



Mini 4-H Foods



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Mini 4-H Parent's Page



Welcome to the Mini 4-H Program! Mini 4-H is designed for youth and allows them to explore a variety of project areas.

When you enrolled your child in Mini 4-H, you received a project manual. This manual is designed to provide age-appropriate learning activities for each year your child is in Mini 4-H.

As a Mini 4-H parent, your job will be to guide your child through the activities. It is suggested that you do not complete the activities for them. Instead, help them, guide them, work with them, and let them do all that they possibly can. The 4-H motto is "learn by doing" . . . and is the best educational tool that we can provide for youth.

Additionally, the Mini 4-H program is set up to allow your child to exhibit a project at the 4-H Fair. This project is based on an information in this manual.

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



Mini 4-H is fun! Your child cannot help but enjoy it! You can have fun too, by guiding and helping as your child participates in the program. Encourage and praise your child as he/she has fun learning and sharing with you.

If you have any questions regarding Mini 4-H or other 4-H programs, please contact your county Extension Office.



Mini 4-H Member's Page



Welcome to Mini 4-H! You are now a member of the 4-H family. You are a special person.

Mini 4-Hers have lots of fun! There are many activities for you to explore. You can try new things. You can share it with your friends.

Mom and Dad can help you with your project. When you are finished, you can bring your project to the 4-H Fair! Lots of people can see what you have done. Also, you get a ribbon made just for Mini 4-Hers.



Here are some things to know about 4-H.

4-H Symbol:

A four-leaf clover with an "H" in each leaf



4-H Colors:

Green and White

4-H Motto:

To make the best, better.

4-H Pledge:

I pledge my *Head* to clearer thinking,
 my *Heart* to greater loyalty,
 my *Hands* to larger service, and
 my *Health* to better living,
 for my club, my community,
 my country, and my world.

* Foods Activities *

You will learn some fun and important food facts by doing the activities in this book. Do three to five activities each year. Try to finish all of them by your last year in Mini 4-H. In this book you will learn how to measure and cook easy recipes. You will learn about kitchen safety and good nutrition.

▼ Activity 1 -- Measuring

You will need the following items from the kitchen:

- dry measuring cups
- liquid measuring cups
- measuring spoons
- sifter (sieve)
- flour
- brown sugar
- granulated sugar
- shortening
- baking powder
- water

Here is what you do:

1. Read the section on the next page, "How to Measure."
2. Practice by measuring the following using the correct measuring tool:

Ingredient	Measuring Tool
1 c. flour	1 c. dry measuring cup
1/2 c. brown sugar	1/2 c. dry measuring cup
1/3 c. shortening	1/3 c. dry measuring cup
1/4 c. granulated sugar	1/4 c. dry measuring cup
1 t. baking powder	1 t. measuring spoon
1 T. baking powder	1 T. measuring spoon
1 c. water	liquid measuring cup

How to Measure

Measure small amounts (1 T. or less) in measuring spoons. Measure larger amounts in measuring cups.



You need to learn the common measuring terms.

Cup = c.

Tablespoon = T. or tbs.

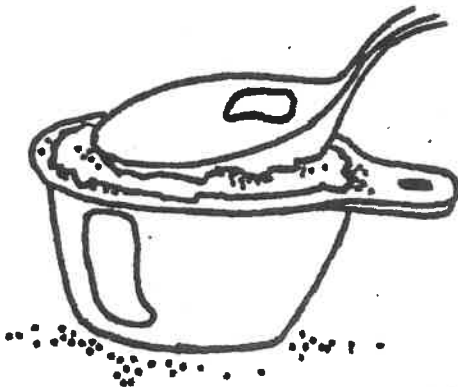
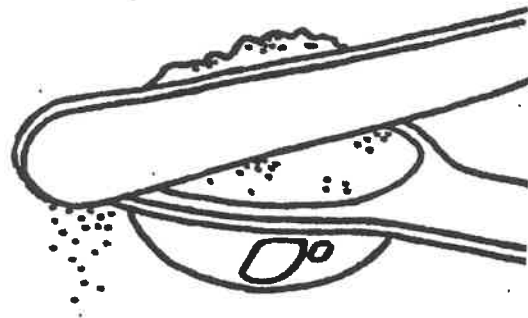
Teaspoon = t. or tsp.

Measure liquid in a glass measuring cup. Set the cup on a table so that it will be level when you are measuring. Bend down so that your eyes are even with the mark the recipe calls for. Fill the cup to that mark. Fill measuring spoon with liquid so it is level with the top.



Measure dry ingredients in cups or spoons that come in sets. Measure flour, sugar, shredded cheese, raisins and similar items in these cups or spoons.

Pick the cup or spoon for the amount the recipe calls for. Fill the cup or spoon to heaping full and level off the top with the straight edge of a knife.



Flour and powdered sugar should be sifted before gently spooning it into the measuring cup. Brown sugar and shortening should be packed tightly in the measuring cup.

▼ Activity 2 -- Kitchen Safety Tips

Always follow the kitchen safety tips listed below.

1. Tie back long hair.



2. Wash your hands.



3. Keep work area clean.



4. Keep pets out of the kitchen.



5. Read the recipe.



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



7. Measure carefully.



8. Turn pan handles away from the front of the stove so they won't get knocked off. Use potholders for hot foods.



9. When finished, turn off oven and burners, put food and utensils away, and clean up.



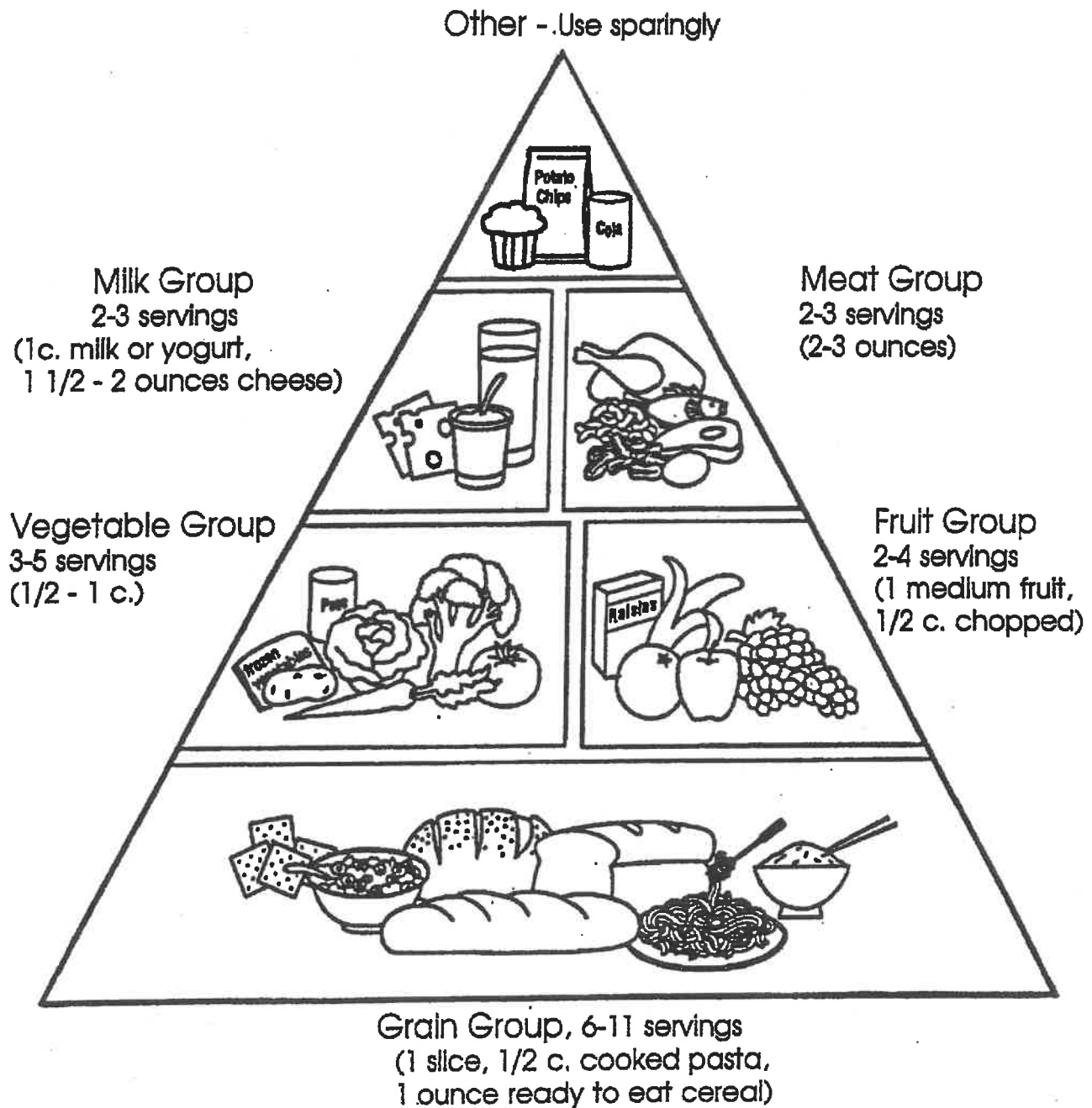
10. Wash dishes with hot soapy water. Rinse in hot clear water.

11. Carefully wash knives separately.
Never leave a knife in the dish water.



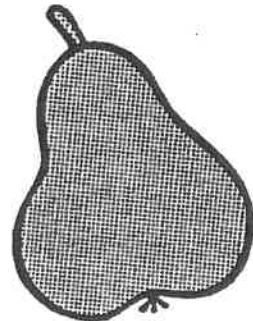
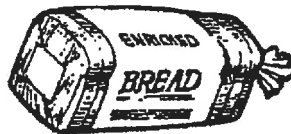
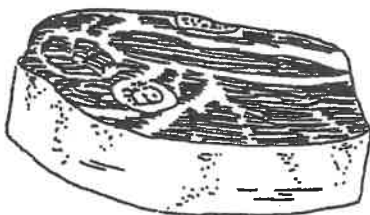
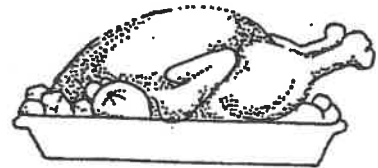
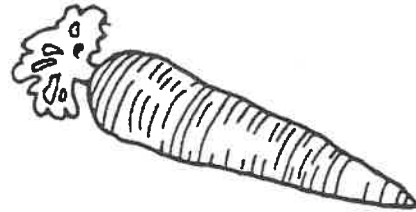
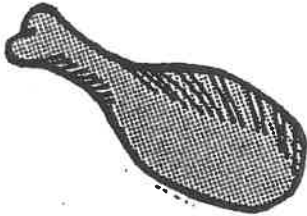
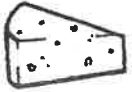
▼ Activity 3 -- Food Pyramid Fun

Pictured below is the Food Pyramid. Use the number of servings listed as a daily guide to healthy eating. The serving size is shown. Color the foods in the pyramid or make your own food pyramid using pictures you find.



▼ Activity 4 -- Plant or Animal?

Circle the foods that come from animals. Draw a square around the foods that come from plants. Hint: There are six of each. Eat a variety of foods every day! Answers are on page 12.



▼ Activity 5 -- Connect the Cow

Draw a line from the dairy cow to all the foods that belong in the milk group. Hint: There are four milk group foods shown below. Answers are on page 12.



▼ Activity 6 -- Go With the Grain

Find and circle the 10 foods from the Grain Group hidden in this puzzle. The grain foods you are looking for are listed below. Answers are on page 12.



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



GRAIN GROUP FOODS

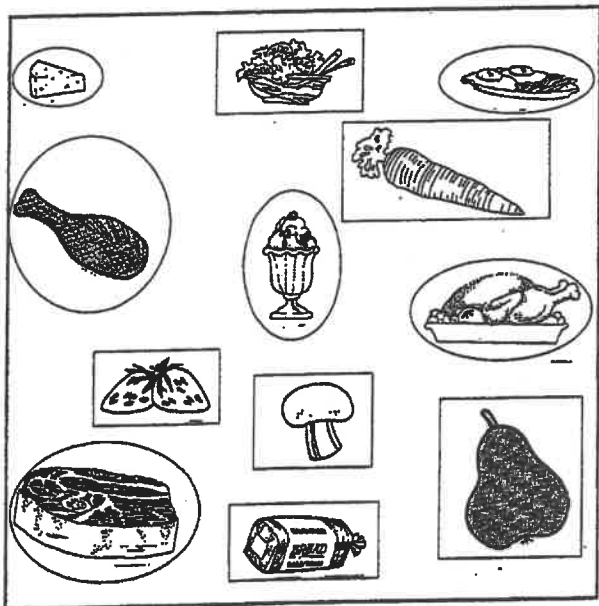
BAGEL
BREAD
BUN
CEREAL
NOODLES

PASTA
POPCORN
RICE
TORTILLA
WAFFLE

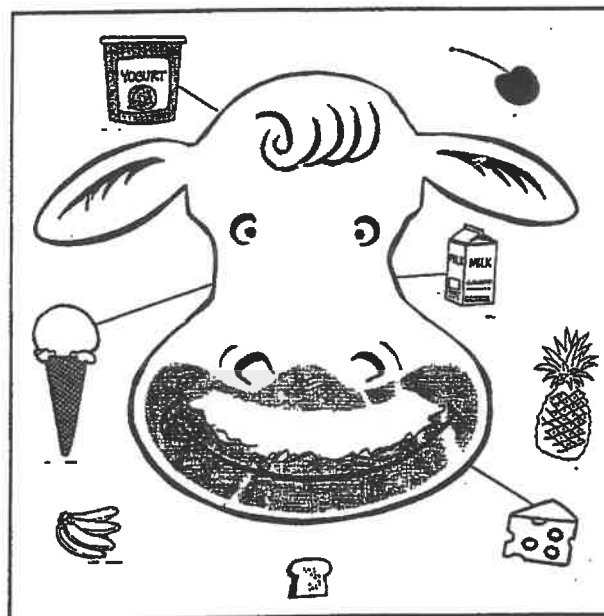


▼ Answers to Activities 4, 5, and 6

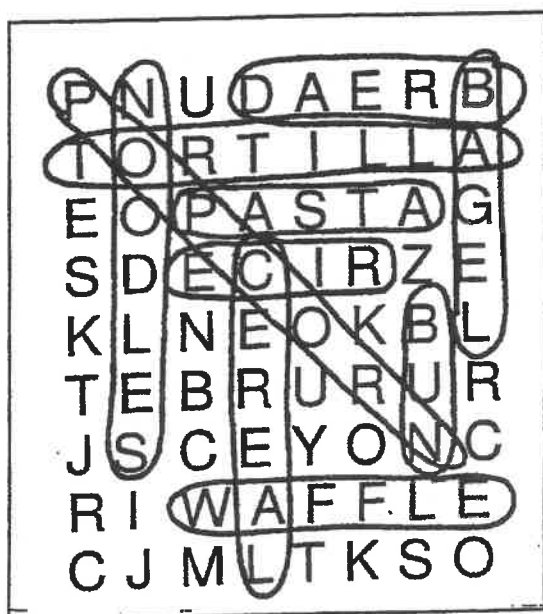
Activity 4



Activity 6



Activity 5



No Bake Cookies

2 c. sugar	1/2 c. milk	1 t. vanilla
1/4 c. cocoa	1/4 lb. (1 stick) margarine	1/2 c. peanut butter
		3 c. quick cooking oats

Mix sugar, cocoa, milk, and margarine in a pan. On medium heat, cook till it starts to boil. Boil one minute. Remove from heat and cool for one minute. Stir in vanilla, peanut butter and oatmeal. Drop by teaspoonfuls on wax paper. Cool.

Herbed Popcorn

10 c. popped corn	1/8 t. onion salt
1T. Parmesan cheese	1/8 t. garlic powder

Place popcorn in a large bowl. In a small bowl, mix all other ingredients. Add cheese mixture with popped corn. Makes 10 cups. Be creative and invent your own snack. Add herbs, spices, dried fruit, nuts, etc. to popcorn.

Cereal Snack Mix

2 c. each of 3 ready to eat cereals	1/3 c. margarine
2 c. small pretzels	1 t. garlic salt
3/4 c. peanuts	4 t. Worcestershire sauce

Mix cereals, pretzels, and peanuts in a large microwave safe bowl. Place margarine in a small microwave safe bowl and heat in the microwave on high for 30-45 seconds or until melted. Stir in garlic salt and Worcestershire sauce. Pour over cereal mixture. Mix gently. Microwave on high for 7 minutes, stirring every 2 minutes. Spread on paper towel to cool. Store in an airtight container.

Marshmallow Treats

1/4 c. (1/2 stick) margarine	5 c. ready to eat unsweetened cereal
40 large or 4 c. small marshmallows	

Coat 9"x13" pan with nonstick spray. Melt margarine in 2 quart pan. Add marshmallows and stir constantly over low heat until mixture is syrupy. Remove from heat and add cereal. Stir until well coated. Press warm mixture evenly into pan. Cool. Cut into 2" squares. Store in an airtight container.



4-H Fair Exhibit



Listed below are projects you can exhibit at the 4-H Fair. Choose one different project each year and bring it to 4-H Fair judging. Check the fair book for the date and time it is due.

If you have any questions about your projects, please call your 4-H leader or the Extension Office.

- ◆ A peanut butter sandwich cut into two or four pieces. Use two slices of bread, peanut butter and your choice of an added ingredient.
- ◆ Popcorn snack displayed in a small plastic sandwich bag. Start with popped corn and add other ingredients to make it your own.
- ◆ Two no bake cookies using recipe in your mini 4-H foods book.
- ◆ Display a poster you made that shows at least three kitchen safety rules.
- ◆ Display a poster you made that shows the food pyramid.
- ◆ Two Marshmallow Treat squares using recipe in your mini 4-H foods book.

Good Luck!

