



# MINI 4-H

# FOODS

## GRADE 2



*A REPLACEMENT MANUAL WILL COST \$2.00*

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

***Developed by Teri Hornberger, 4-H Educator & Bonita Hellmich, Admin. Asst.***

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

***January 2018***

Purdue University is an equal access/equal opportunity institution.

# **Decatur County, Indiana Mini 4-H Foods Manual, Grade 2**

## **Resources:**

<http://www.choosemyplate.gov/>  
[www.ChefSolus.com](http://www.ChefSolus.com)  
[www.theKidzpage.com](http://www.theKidzpage.com)  
[www.HealthyEating.org](http://www.HealthyEating.org) (Dairy Council of California©)  
[www.kids-pages.com](http://www.kids-pages.com)  
<http://teamnutrition.usda.gov>



*Purdue Extension—Decatur County, Indiana  
Teri Hornberger, 4-H Educator  
Email: [hornberg@purdue.edu](mailto:hornberg@purdue.edu)  
Phone: 812-663-8388*



## 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!

### 4-H PLEDGE



I pledge

My Head to greater thinking

My Heart to better 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

## “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



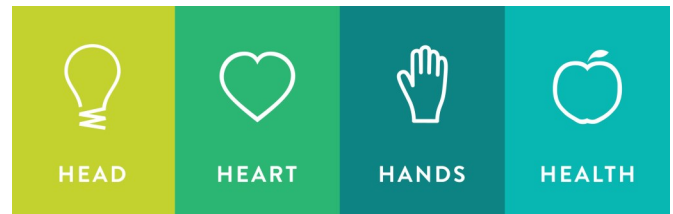
You will learn some fun and important facts in this Foods manual. Everyone needs food to live because food gives us two very important things:

- 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.) Microwave Safety and Knife Safety
- 3.) Food Safety
- 4.) My Plate and the Food Groups
- 5.) Measuring
- 6.) Reading a Recipe
- 7.) Your Physical Activity
- 8.) Recipes to Try
- 9.) What to Exhibit at the Fair
- 10.) Record Sheet
- 11.) 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 food.
- 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.



# TEACHING CHILDREN ABOUT KITCHEN AND FOOD SAFETY—Go over these rules with your child

1. **Always wash hands before (and after) food preparation.** Not only do you carry germs on your hands, but there can be harmful germs on items that you are preparing.
2. **Wash hands during food preparation,** especially after handling items like raw meat and eggs. As a general rule, let children know that it's a great idea to wash their hands many times during food prep.
3. **Do not use the same knives or cutting boards** (during the same session of food preparation) for raw meat and for other items such as fruits and vegetables.
4. **Fruits and vegetables should be washed prior to use.** This even includes things that you might not expect, such as watermelon. Otherwise, you could drag your knife along the rind, pick up bacteria on the knife, and then slice that into the fruit.
5. **Hot foods should be kept hot, and cold foods should be kept cold.** If a food has been sitting out for more than two hours (that is supposed to be hot or cold), you will need to throw it out.
6. **When thawing food, it is safest to do it either overnight in the refrigerator, or in cold water.** That cold water needs to stay cold the whole time, so it may mean that the water needs to be changed often.
7. **When using knives, always cut away from you.** Children have a tendency to try to cut in a way that is very comfortable, which sometimes means they want to cut toward themselves. Teach them all about proper knife holding and usage.
8. **When you cook something on the stove top that has a lid, teach children to open the lid away from them.**
9. **Work with your child(ren) - of reading age—on how to read a recipe.** Help them to follow directions carefully. Teach them to read the recipe and make sure they have the ingredients they will need.
10. Teach children that while doughs for baked goods may smell good, **if they have raw eggs in them, it is just not safe to eat the dough before baking it.**
11. A great way to have children start helping in the kitchen is to **have them help with the dishes.** They can help load and unload the dishwasher, or help hand-wash dishes and dry them. Teach children to **handle sharp utensils correctly and to not put them in the sink full of water.**
12. **Never walk away from items that are cooking on the stove top.** Items can easily burn, boil over, or even cause a fire.
14. **Avoid rushing around while you are cooking and baking.**
15. **Close cabinet & pantry doors after you have opened them,** so no one will run into them.
16. **Always use a hot pad or oven mitt to remove items from the oven and stove top. Make sure a parent is there to help.**



## MICROWAVE SAFETY TIPS



1. **Never operate a microwave when it is empty.**
2. **Never use a damaged microwave.**
3. **Make sure that dishes you use in the microwave are rated as “microwave safe”.** Many dishes are marked on the bottom as either “microwave safe” or “not safe for microwave use”.
4. **Do not use anything metal in the microwave.** This includes aluminum foil or any dishes that may have a metallic or gold design on them. This includes fast food wrappers that are metallic-looking also.
5. **Use a potholder or oven mitt as many items will still be warm or hot when removing from the microwave.**
6. **Make sure to remove lids or coverings away from you because steam could burn you when it is released.**
7. **Microwaved food does not always heat up evenly; it is good idea to stir the food before assessing its temperature or eating it.**
8. **Cover food items in the microwave with a paper towel, plain paper plate, waxed paper or microwave safe lid.** This helps cook the food as well as keep the microwave clean.
9. **Keep your microwave clean.** Wipe up splattered food right away.

*There are some simple microwave food recipes for your child to practice making, with adult help, at the end of this booklet.*

It is very important to follow directions in recipes for how long and at what power level something should cook in the microwave. You should always use the shortest amount of time in a recipe and add more cooking time if needed. Overcooking can cause food to dry out, get tough, smoke or burn.

Microwaves come in a wide range of power levels. It is helpful to know what the wattage is for your microwave





# 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 dishwater 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><b>PINCH GRIP</b></p>  <p>1. Thumb and index finger grip blade. 2. Use the rest of your fingers to grip the handle.</p>	<p><b>HANDLE GRIP</b></p>  <p>With all fingers and thumb opposite, grip handle firmly.</p>	<p><b>CARRYING A KNIFE</b></p>  <p>Carry a knife with the blade pointing downward, close by your side.</p>
<p><b>CUTTING METHODS</b></p>  <p><b>'PLANK':</b> With a firm hand, push top of knife down with palm of hand, fingers away from blade.</p>	 <p><b>'BRIDGE':</b> Place your hand over top of knife holding food securely, use knife to saw food item.</p>	 <p><b>'CLAW':</b> Fingers tucked under with knife blade resting up against knuckles.</p>



## ACTIVITY on KITCHEN and MICROWAVE SAFETY

Answer True OR False - Circle the correct answer.

- |  |      |       |
|--|------|-------|
| 1. An adult should always be with you when you are cooking                               | True | False |
| 2. Leftover that sit out too long or are in the refrigerator too long can make you sick. | True | False |
| 3. Before you start touching foods or cooking, you must wash your hands.                 | True | False |
| 4. Youi can get sick from raw or undercooked meats and unwashed fruits or vegetables.    | True | False |
| 5. It is OK to put aluminum foil or any other kind of metal in a microwave.              | True | False |



Answer the following questions:

- When you take hot pots or pans from the stove or microwave, you should use \_\_\_\_\_ or \_\_\_\_\_, not dish towels, so you do not burn yourself.
- Is it OK to eat food after it falls on the floor? Why? \_\_\_\_\_
- Do you like to cook or bake? \_\_\_\_\_ What kinds of food do you like to make? \_\_\_\_\_
- Why is it important for you to cook with an adult supervising you? \_\_\_\_\_
- Why should you never put knives or other sharp objects in the sink? \_\_\_\_\_
- Never operate a microwave when it is \_\_\_\_\_.
- What items can you use to cover foods in the microwave so they do not splatter? \_\_\_\_\_

# The Kitchen

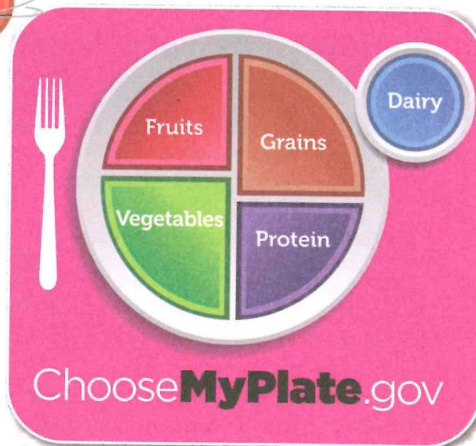
Write the correct number in front of each word:



cooker	---	plate	---	whisk	---	strainer	---
fridge	---	table	---	fork, knife, spoon	---	napkin	---
sink	---	salt shaker	---	ladle	---	oven glass	---
glass	---	tray	---	meat tenderizer	---	tap	---
cup	---	plate rack	---	grater	---	cutting board	---
kettle	---	baking tray	---	juicer	---	bowl	---
chair	---	frying pan	---				



# SERVING UP MyPlate



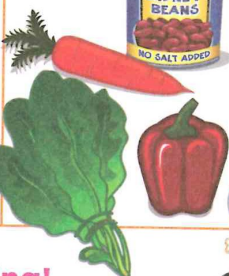
## Fruits: Fuel Up With Fruits at Meals or Snacks

Pears, watermelon, plums, raisins, berries, and applesauce (without extra sugar) are just a few of the great choices. Make sure your fruit juice is 100% juice.



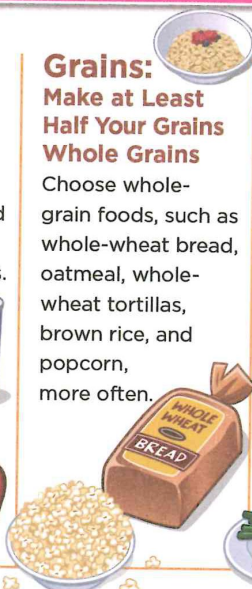
## Vegetables: Color Your Plate With Great- Tasting Veggies

Try to eat more dark-green, red, and orange vegetables, and beans and peas.



## Grains: Make at Least Half Your Grains Whole Grains

Choose whole-grain foods, such as whole-wheat bread, oatmeal, whole-wheat tortillas, brown rice, and popcorn, more often.



## Protein: Vary Your Protein Foods

Try fish, shellfish, beans, and peas more often. Some tasty ways include a bean burrito, hummus, veggie chili, fish taco, shrimp stir-fry, or grilled salmon.



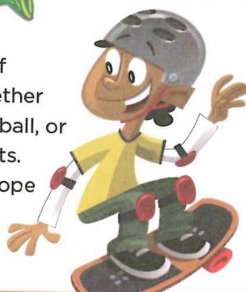
## Dairy: Get Your Calcium-Rich Foods

Choose fat-free or low-fat milk, yogurt, and cheese at meals or snacks. Dairy foods contain calcium for strong bones and healthy teeth.



## Keep on Moving!

Kids need at least 60 minutes of physical activity every day. Whether that's running, biking, tossing a ball, or playing tag, every little bit counts. So, run around at recess, jump rope with friends, ride your scooter, or play a sport. It all adds up!



## Know Your "Sometimes" Foods

Look out for foods with added sugars or solid fats, such as candy, cake, cookies, chips, ice cream, soda, fruit punch, lemonade, hot dogs, and bacon. They fill you up so that you don't have room for the foods that help you eat smart and play hard. Enjoy these every once in a while, not every day.



Serving Up MyPlate — Grades 3 & 4  
U.S. Department of Agriculture • Food and Nutrition Service • September 2012 • FNS-445

<http://teamnutrition.usda.gov>



## The Food Groups: What makes a Serving?

In each food group, look at these different Food Guide My Plate examples of the serving size, showing 1 healthy serving of each food group. How do these compare with what your portions look like?



### Grains Food Group

- 1 slice bread, waffle or pancake
- ½ bagel, hamburger bun, or English muffin
- ½ cup cooked rice, pasta or cereal
- 1 cup ready to eat cereal

### Vegetables Food Group

- ¾ cup (6 fluid ounces) 100% vegetable juice
- 1 cup raw, leafy vegetables or salad
- ½ cup cooked or canned vegetables

### Fruits Food Group

- 1 medium apple, orange or banana
- ½ cup fruit (canned, cooked or raw)
- ½ cup (4 fluid ounces) 100% fruit juice
- ¼ cup dried fruit (raisins, apricots or prunes)

### Milk Food Group

- 1 cup milk or yogurt
- 2 ounces processed cheese (American)
- 1 ½ ounces natural cheese (cheddar)

### Meat and Beans Food Group

- 1 tablespoons of peanut butter counts as 1 ounce
- ¼ cup nuts or 20-24 almonds
- 1 medium size egg
- 2-3 ounces of poultry, meat or fish (2-3 servings)
- ¼ cup of beans



Visit [ChefSolus.com](http://ChefSolus.com) for Free online nutrition games, fun activities and parent and child nutritional tools!



More Nutrition Fun [www.ChefSolus.com](http://www.ChefSolus.com)  
Copyright © Nourish Interactive, All Rights Reserved



# GET YOUR PLATE IN SHAPE!

## GRAINS FOOD GROUP SECRET MESSAGE PUZZLE

Use the key below to decode the secret message.

A	B	C	D	E	F	G	H	I	J	K	L	M	N	O	P	Q	R	S	T	U	V	W	X	Y	Z
14				12	23	21	20	11		18	4	1	7	17		15	9	8	16		2				13

M	A					A					A					F						
1	14	18	12		14	8		4	12	14	9	8		20	14	4	23		13	17	16	15
A																						
21	15	14	11	7	9																	

## FRUIT AND VEGETABLE WORD SEARCH

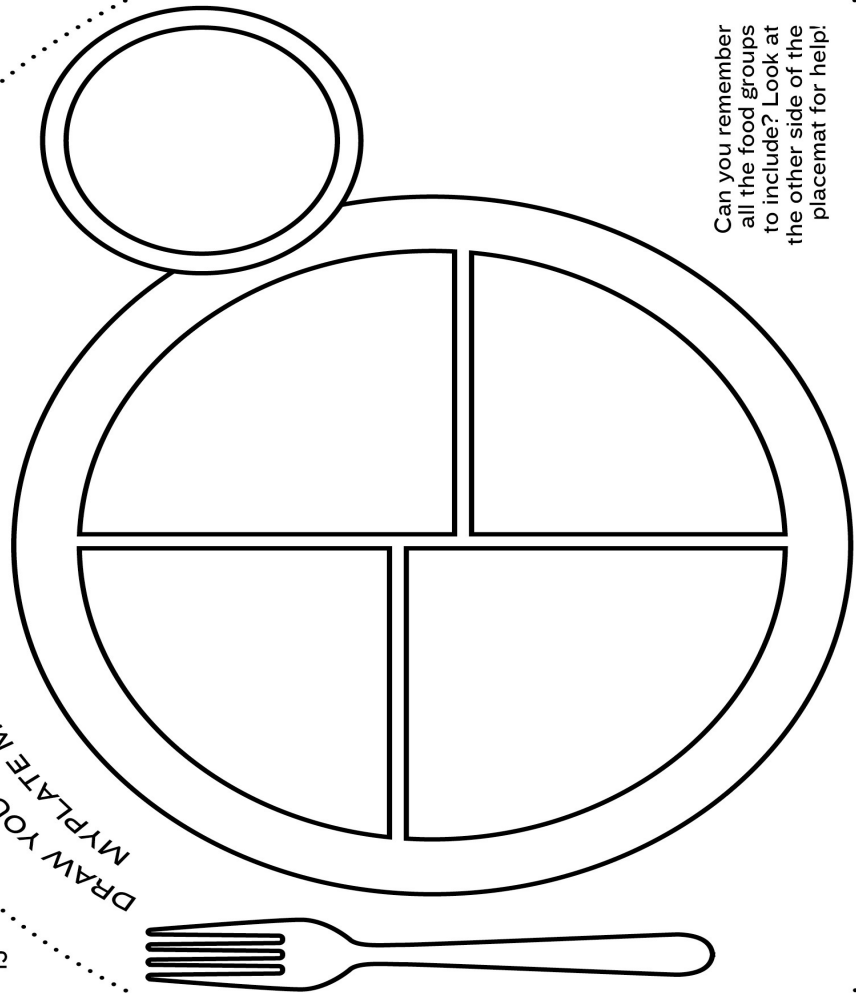
Y	K	A	W	B	R	Q	Y	I	H	N	P	U	Q	T	BANANA									
H	R	E	Y	B	I	W	X	L	S	L	P	Y	D	O	BEANS									
C	Q	R	T	P	B	W	L	O	O	E	S	L	K	M	BROCCOLI									
A	V	S	E	A	D	I	K	C	G	B	P	S	I	A	CARROT									
E	G	K	N	B	O	A	S	C	W	V	N	A	Q	T	COLLARDS									
P	X	A	X	Q	W	D	O	O	T	A	H	B	R	O	GRAPES									
U	N	U	X	F	R	A	R	R	E	L	J	V	X	G	ORANGES									
A	O	O	Q	A	N	C	R	B	A	I	K	B	Z	L	PEACH									
G	K	L	L	S	W	N	M	T	P	N	G	L	T	V	PEPPERS									
P	S	L	P	E	P	P	E	R	S	M	G	I	X		STRAWBERRY									
S	O	M	T	N	W	N	I	X	O	H	X	E	L	E	SWEET POTATO									
C	P	S	T	I	K	X	M	A	Q	L	M	N	S	Y	TOMATO									
K	G	W	L	N	F	E	B	C	J	D	E	A	Y	O										
O	T	A	T	O	P	T	E	E	W	S	P	B	M	M										
T	O	R	R	A	C	O	K	A	G	F	R	S	C	H										

## BE ACTIVE WORD SCRAMBLE

Keep your body moving - be active every day! Can you unscramble the physical activities below?

NUR	PISK	NADEC	POSTSR	KIBE	PUJMEROP
-----	------	-------	--------	------	----------

DRAW YOUR FAVORITE  
MY PLATE MEAL!



Can you remember all the food groups to include? Look at the other side of the placemat for help!



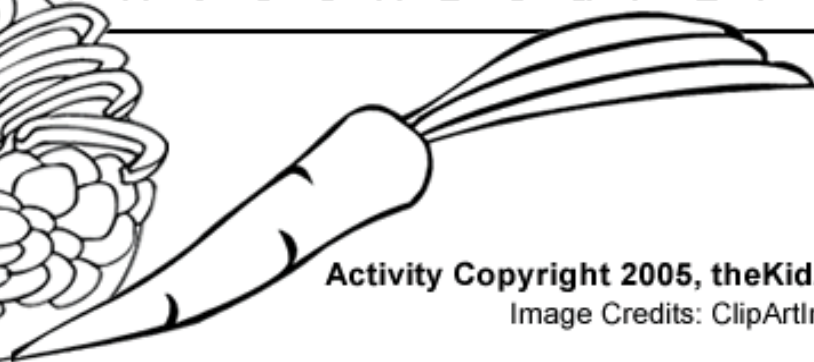
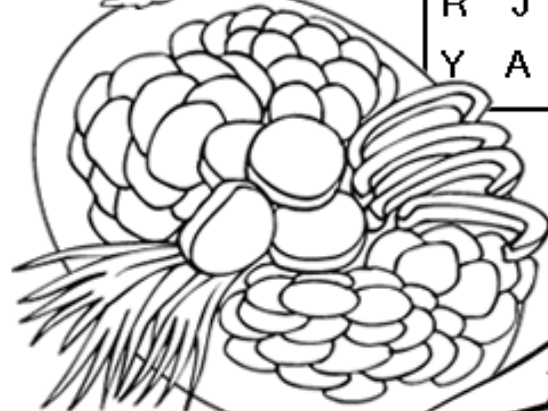
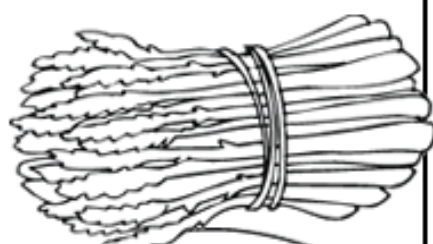
# Vegetables Word Search

Search the puzzle for the words shown in the word list.  
Circle each word that you find until you find all of the 24 vegetable-related words.

## Word List

brussels sprouts	
potato	cucumber
pumpkin	lettuce
alfalfa	parsley
artichoke	pepper
asparagus	rhubarb
avocado	carrot
broccoli	radish
cabbage	beans
cauliflower	spinach
celery	zucchini
corn	yam
	pea

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



Activity Copyright 2005, theKidzpage.com  
Image Credits: ClipArtInc

# How to Measure

Measuring is an important skill to learn, especially when baking. Baking is a science in which exact measurements produce a perfect product. Here are some measuring tips to help you always get the correct amount of ingredients that a recipe requires.

Measure liquids with glass cups that have extra space above the last measuring mark. This extra space is called headspace.

Measure dry ingredients with cups that come in a set of 1 cup, 1/2 cup, 1/3 cup, and 1/4 cup. Metal or glass measuring cups and spoons are better than plastic, which may crack or bend out of shape.

## Measuring sugars and flour

### Flour

- Lightly stir the flour, then spoon it into a dry measuring cup.
- Pile the flour higher than the top of the cup. Do not shake, tap, or pack the flour down in the cup.
- Use the straight edge of a knife or metal spatula to level off the top.

*Note: It is no longer necessary to sift flour, because it is presifted at the mill before packaging.*

### White sugar

- Spoon sugar into a dry measuring cup higher than the top of the cup.
- Use the straight edge of a knife or metal spatula to level off the top.

### Brown sugar

- Break up any lumps by squeezing or rolling the bag the brown sugar is stored in.
- Spoon into a dry measuring cup.
- Pack it down firmly with the back of a spoon, so the brown sugar keeps the shape of the cup when turned over.
- Level with the straight edge of a knife or metal spatula.

## Measuring solid and liquid fats

### Solid fats

#### Margarine or butter (sticks)

- Cut using the measuring marks on the wrapper as a guide.

#### Shortening or margarine in a tub

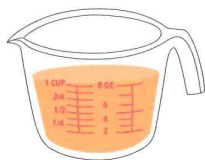
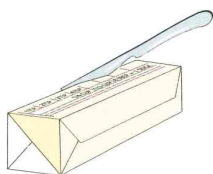
- Pack firmly into a dry measuring cup with a rubber spatula.
- Level with the straight edge of a knife or metal spatula.
- Remove from measuring cup with a rubber spatula.

### Measuring liquids

- Place a liquid measuring cup on a flat counter or table.
- Fill to the mark for the amount of liquid your recipe requires.
- Bend down so that your eye is level with the measuring cup. Check that the bottom of the liquid line is at the mark for the amount needed.
- Use measuring spoons to measure less than 1/4 cup.
- Use a rubber spatula to remove oil and sticky liquids like molasses, corn syrup, or honey.

### Measuring small quantities of liquids, including extracts

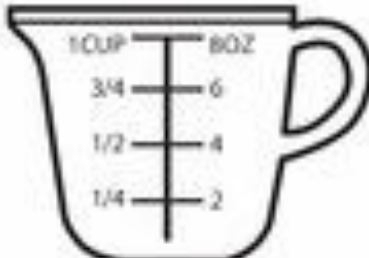
- Pour the amount required for the recipe into the right measuring spoon.
- Never measure over the mixing bowl or pan. Hold the spoon over a small cup while pouring into the measuring spoon.



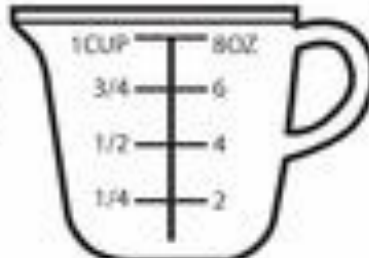


# MEASURING CUPS

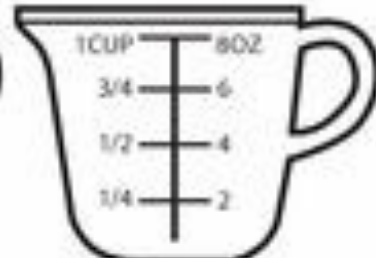
Color the measuring cup up to the indicated amount.



1/2 CUP

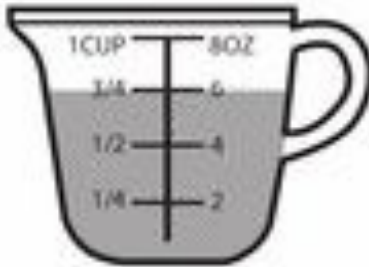


2 OZ.



3/4 CUP

Write down the measurement of each measuring cup in cups and liquid ounces.




---

---

Using the measuring cups above convert the following:

3/4 CUP = \_\_\_\_\_ OZ.      8 OZ. = \_\_\_\_\_ CUPS

1 CUP = \_\_\_\_\_ OZ.      2 OZ. = \_\_\_\_\_ CUPS

1/4 CUP = \_\_\_\_\_ OZ.      4 OZ. = \_\_\_\_\_ CUPS

**ACTIVITY:** Have an adult help you practice measuring different amounts of water in a liquid measuring cup.

# How to Read a Recipe

(Adapted from [www.teacherspayteachers.com](http://www.teacherspayteachers.com))

Reading a story and reading a recipe are very different from each other. Reading a recipe might require some help from an adult when you are first learning. This lesson will help you learn the important parts of a recipe and understand how to read a recipe.

Knowing how to read a recipe will make your cooking and baking experience easier. Always read a recipe from beginning to end before you start preparing and cooking. Reading through your recipe gives you a chance to understand the steps or ask an adult to explain them to you. Sometimes a recipe can be confusing, and trying to understand what to do in the middle of preparing it might be difficult. Make sure you have all the ingredients and equipment on hand and ready before you start cooking or baking.

Here is our sample recipe:

## FRUIT AND GRANOLA YOGURT PARFAIT

Ready in 10 minutes

Makes 2 servings

1 6-oz container of nonfat Greek yogurt

2 t honey

1 c strawberries, fresh, sliced

1 c blueberries, fresh

Half a banana, sliced

1/4 c granola cereal, low-fat without raisins

Mix the yogurt and honey together, then divide evenly into two bowls. Top the yogurt in each bowl with 1/2 cup strawberries, 1/2 cup blueberries, and half the banana slices. Sprinkle 2 tablespoons of granola on top of the fruit and yogurt in each bowl. Enjoy!

## Important parts of a recipe (fill in the blanks)

**Title:** The title usually explains what you are making. In this recipe, you will be making a

Sometimes recipes have titles that are meant to be fun but don't really explain what you are making. For instance, this recipe could be named "Brilliant Breakfast," but it wouldn't explain what you are making.

**Servings:** Sometimes the recipe includes the number of servings it makes. This helps you know how many people the finished product will serve. For baked goods, like muffins, it lets you know how many individual muffins you should have when you are finished making the recipe. This fruit and granola parfait recipe makes

\_\_\_\_\_ servings.

## FRUIT AND GRANOLA YOGURT PARFAIT

1 6-oz container of nonfat Greek yogurt

2 t honey

1 c strawberries, fresh, sliced

1 c blueberries, fresh

Half a banana, sliced

1/4 c granola cereal, low-fat without raisins

## **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), chopped
- 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.



## **READING A RECIPE**

1. Sit down....that's right, sit down and simply read through the recipe.
2. Read the recipe again, paying attention to any special procedures or items that might change how long it will take to make your recipe, or any special items you may need.
3. Gather your equipment together, measuring cups and spoons, pans, bowls
4. Gather together the ingredients the recipe calls for. Typically, recipes are written in the order that the ingredients are called for in the recipe. This lets you know which ingredients need to be measured and used first.
5. Note the order of the steps or directions for how to make the recipe. Heat the oven and prepare the pans so they are ready for use.
6. Check the cooking or baking time and the "doneness indicators".

**Using the recipe at the top of this page, answer the following questions:**

1. How much black beans does the recipe call for? \_\_\_\_\_
2. What is the first thing you must do to start preparing your recipe (after gathering equipment and ingredients)? \_\_\_\_\_
3. What can you do first—to your vegetables called for in the recipe—to have them prepared and ready to use? \_\_\_\_\_
4. What is the last thing you will do to prepare your recipe before serving? \_\_\_\_\_



# PHYSICAL ACTIVITY

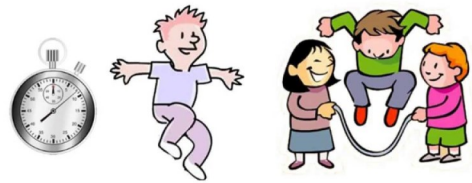
Whether it is walking the dog, going for a family bike ride, or running on a treadmill at the gym, it is important for you (and your family) to be physically active. You need at least **60 minutes** of vigorous or moderate activity every day. Anything you do to move your body is physical activity. This 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.

**Exercise means run and play for sixty minutes everyday**



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.

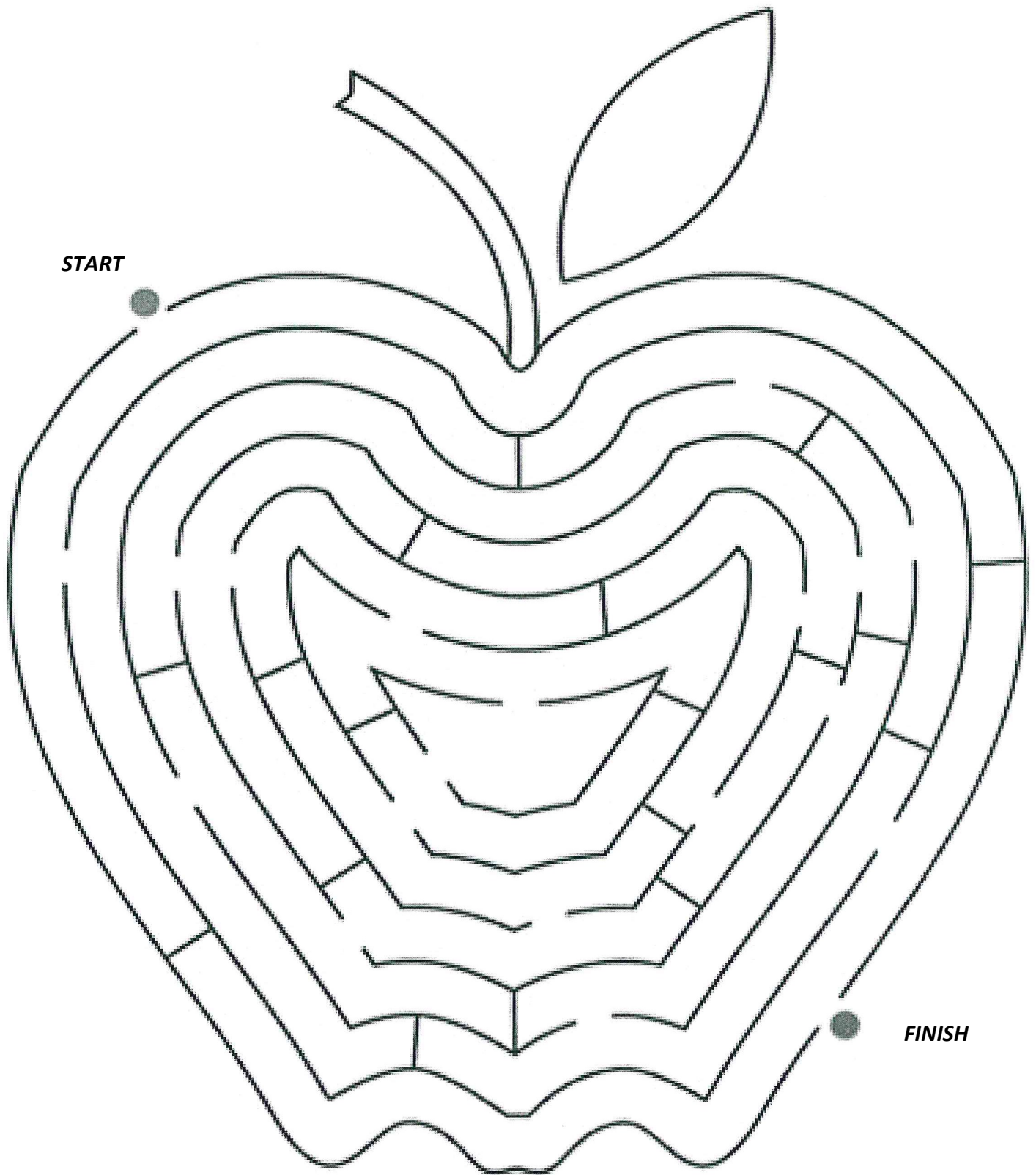
## ***The benefits of being active for young children include:***

- 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



***FUN ACTIVITY:***

*Find your way through the yummy apple maze.*





# Physical Activity Journal

Experts recommend 30 minutes of physical activity most days for basic health benefits. To get started on the path to better health, set a physical activity goal, track the activity you complete and plan new ways to reach your goals.

My Goal: \_\_\_\_\_

	ACTIVITY DESCRIPTION	HOW LONG	HOW HARD	NOTES
Example:	1. Walk slowly 2.	20 minutes	Moderate	Schedule walk with friends later in week
Day 1				
Day 2				
Day 3				
Day 4				
Day 5				
Day 6				
Day 7				
<b>Totals:</b>				

## Ways to Increase Activity:

- \* **Add activity.** Find a new activity that you enjoy; walk for 15-30 minutes before you sit down for your favorite TV show or a break during your work day.
- \* **Trade active time for inactive time.** Take a walk after dinner; ride an exercise bike or do sit-ups while watching TV; walk to return video rentals or to pick up small grocery items.
- \* **Do more of what you are already doing.** Walk for 30 minutes instead of 20 or walk five times a week instead of three.
- \* **Work a little harder.** Turn your walks into power walks or jogs.
- \* **Add strength training to your routine.** Weight lifting or resistance exercises like push-ups helps make bones stronger, improves balance and increases muscle strength. Aim for twice a week.

## ☐ Seven Days Completed!

How did you do? Note what you might improve or activities you might add to your physical activity plans: \_\_\_\_\_

\_\_\_\_\_

You are off to a great start with activity!

  
**DAIRY COUNCIL**  
**of CALIFORNIA®**  
 Healthy Eating Made Easier®  
[HealthyEating.org](http://HealthyEating.org)

©2012 Dairy Council of California

# HOW THE BODY WORKS

## Cardiovascular System Word Find

Directions: Print out the word find. See how many words you can find from the list below.

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

ARTERIES  
ATRIUM  
BEAT  
BLOOD

CIRCULATION  
HEART  
NUTRIENTS  
OXYGEN

VALVES  
VEINS  
VENTRICLES  
WASTE



# PRACTICE YOUR KITCHEN SKILLS BY MAKING SOME OF THESE RECIPES

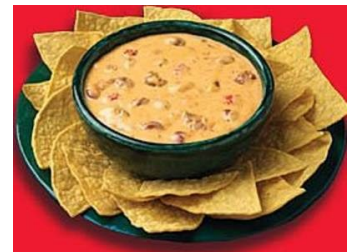
**Make sure you have an adult in the kitchen with you when cooking.  
Review the microwave safety on page 9 when you practice the microwave recipes.  
Check that you have all the ingredients that you need on hand.  
Wash your hands well before beginning your recipe.**



## **CHILI CHEESE DIP**

### ***Ingredients:***

2 jars (16 ounces each) salsa  
2 packages (8 ounces each) cream cheese  
4 cups (16 ounces) shredded taco cheese  
1 bag of taco or tortilla chips



### ***Directions:***

In a microwaveable 2-quart glass bowl or casserole dish, add salsa, cream cheese and taco cheese. Microwave on High (100%) for 1 minute. Stir with a wooden spoon. Microwave again for 1 minute, then stir. Continue microwaving for 15 to 30 seconds at a time, and stirring, until the cheese has melted. Serve with taco or tortilla chips.



## **TWO MINUTE SCRAMBLED EGGS**

### ***Ingredients:***

2 eggs	2 tablespoons shredded cheese
2 tablespoons milk	Salt, pepper and any other herbs you choose



### ***Directions:***

Coat a 12-ounce microwave-safe coffee mug or small dish with cooking spray. Add eggs and milk and beat until blended. Microwave on High for 45 seconds; stir. Microwave until eggs are almost set, 30 to 45 seconds longer. Top with cheese and season with salt, pepper and herbs.

## **MICROWAVE MACARONI & CHEESE— In a Mug**

### **Ingredients:**

1/3 cup macaroni pasta  
3/4 cup cold water  
4 tablespoons milk

1/4 teaspoon cornstarch  
4 tablespoons cheddar cheese, grated  
salt & pepper



### **Directions:**

In a large microwaveable mug (or a bowl) add the macaroni and water. You need a large mug as the water will boil up. Microwave for approximately 3 1/2 minutes. You want the pasta to be fully cooked (tested in a 1200 watt microwave, so timing may vary depending on your microwave).

Once cooked, drain remaining water off of macaroni. Stir in the milk, cornstarch and shredded cheese. Microwave for an additional 60 seconds to make the sauce. Stir well, season with salt and pepper.



## **MICROWAVE BROWNIE—In a Mug**

### **Ingredients:**

3 tablespoons all purpose flour  
3 tablespoons brown sugar  
3 tablespoons cocoa powder  
3 tablespoons flavorless oil (such as  
canola or coconut oil)

3 tablespoons water  
pinch of salt  
1/2 teaspoon vanilla extract  
2 teaspoons chocolate chips



### **Directions:**

In a microwaveable mug (should hold at least 1 full cup), mix together all of the ingredients. Mix in the chocolate chips. Microwave for 45 to 60 seconds. (Timing is based on a 1200 watt microwave oven, so time may vary if your microwave is less wattage.) Keep a close eye on the mug while microwaving so it doesn't over flow or over cook. Allow brownie to cool for at least 5 minutes. Serve warm with vanilla ice cream and enjoy!

### **5 MINUTE MICROWAVE BERRY COBBLER**

¾ cup strawberries  
¼ cup powdered sugar  
⅓ cup flour  
1 tablespoon white sugar

½ teaspoon baking powder  
1 tablespoon butter  
2 tablespoons mlk



Chop strawberries up and add to a mug. Add powdered sugar and stir to combine. In a separate bowl, add the flour and baking powder and mix to combine. Add the butter and rub in with your fingers until combined. Add the milk and stir (you can use your hand for this). Add this dough to the top of the berries. Microwave on High for about 1 ½ to 2 minutes. Allow to cool as this will be very hot when done microwaving.



### **SWEET CHEX MIX**

1 small box Rice Chex® cereal  
2 cups shredded coconut  
1 cup sliced almonds  
1 cup light corn syrup  
1 cup sugar

1 ½ cups butter (3 sticks butter)  
dash of salt  
½ teaspoon baking soda  
1 teaspoon vanilla extract

Mix together the Rice Chex®, coconut and almonds in a very large bowl. Set aside. Cook the sugar, light corn syrup, salt and butter in a large microwave-safe bowl for 5 minutes on High power. Remove from the microwave, stir, then return to microwave and cook for 2 more minutes on High. Remove from microwave with hot pads; stir in vanilla extract and baking soda. Carefully pour mixture over dry ingredients and stir until well and evenly coated.



## PIZZA IN A MUG



4 tablespoons all purpose flour  
1/8 teaspoon baking powder  
1/16 teaspoon baking soda  
1/8 teaspoon salt  
3 tablespoons milk

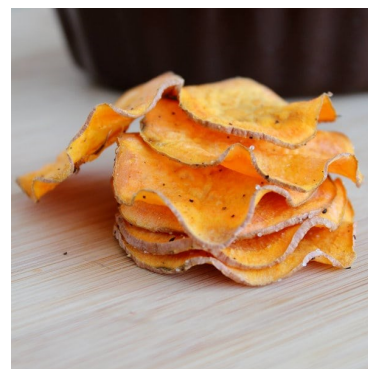
1 tablespoon olive oil  
1 tablespoon marinara or pizza sauce  
1 heaping tablespoon shredded mozzarella cheese  
8 mini pepperoni (or 4 slices regular pepperoni)  
1/2 teaspoon dried Italian herbs (*or mix 1/4 teaspoon each of basil and oregano*)

In a large microwaveable mug, mix the flour, baking powder, baking soda and salt together. Add in the milk and oil and mix together. It is okay if it is a bit lumpy. Spoon the sauce on top of the batter and spread around. Sprinkle on the cheese, herbs and pepperoni. Microwave for 1 minute plus 10 to 20 seconds, or until it rises up and the toppings are bubbling (*based on a 1200 watt microwave*) Enjoy while still hot.



## SWEET POTATO CHIPS

1 large sweet potato, scrubbed clean and trimmed of any brown spots (*have an adult help you*)  
1 teaspoon extra virgin olive oil  
1/2 teaspoon salt  
1/4 teaspoon ground pepper



With an adult's help, cut off ends of the sweet potato. Using the thinnest blade on a mandolin, cut sweet potato into thin slices. **Be very careful of your fingers when cutting.**

Put potato slices in a bowl and add oil, salt and pepper. Toss the mixture with your hands. Cut out a piece of parchment paper in a circle to fit your microwave tray. Place sweet potatoes in a single layer on the lined tray. Microwave on High for 3 1/2 to 4 minutes, or until crispy, but not browned. Watch carefully for the first batch or two to determine the proper time since all microwaves are slightly different. Repeat this step until all the chips are cooked. Serve immediately while hot. *Serves 2.*



## **BAKED PARMESAN ZUCCHINI**

*Crisp, tender zucchini sticks oven-roasted to perfection.  
It's healthy, nutritious and completely addictive!*

### ***Ingredients:***

4 zucchini, quartered lengthwise  
½ cup freshly grated Parmesan cheese  
½ teaspoon dried thyme  
½ teaspoon dried oregano  
½ teaspoon dried basil

¼ teaspoon garlic powder  
Kosher salt and freshly ground black pepper  
2 tablespoons olive oil  
2 tablespoons chopped fresh parsley leaves



### ***Directions:***

Preheat oven to 350 degrees. Coat a cooling rack with nonstick spray and place it on a baking sheet; set aside. In a small bowl, combine Parmesan, thyme, oregano, basil, garlic powder, and salt & pepper to taste.

Place zucchini onto prepared cooling rack on top of baking sheet. Drizzle with olive oil and sprinkle Parmesan mixture over top. Place in oven and bake until tender, about 15 minutes. The broil for 2-3 minutes until crispy and brown (watch carefully as broiler can burn things very quickly—make sure an adult is helping in the kitchen). Serve immediately, garnished with parsley, if desired.



## **DELICIOUS BREAD**

½ cup butter (1 stick), melted and cooled  
1 egg  
1 teaspoon garlic salt

1 tablespoon dried parsley  
1 (1 pound) loaf frozen  
bread dough, thawed

In a bowl, combine cooled butter, egg, garlic salt and parsley. Pull off walnut size pieces of dough from the loaf. Dip each piece in the butter mixture and place in a lightly greased Bundt cake pan. When all of the bread dough has been placed in the pan, pour the remaining butter mixture over top of the dough.

Cover pan and put in a warm place until bread pieces have doubled in size. Meanwhile, preheat oven to 350 degrees. Bake in preheated oven for 30 to 45 minutes, until golden brown. Serve warm.



## **TACO PIZZA**

***Make sure you have an adult helping you with using the stovetop and the oven, as well as when you are chopping the tomatoes, olives and onions.***

### ***Ingredients:***

1 pound lean ground beef	2 to 3 cups shredded cheddar cheese
1 envelope taco seasoning mix	½ cup chopped tomatoes
1 (10 ounce) can refrigerated Pillsbury® pizza dough	¼ cup sliced black olives
1 (16 ounce) can fat-free refried beans	4 green onions, chopped

### ***Directions:***

Heat oven to 375 degrees. Brown ground beef in a large skillet, over medium-high heat. Drain grease off meat. Add taco seasoning and water to the ground beef according to directions on taco seasoning packet.

Unroll pizza dough onto an ungreased cookie sheet. (A 15 x 10-inch cookie sheet or jelly roll pan works well.) Let dough sit at room temperature for 5 minutes. Press dough over the bottom and along all 4 sides of the cookie sheet. Bake the pizza dough for 8-10 minutes until lightly golden. Remove from oven.

Place refried beans into a microwave-safe bowl. Microwave for 1 minute. Stir well and then spread beans evenly over top of baked crust. Top with the taco meat, then sprinkle with cheese. Add the tomatoes, olives and green onion on top. Return to oven for another 5 to 7 minutes, or until cheese is melted. Serve while hot. *Store any leftovers in an air-tight container in the refrigerator.*

*Be creative, if there is a topping you do not like, leave it off, or add a different topping that you like. Use different cheeses if you like.*



***Baked Spaghetti is super easy and you can make it to suit your taste. If you love cheese, use more cheese. If the sauce is your favorite thing, use more sauce. Use a mixture of cheeses or use your favorite. Use a homemade sauce or your favorite purchased spaghetti sauce.***

### **BAKED SPAGHETTI**

1 to 1 ½ cups spaghetti sauce (homemade or purchased)  
2 cups cheese (use mozzarella or use a mixture of cheeses)  
1 package spaghetti



Preheat oven to 350 degrees. Cook the spaghetti noodles in a large pot, using directions on package; do not overcook. Drain noodles in a colander. Put noodles back in the pot and mix in the spaghetti sauce and 1 cup of cheese. (Remember, use more or less of the sauce and cheeses according to what you like.) Place mixture into a lightly greased 9 x 13-inch baking pan. Sprinkle the remaining cup of cheese over top. Bake for 20 minutes or until cheese is melted and edges are golden and bubbly.

### **Easy Homemade Spaghetti Sauce:**

3 tablespoons olive oil	½ teaspoon salt
3 cloves garlic, minced	1 (28 ounce) can crushed tomatoes
½ teaspoon red pepper flakes	1 to 2 teaspoons lemon juice

In a medium saucepan, combine the olive oil, garlic and red pepper flakes and saute over medium high heat until the garlic sizzles. Stir in the tomatoes and simmer for 5 to 10 minutes, until the sauce starts to thicken. Remove from heat and stir in the lemon juice and salt. Use sauce with your spaghetti or lasagna dishes.



### **EASY JELL-O® POPSICLES**

1 (3 ounce) package Jell-O® (your favorite flavor)	2 cups boiling water
1 packet of Kool-Aid®	2 cups cold water
¾ cup sugar	



In a pitcher, combine the Jell-O®, Kool-Aid®, sugar, and boiling water. Stir until dissolved. Mix in the cold water and pour into your popsicle molds (small drinking cups work well). Freeze for 4 to 6 hours until solid. After an hour or two, stick a popsicle stick or lollipop stick into each popsicle so they will freeze into the popsicle.



## **NO-BAKE CHEWY COOKIES & CREAM BARS**

1 (16 ounce) package Oreos®  
5 cups large marshmallows  
4 tablespoons butter



To crush Oreos®, you can place them in a large zip-top bag and crush them with a heavy object like a rolling pin or can. Or, you can crush them in a food processor and pulse until they are ground. Make sure an adult helps you if using a food processor. Set aside when crushed. Line an 8 x 8-inch baking pan with aluminum non-stick foil and set aside.

In a large bowl, melt marshmallows and butter in the microwave until marshmallows are puffed up, about 1½ to 2 minutes. Remove and pour in the crushed Oreos®. Stir to combine well, then transfer to the foil-lined pan. Let bars set up for at least 10 minutes. Remove bars from pan with edges of foil and cut into squares. Store in an air-tight container.



## **NO-BAKE HONEY NUT CHEERIOS® SNACK BARS**

¼ cup creamy unsalted butter (half of one stick)  
¼ cup honey (light-colored corn syrup may be substituted and will keep the bars firmer at room temperature than using honey)  
¼ cup light brown sugar, packed  
1 tablespoon vanilla extract  
3 cups Honey Nut Cheerios® (or a similar cereal, or plain Cheerios®)  
1 cup raisins, *optional* (or, use 1 cup honey-roasted peanuts, 1 cup chopped almonds, or 1 cup trail mix or other dried fruit)  
Pinch of sea salt or Kosher salt for sprinkling, *optional*



Line an 8-inch square pan with aluminum foil leaving overhang; spray with cooking spray and set aside. In a large microwave-safe bowl, combine butter, honey, brown sugar, and heat on High for 1 minute to melt. Stop to stir. Mixture will be on the granular side and this is okay. Return bowl to microwave and heat for 1 more minute on High. Stop to stir. On this third and final heating, the mixture will become quite bubbly and foamy; use caution when removing from the microwave because this will be boiling hot. Use a hot pad and have an adult help, if necessary.

Stir in the vanilla, being careful as mixture can bubble up. Stir in the cereal (or other fruit or nuts). Pour mixture into prepared pan, pressing it down firmly to smooth the top. Cover pan and place in refrigerator to set up. Lift out of pan by foil, then cut into bars. These will keep in the fridge for 2 weeks or in the freezer for 6 months.



*This recipe will help you learn about using a slow cooker (sometimes called a crock pot). Have an adult help you when you try it. It is a very easy recipe.*

### **SLOW COOKER CHICKEN ALFREDO**

4 chicken breasts (can be frozen or thawed)  
2 jars Alfredo sauce  
1 cup shredded Swiss cheese (or you can use another cheese or combination of cheeses)  
3 Tablespoons Parmesan cheese, plus a little more to sprinkle on top.  
1 tablespoon dried parsley  
Salt and pepper to taste

Place the chicken and Alfredo sauce in the slow cooker for 2 hours. Then add cheese and Parmesan cheese and cook an additional 2 hours. Season with parsley, salt and pepper, and cook another 30 minutes. You can serve the chicken as a whole chicken breast, cut them into pieces, or tear into pieces with a fork, then put meat back into the sauce. Sprinkle additional Parmesan on top. Serve with noodles or mashed potatoes.



1. Which recipe that you tried was your favorite? \_\_\_\_\_
  2. **Yes or No**—Do you like cooking with—the stovetop \_\_\_\_\_; the oven \_\_\_\_\_; a microwave \_\_\_\_\_; a slow cooker \_\_\_\_\_?
  3. What jobs do you help your parents with the most in the kitchen and during meal preparation? \_\_\_\_\_
-





## 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.)
2. You may make a poster to display (instead of a food item) about microwave use and microwave safety.
3. You may make a poster, using the “My Plate” guidelines, planning a meal for your family and what you would serve.
4. Place 2 cookies/bars in a plastic sandwich bag, or 1 cup of Sweet Chex Mix or 1 cup of Sweet Potato Chips in a plastic sandwich bag for judging.
5. Make a poster and display your Physical Exercise Journal showing how you like to get your 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.**

<b>DECATUR</b>
_____
<b>Name</b>
_____
<b>Club</b>
_____
<b>FOODS</b>
<b>Project</b>
_____
<b>Grade</b>







# RECORD SHEET GRADE 2



**Name:** \_\_\_\_\_ **Age:** \_\_\_\_\_

1. Which recipe/poster did you make to exhibit at the fair? \_\_\_\_\_

\_\_\_\_\_

2. If you did not made a poster, what was it about? \_\_\_\_\_

\_\_\_\_\_

2. How many recipes did you try to make from this booklet? \_\_\_\_\_

3. What was your favorite recipe? \_\_\_\_\_

4. Who helped you with this project? \_\_\_\_\_

5. What new skills did you learn from this Foods project? \_\_\_\_\_

\_\_\_\_\_

6. What were some of the new appliances you learned to use?

\_\_\_\_\_

\_\_\_\_\_

7. What did the “My Plate” activities teach you? \_\_\_\_\_

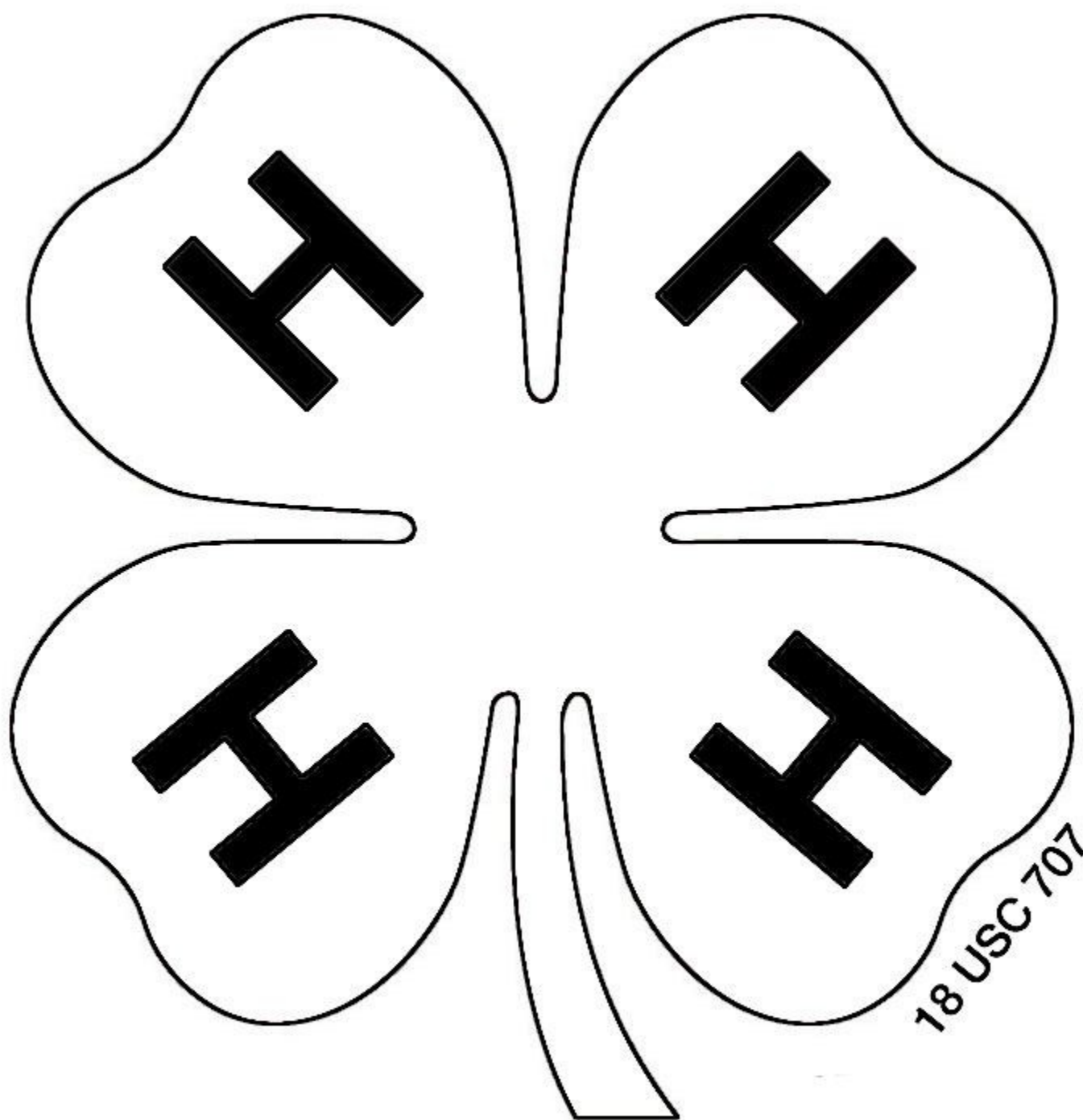
\_\_\_\_\_

8. What did you learn from your Physical Activity Journal? \_\_\_\_\_

\_\_\_\_\_







Mini 4-H Foods—Grade 2  
January 2018

Decatur County Extension Office  
545 S County Road 200 W  
Greensburg, IN 47240  
Ph. 812-663-8388

It is the policy of the Purdue University/Cooperative Extension Service that all persons have equal opportunity and access to its educational programs, services, activities, and facilities without regard to race, religion, color, sex, age, national origin or ancestry, marital status, parental status, sexual orientation, disability or status as a veteran.

Purdue University is an Affirmative Action Institution. This material may be available in alternative formats.