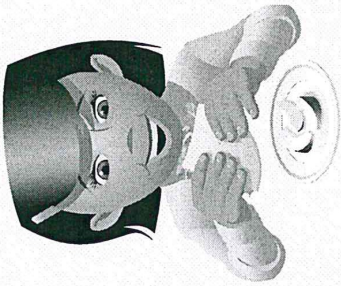

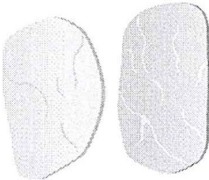



banana



raisins



Help your child make this simple **Friendship Pocket** recipe for lunch.

Friendship Pocket				
1 Pick a Protein Food  <p>Fold a slice of turkey or ham. Put it in the pita pocket.</p>	2 Veggie Time  <p>Tear lettuce or spinach.</p>	3 Greens Are Good  <p>Add greens to pita.</p>	4 Choose a Cheese  <p>Put cheese inside pita.</p>	5 Fruit Is Fun  <p>Eat apples or grapes with your pita pocket. Enjoy your MyPlate meal with friends.</p>
Ingredients				
Grain whole-wheat pita bread 	Protein Food turkey or ham 	Vegetable lettuce or spinach 	Dairy low-fat yellow or white cheese 	Fruit apple slices or grapes 



HOW TO MEASURE

It is very important to measure all your recipe ingredients correctly. Not measuring correctly may cause problems with your recipe and cause the recipe to not look or taste as it should.

1. Measure liquids in a glass or plastic liquid measuring cup. Set the cup on a table or counter so that it will be level when you are measuring. Bend down so your eyes are even with the mark for the amount that the recipe calls for. Fill the cup to that mark with your liquid ingredient.
2. Measure dry ingredients in cups that come in a set of different sizes. Measure items such as flour, sugar, cheese, raisins or other solid ingredients in these measuring cups.
3. Measuring spoons are used for small amounts of ingredients such as salt, pepper, spices, vanilla extracts, lemon juice,, etc.
4. Choose the cup or spoon for the amount that the recipe calls for. Fill the cup or spoon until heaping full. Level the cup or spoon off with the straight edge of a table knife so the top is flat.
5. Common abbreviations for measuring terms used in recipes are:

C = Cup

T or Tbsp. = Tablespoon

t. or tsp. = teaspoon

Measuring Tools



- Liquid Measuring Cup

- Made of glass or plastic. Extra space at the top allows you to carry without spilling. Has a spout for easy pouring.



- Dry Measuring Cups

- Used to measure dry and solid ingredients. A basic set includes: 1 cup, 1/2 cup, 1/3 cup, and 1/4 cup.



- Measuring Spoons

- Used to measure small amounts of dry and liquid ingredients. Most sets include: 1 Tablespoon, 1 teaspoon, 1/2 teaspoon, and 1/4 teaspoon.

MEASURING ACTIVITY

Materials needed for the activity:

Dry measuring cups
Liquid measuring cup
Measuring spoons

brown sugar
shortening
flour
Cinnamon

granulated sugar
baking powder
water
vanilla extract

What you will do:

1. Read page 25 on How to Measure with your child.
2. Help your child practice measuring the following amounts using the correct measuring tool.

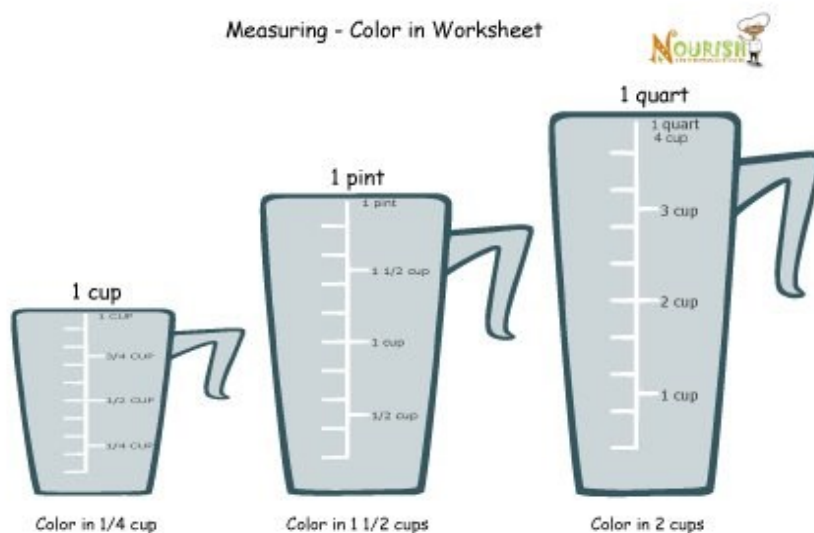
Ingredient

1 cup flour
 $\frac{1}{2}$ cup brown sugar
 $\frac{1}{4}$ cup brown sugar
 $\frac{1}{4}$ cup granulated sugar
 $\frac{3}{4}$ cup shortening
1 teaspoon baking powder
 $\frac{1}{2}$ teaspoon cinnamon
1 Tablespoon baking powder
1 teaspoon vanilla extract
1 cup water
 $\frac{1}{2}$ cup water
 $\frac{1}{4}$ cup water

Measuring Tool

1 cup dry measuring cup
 $\frac{1}{2}$ cup dry measuring cup
 $\frac{1}{4}$ cup dry measuring cup
 $\frac{1}{4}$ cup dry measuring cup
 $\frac{3}{4}$ cup dry measuring cup
1 teaspoon measuring spoon
 $\frac{1}{2}$ teaspoon measuring spoon
1 Tablespoon measuring spoon
1 teaspoon measuring spoon
1 cup liquid measuring cup
 $\frac{1}{2}$ cup liquid measuring cup
1 cup liquid measuring cup

COLOR IN THE LIQUID MEASURING CUPS WITH THE CORRECT AMOUNT:



Measuring

Name _____

 <p>liquid measuring cups</p>	 <p>measuring spoons</p>	 <p>dry measuring cups</p>
--	---	---

What would you use to measure each of the following products?

































PHYSICAL ACTIVITY

Whether it is walking the dog, going for a family bike ride, or running on a treadmill at the gym, it is important for you (and your family) to be physically active. You need at least **60 minutes** of vigorous or moderate activity every day. Anything you do to move your body is physical activity. This can include things that you plan to do for exercise such as playing a sport, taking a class, or walking to a friend's house.

Physical activity and exercise not only feels good, it helps to prevent chronic diseases, improves your mood, helps you manage and maintain your weight, increases your energy level, and even improves your quality of sleep! There are countless benefits to being physically active every day.

How to Get More Physical Activity:

- Make a ritual of taking family walks or bike rides after dinner or on the weekends.
- Take dance classes or swimming lessons.
- Use an exercise or yoga DVD at home.
- Join a fitness club or YMCA to work out.
- Take stairs instead of the elevator
- Walk on a treadmill or ride an exercise bike while watching T.V.



Why is physical activity important in early childhood services for infants and young children? Physical activity is vital for a child's development and lays the foundation for a healthy and active life. Early childhood services are ideally placed to foster the development of good physical activity habits early in life and to encourage families to engage in regular physical activity.

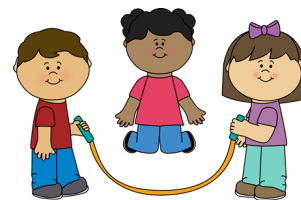
The benefits of being active for young children include:

- promoting healthy growth and development
- helping to achieve and maintain a healthy weight
- building strong bones and muscles
- improving cardiovascular fitness
- improving balance, coordination and strength
- maintaining and developing flexibility
- improving posture
- assisting with the development of gross motor and fine motor skills
- providing the opportunity to develop fundamental movement skills
- helping to establish connections between different parts of the brain
- improving concentration and thinking skills
- improving confidence and self-esteem
- relieving stress and promoting relaxation
- providing opportunities to develop social skills and make friends
- improving sleep.





EXERCISE GAMES and ACTIVITIES FOR KIDS



1. **Jump Rope**—Jump rope outside or in a room with lots of space. Learn some jump rope rhymes a book or online to teach your child.
2. **Balloon Ball**— There are endless ways to play with balloons indoors. Try to keep it off the floor or just play catch.
3. **Wheelbarrow, crab and bear-walk races**—Holding these tough positions gives you a real workout.
4. **Obstacle course**—Create an obstacle course with furniture inside, or with other objects outside in your yard.
5. **Follow the Leader**—Have children take turns being the leader. Add energetic movements such as jumping, stomping, squatting, etc.
6. **Dance Party**—Turn on some favorite music and shake your groove *thang*.
7. **Jumping Jacks**—Easy, but good for coordination and they get your heart going.
8. **Bubble Wrap Attack**—Save bubble wrap from packages. When you have enough, lay it out and the kids can jump on it until it's all popped.
9. **Clean-up Race**—Set a timer or put on a song to see who can clean up the room the fastest.
10. **Hallway Bowling**—Fill up water bottles and use any ball you have.
11. **Hopscotch**—Use chalk or tape to make a hopscotch game on your floor or outside on the patio or driveway.
12. **Tag**—Play a good old-fashioned game of tag with the kids.
13. **Bubble Bashing**—Blow bubbles and let children “catch” and smash them.



Name some other games or ideas you can think of to keep active:



RECIPES TO MAKE

Now that you have learned about safety rules in the kitchen, food safety, and the importance of washing your hands before cooking, here are some simple recipes you can practice making. Make sure you have an adult in the kitchen with you. Before beginning, make sure to wash your hands carefully. Choose which recipe you want to make and make sure you have the proper ingredients for the recipe. To begin, get your clean utensils out, and get out the ingredients you will need for the recipe.



HARVEST TRAIL MIX

You will need: dry ingredient measuring cups, large bowl, spoon.

Ingredients:

- $\frac{3}{4}$ cup candy corn
- $\frac{1}{2}$ cup M & M's
- $\frac{1}{2}$ cup miniature marshmallows
- $\frac{3}{4}$ cup peanuts

Directions:

Carefully measure out each of your ingredients and pour them into your large bowl together with the spoon. Store your Harvest Trail Mix in a tightly covered container.



PEANUT BUTTER BALLS

You will need: dry ingredients, measuring cups, measuring spoons, spoon, cookie sheet covered with waxed paper.



Ingredients:

- $\frac{1}{2}$ cup peanut butter
- 3 $\frac{1}{2}$ tablespoons powdered dry milk
- A bit of honey

Make sure you have washed your hands well. Combine your ingredients and put them in a small bowl. Mix together with a spoon until the mixture is the same size. Place on the cookie sheet and put in the refrigerator.



ANTS ON A LOG

You will need: dry ingredient measuring cups, small bowl, spoon, knife (with a parent's help).

Ingredients:

¼ cup creamy peanut butter
4 ounces reduced-fat cream cheese
4 stalks celery (have a grown-up help you trim and cut the stalks with the knife)
16 raisins



Directions:

Combine the peanut butter and cream cheese in the bowl, blending thoroughly with the spoon. Fill each of the celery stalks with a heaping teaspoon of the mixture. Arrange the raisin "ants" on each celery "log". Cut into 1 to 2-inch pieces. Refrigerate in a sealed container.

Www.healthyeating.org

NO-BAKE PEANUT BUTTER COOKIES



You will need: dry ingredient measuring cups, measuring spoons, large mixing bowl, spoon

Ingredients:

½ cup packed brown sugar
¼½cup peanut butter
¼ cup evaporated milk
2½ cups crisp rice cereal or granola



Directions:

In a medium saucepan, combine brown sugar, peanut butter and evaporated milk. Bring to a boil, stirring constantly, and cook for 1 minute. Remove pan from heat and stir in crisp rice cereal or granola.. Drop by tablespoonfuls onto waxed paper or aluminum foil and let cookies set. Store in an airtight container.

SUNSHINE LEMON SMOOTHIE

You will need: Blender, liquid measuring cup, tablespoon measuring spoon

Ingredients:

2 cups fat-free milk
2 cups low-fat lemon yogurt
½ cup ice
3 tablespoons powdered lemonade mix

Directions:

Having an adult help you with the blender, measure all ingredients and put into the blender. Blend until mixture is smooth and creamy. Serve with a garnish of a lemon slice if desired.

www.healthyeating.org



ENGLISH MUFFIN PIZZA

Write down what you will need to prepare your recipe: _____

Ingredients:

1 English muffin
2 tablespoons tomato sauce or pizza sauce
2 tablespoons grated mozzarella cheese

Directions:

Split the English muffin in half and place on a small baking sheet. Spread each muffin half with tomato or pizza sauce. Place cheese on top of each muffin. Bake at 400 degrees F for 8 minutes. Serves 2.





RICE CRISPY TREATS

List the utensils you need for this recipe: _____

Ingredients:

4 tablespoons margarine
1 package (10 ounces) miniature marshmallows
6 cups rice crispy cereal

Directions:

In microwave-safe bowl heat butter and marshmallows on High for 2 minutes. Stir until smooth. (Microwave cooking times may vary.) Add rice crispy cereal to mixture and stir until well coated. Coat a 13 x 9 x 2-inch pan with cooking spray or butter. Spread mixture into pan evenly and press down gently. Let the rice crispy treats cool, then cut into 2-inch squares. Keep leftovers in an airtight container.



NO BAKE COOKIES

Ingredients:

2 cups sugar
¼ cup cocoa
½ cup milk
1 stick margarine (8 Tbsp.)

1 teaspoon vanilla
½ cup peanut butter
3 cups quick-cooking oats

Directions:

In a saucepan, mix sugar, cocoa, milk and margarine. On medium heat, bring to a boil. Boil for one minute. Remove from heat and cool for one minute. Stir in vanilla, peanut butter and oatmeal. Drop by teaspoonfuls onto a baking sheet lined with waxed paper. Let cookies cool and set.



CHEESE QUESADILLAS

Ingredients:


1½ cups shredded Monterey Jack cheese
4 (8-inch) whole grain flour tortillas
½ cup tomato salsa

Directions:

Divide the cheese between two tortillas. (Feel free to add other toppings such as some pieces of cooked, chopped chicken.) Top with remaining tortillas. Microwave until the cheese has melted, about 45 seconds. Set aside for 2 minutes to cool slightly, then cut each into 4 pieces and serve with salsa.



EASY MARSHMALLOW M & M™ COOKIE BARS

List the  will need to make your recipe: _____

Ingredients:

1 roll (16.5 oz.) Pillsbury™ refrigerated peanut butter cookie
1 cup M & M's™ candy-coated milk chocolate candy
½ cup marshmallow cream

1. Heat oven to 350 degrees.
2. In medium bowl, crumble cookie dough; add candies and k well mixed. Reserve 1 cup of dough and set aside. Press remaining dough evenly in an ungreased 8-inch square pan. Bake for 15 minutes.
3. Drop teaspoonfuls of marshmallow cream on the hot bars (be careful of the hot pan so you do not burn yourself). Crumble the reserved cup of dough over top of marshmallow cream.
4. Bake an additional 15 to 20 minutes or until golden brown. Cool completely, about 1 hour, before cutting. Cut in to 4 rows by 4 rows. Store in a covered container at room temperature.



LUNCH TIME SALAD

Ingredients:

- 1 can tuna, salmon, or any type meat that you like
- 2 cups salad greens (lettuce)
- ½ cup seedless grapes (cut in half)
- ½ cup cherry tomatoes (cut in half)
- ½ cup strawberries (cut in half)
- ½ cup sliced cucumber
- ½ cup low-fat cottage cheese (or any other cheese you prefer)
- ¼ cup dressing (raspberry vinaigrette or your favorite dressing)
- ½ cup slivered almonds



Drain tuna or salmon (or if using another type meat, chop into small pieces). Mix all ingredients together in a medium bowl. Eat right away and enjoy. *Serves 2.*

With this recipe, you can vary the types of meat, vegetables, cheese, dressing, nuts, to whatever you like. Create your own lunch time salad recipe and write it down.



TOUCHDOWN TACO SALAD

Ingredients:

- ½ pound lean ground beef
- 1 ½ cups (6 ounces) shredded cheddar cheese, divided
- ½ cup salsa, divided
- 8 cups salad greens (lettuce)
- 1 cup chopped tomato
- 1 ½ cups black beans



1. With an adult's help, brown beef in a large, non-stick skillet; remove from heat. Drain off any excess fat.
2. Stir in 1 cup shredded cheese and ¼ cup salsa; stir until blended.
3. Spoon mixture onto a serving platter.
4. In a large bowl, toss together the salad greens, tomatoes, black beans, remaining cheese and salsa.
5. Spoon salad over meat mixture and serve.



What to Exhibit at the Fair For your Foods Project



1. Choose one of the recipes with this symbol next to it—judging at the fair. (The specified recipes do not need



to make for refrigeration.)

You may make a poster to display (instead of a food item) showing three of the kitchen safety rules.

You may make a poster with “My Plate” showing what foods you should eat with the “My Plate” servings.

2. Place 2 cookies/bars in a plastic sandwich bag, or 1 cup of harvest mix in a plastic sandwich bag for judging, if you have prepared a recipe.
3. Make a poster showing some of the activities that you like to do to get your daily exercise.

Cut out the tag below, fill it out and place it with your project, or place it in the bottom right-hand corner of your poster.

	DECATUR	
<hr/>		
Name		
<hr/>		
Club		
<hr/>		
Project		
<hr/>		
Grade	<u>CLOVERBUDS/MINI 4-H</u>	



RECORD SHEET FOODS—Grades K—1



Name: _____ **Age:** _____

1. Which recipe did you make to exhibit at the fair? _____

2. If you did not make a recipe, what other project did you make to exhibit at the fair?

3. How many recipes did you try to make from this booklet? _____

4. What was your favorite recipe? _____

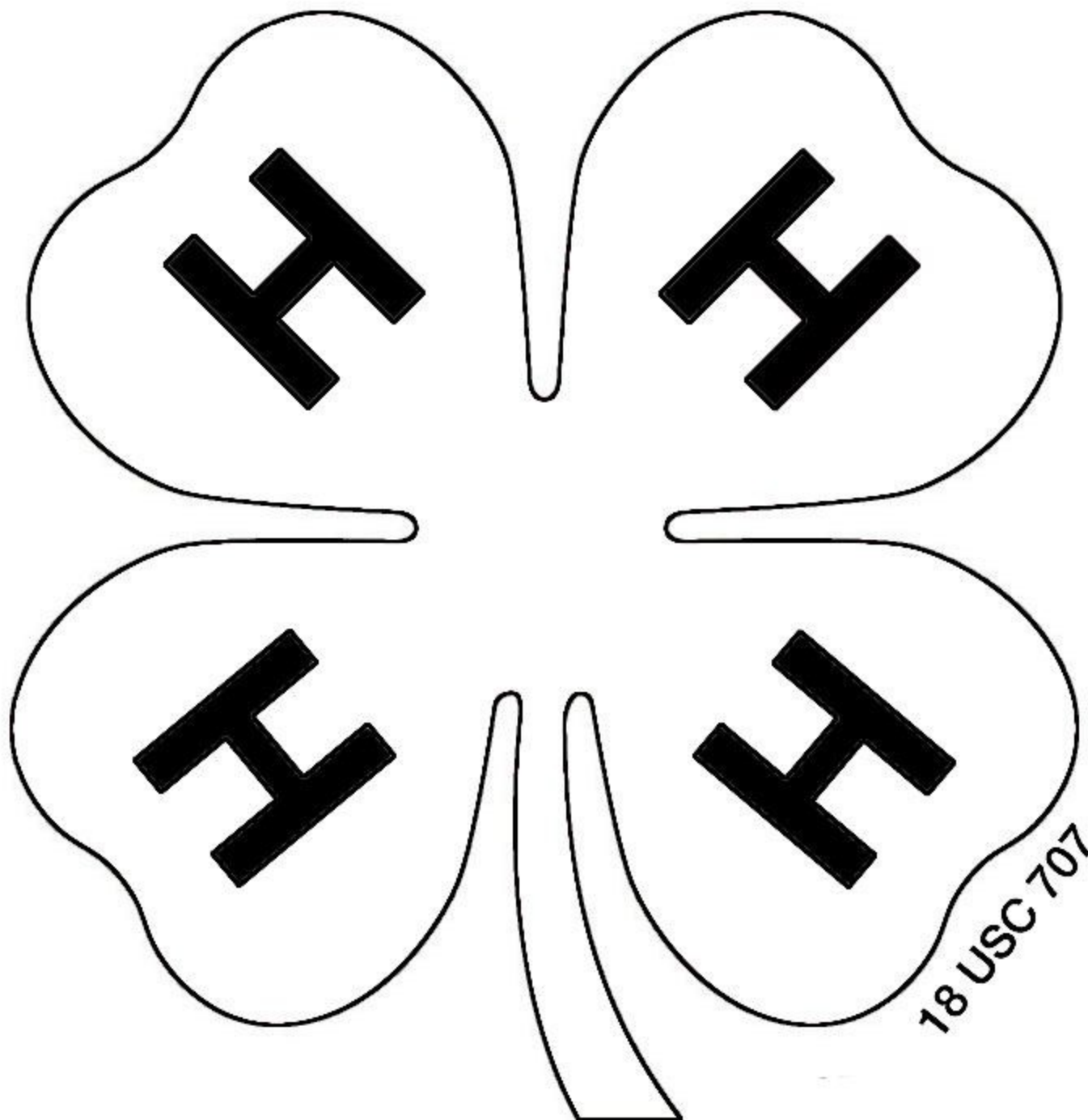
5. Who helped you with this project? _____

6. What new skills did you learn from this Foods project? _____

7. What kitchen utensils did you learn to use? _____

8. What did the “My Plate” activities teach you? _____

9. Are there any new activities you are going to do to get plenty of exercise each day?



Mini 4-H Foods—Grade K-1

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