

MINI 4-H FOODS MANUAL



Kindergarten, 1st and 2nd Grades

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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-Her's 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-Her's.



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 <i>Head</i> to clearer thinking,
my <i>Heart</i> to greater loyalty,
my <i>Hands</i> to larger service, and
my <i>Health</i> 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 | - brown sugar |
| - liquid measuring cups | - granulated sugar |
| - measuring spoons | - shortening |
| - sifter (sieve) | - baking powder |
| - flour | - water |

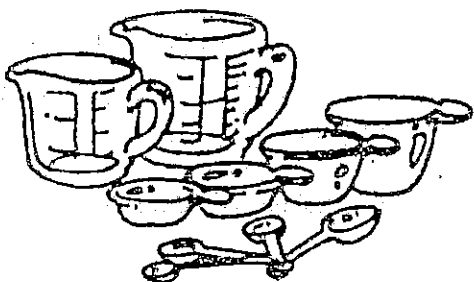
Here is what you do:

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.

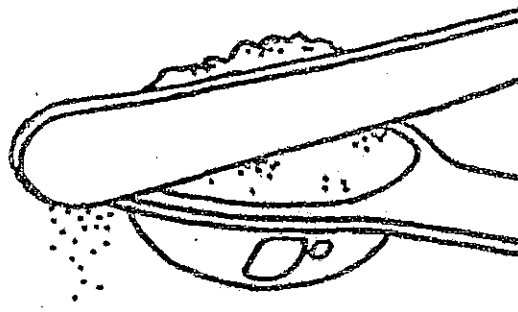
Cup = c.
 Tablespoon = T. or tbs.
 Teaspoon = t. or tsp.

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.



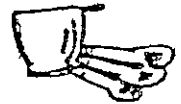
4. Keep pets out of the kitchen.



5. Read the recipe.



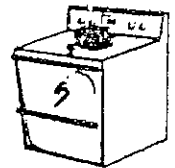
6. Place the food & utensils you will need on the counter.



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.

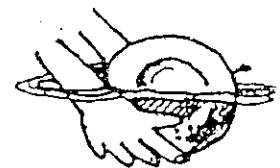


9. When finished, turn off oven and burners, put food and utensils away, and clean up.



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—MyPlate Fun

Pictured below are tips for building a healthy meal, read all 10 tips. On the following page you will find a copy of the new MyPlate for Kids from the USDA. You may color the plate and fill in with your healthy food choices. Remember to get physical activity each day and set a healthy goal to aim for tomorrow! Get started today & have fun!

10 tips

Nutrition Education Series

build a healthy meal

10 tips for healthy meals

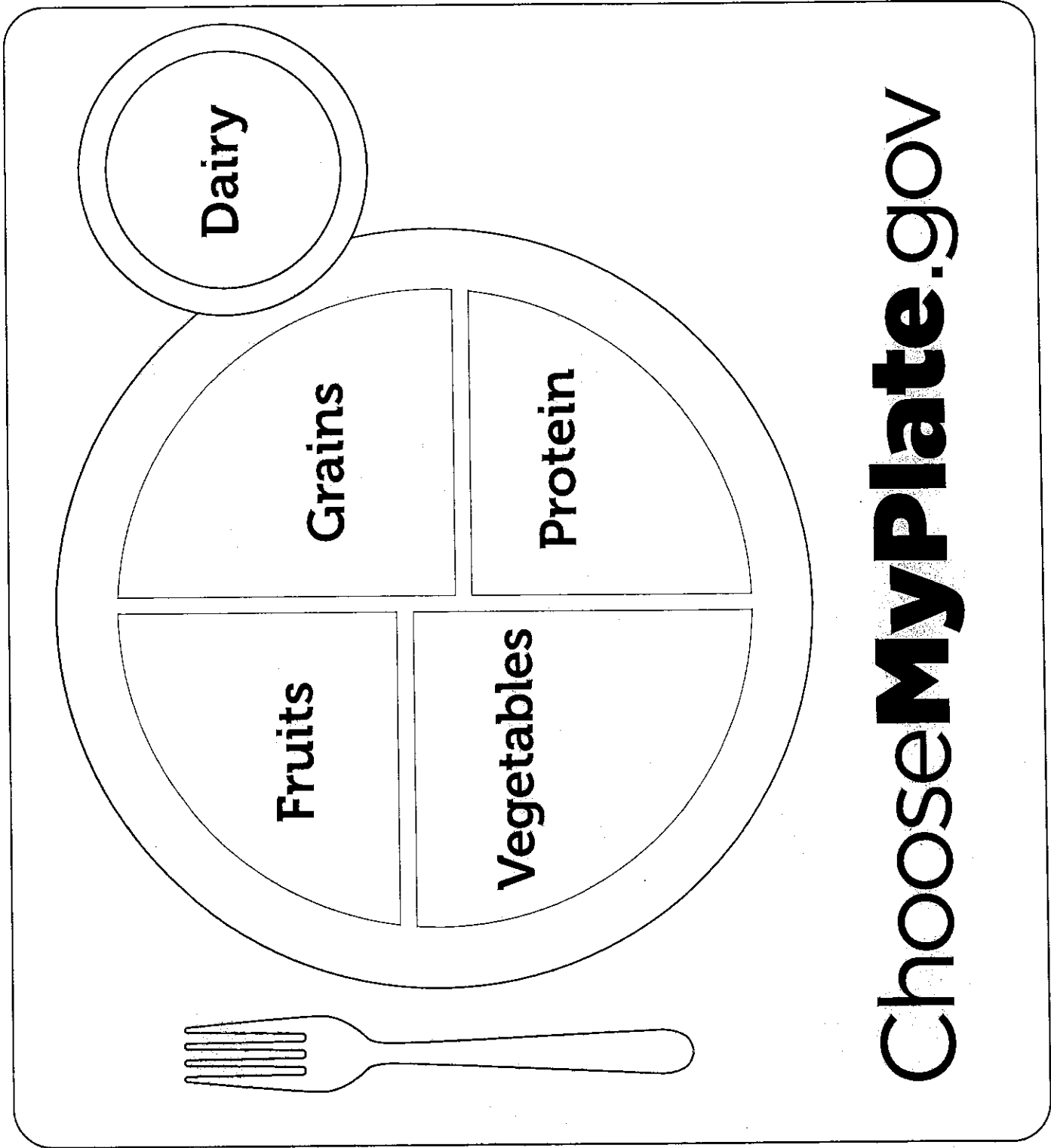
A healthy meal starts with more vegetables and fruits and smaller portions of protein and grains. Think about how you can adjust the portions on your plate to get more of what you need without too many calories. And don't forget dairy—make it the beverage with your meal or add fat-free or low-fat dairy products to your plate.

- 1** **make half your plate veggies and fruits**
Vegetables and fruits are full of nutrients and may help to promote good health. Choose red, orange, and dark-green vegetables such as tomatoes, sweet potatoes, and broccoli.
- 2** **add lean protein**
Choose protein foods, such as lean beef and pork, or chicken, turkey, beans, or tofu. Twice a week, make seafood the protein on your plate.


- 3** **include whole grains**
Aim to make at least half your grains whole grains. Look for the words "100% whole grain" or "100% whole wheat" on the food label. Whole grains provide more nutrients, like fiber, than refined grains.
- 4** **don't forget the dairy**
Pair your meal with a cup of fat-free or low-fat milk. They provide the same amount of calcium and other essential nutrients as whole milk, but less fat and calories. Don't drink milk? Try soy milk (soy beverage) as your beverage or include fat-free or low-fat yogurt in your meal.


- 5** **avoid extra fat**
Using heavy gravies or sauces will add fat and calories to otherwise healthy choices. For example, steamed broccoli is great, but avoid topping it with cheese sauce. Try other options, like a sprinkling of low-fat parmesan cheese or a squeeze of lemon.
- 6** **take your time**
Savor your food. Eat slowly, enjoy the taste and textures, and pay attention to how you feel. Be mindful. Eating very quickly may cause you to eat too much.
- 7** **use a smaller plate**
Use a smaller plate at meals to help with portion control. That way you can finish your entire plate and feel satisfied without overeating.
- 8** **take control of your food**
Eat at home more often so you know exactly what you are eating. If you eat out, check and compare the nutrition information. Choose healthier options such as baked instead of fried.
- 9** **try new foods**
Keep it interesting by picking out new foods you've never tried before, like mango, lentils, or kale. You may find a new favorite! Trade fun and tasty recipes with friends or find them online.

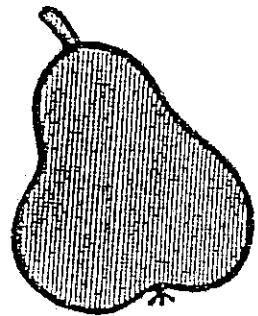
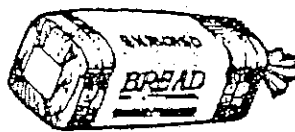
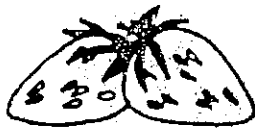
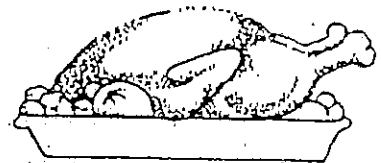
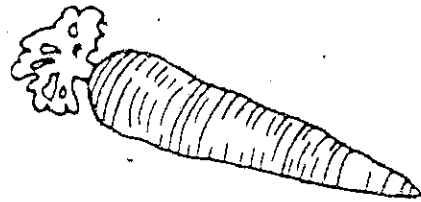
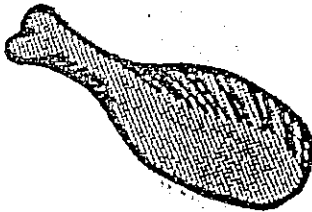
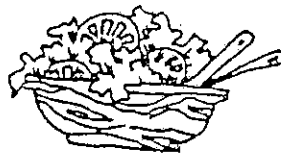

- 10** **satisfy your sweet tooth in a healthy way**
Indulge in a naturally sweet dessert dish—fruit! Serve a fresh fruit cocktail or a fruit parfait made with yogurt. For a hot dessert, bake apples and top with cinnamon.



ChooseMyPlate.gov

▼ 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

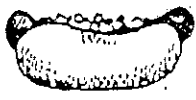
Draw a line from the dairy cow to all the foods that belong in the milk group. Hint: There are four milk group foods shown below. Answers are on page 12.





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.



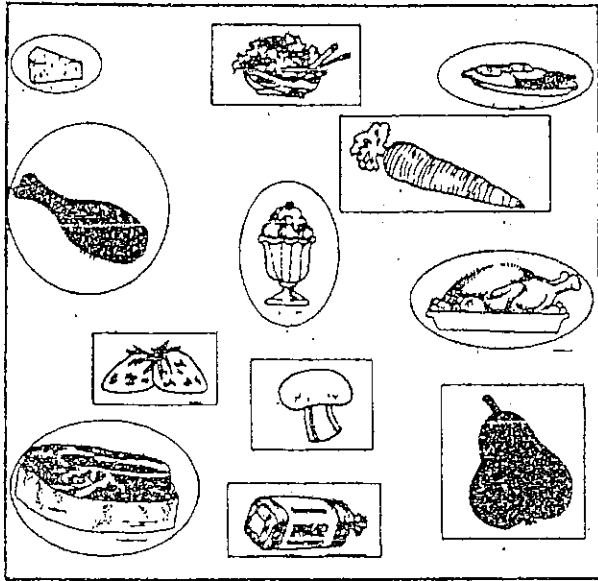
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E	O	P	A	S	T	A	G
S	D	E	C	I	R	Z	E
K	L	N	E	O	K	B	L
T	E	B	R	U	R	U	R
J	S	C	E	Y	O	N	C
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C	J	M	L	T	K	S	O

GRAIN GROUP FOODS

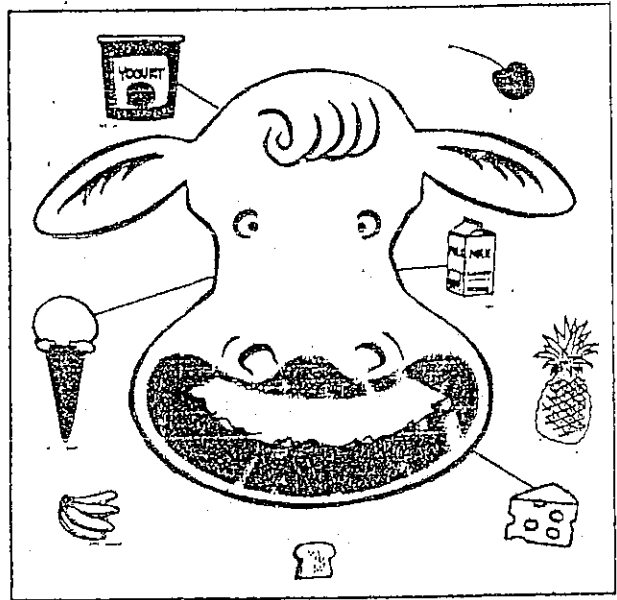
- | | |
|---------|----------|
| BAGEL | PASTA |
| BREAD | POPCORN |
| BUN | RICE |
| CEREAL | TORTILLA |
| NOODLES | WAFFLE |

▼ Answers to Activities 4, 5, and 6

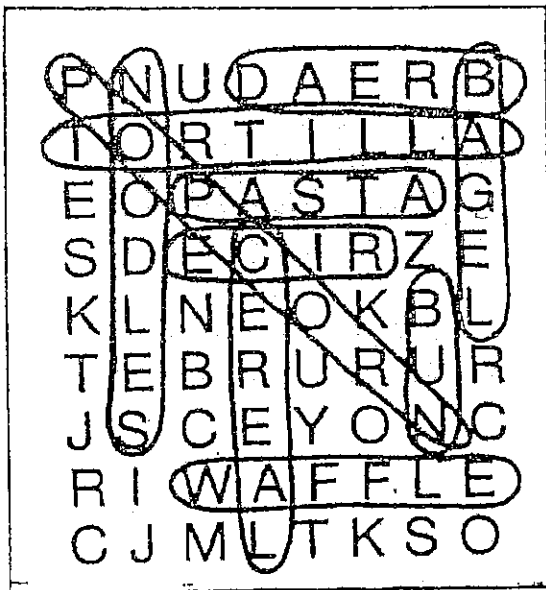
Activity 4



Activity 6



Activity 5



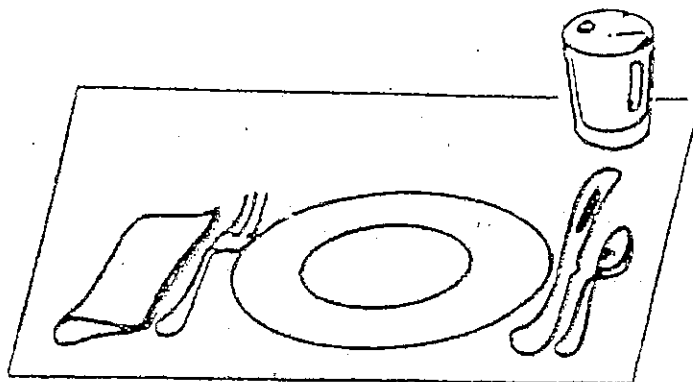
▼ Activity 7 -- Let's Set the Table

You may want to help your parents by setting the table. Follow the picture below as a guide. Include only the utensils you will use at the meal.

Fork

Placemat

Napkin



Glass

Plate

Knife

Spoon

▼ Activity 8 -- Let's Cook

Choose a recipe to try. Read the recipe. Make sure you have all of the ingredients. Follow the recipe then try another one.

Peanut Butter Sandwich

2 slices bread, any type

1-2 T. peanut butter

Using a table knife, carefully spread the peanut butter on one slice of bread. Spread all the way to the edges. Make the peanut butter as smooth as possible. Top with the second slice of bread making sure the edges are even. Wipe the knife clean. Cut the sandwich in two or four pieces as shown below.

If wanted, before adding the top slice, top the peanut butter with your choice of another ingredient such as raisins, sliced carrots, bananas, cheese, pickles, etc. Use your imagination.



NO-BAKE COOKIE RECIPES

Butterscotch Crunchies

1 (6 oz) package butterscotch chips
1/2 cup peanut butter
3 cups rice crispies

Melt chips and peanut butter over low heat. Stir until well mixed. Remove from heat and add rice crispies stirring until will coated. Press into 9 x 9 pan or drop by teaspoon onto sheet of waxed paper. Let cool until firm.

You may substitute corn flakes for rice crispies.

Rice Crispy Treats

1/4 cup margarine
5 cups rice crispies
3 to 4 cups of miniature marshmallows
or 6 to 10 oz regular marshmallows

Melt margarine in saucepan over low heat. Add marshmallows, stirring constantly until melted and well blended. Remove from heat and stir in rice crispies. Press into buttered pan. Cut into squares when cool.

Alphabet Treats

1/2 cup light corn syrup
1/4 cup sugar
1 - 3 ounce package of Gelatin,
any flavor

4 cups Alphabet cereal
3/4 cup peanuts

Combine syrup, sugar, gelatin in saucepan. Stir over low heat for 5 minutes or until sugar and gelatin dissolve. Combine peanuts and cereal in large bowl. Add gelatin mixture; mix well. Moisten hands with cold water. Form mixture into 2 inch balls. Wrap each in plastic wrap.

Moonbeams

1 cup peanut butter
1/2 cup wheat germ
1/2 cup dry milk

1/2 cup honey
Coconut

1. In large bowl, mix all ingredients, but coconut.
2. Roll into balls and roll in coconut.
3. Chill.

BAKED COOKIE RECIPES

Peanut-butter Crisscrosses

1 cup shortening
1 cup sugar
1 cup brown sugar
2 eggs
1 teaspoon vanilla
1 cup peanut butter
3 cups flour
2 teaspoons soda
1/2 teaspoon salt

Thoroughly cream shortening, sugars, eggs, and vanilla. Stir in peanut butter. Sift dry ingredients; stir into creamed mixture. Drop by rounded teaspoons on ungreased cookie sheet. Press with back of floured fork to make crisscross. Bake in moderate oven 350° about 10 minutes.

Outrageous Chocolate Chip Cookies

1/2 cups sugar
1/3 cup brown sugar
1/2 cup margarine softened
1/2 cup peanut butter
1/2 teaspoon vanilla
1 egg
1 cup flour
1/2 cup oats
1 (6 oz) bag chocolate chips

Mix first six ingredients. Then add next three ingredients. Finally stir in chocolate chips. Drop by rounded teaspoonful onto cookie sheet. Bake at 350° for 10 - 12 minutes.

Chocolate Cookies

1 package chocolate cake mix
1 cup chopped nuts
2 tablespoons vegetable oil
1 egg

Mix all ingredients well. Drop by rounded teaspoonful onto cookie sheet. Bake at 350° for 10 minutes.

Chocolate Chip Cookies

1 cup brown sugar
1/2 cup sugar
1 cup shortening
2 eggs
2 cups flour
1 teaspoon soda
1 teaspoon salt
1 teaspoon vanilla

Mix shortening, sugar, eggs, and brown sugar together. Add flour, soda, salt, vanilla, and chips. Mix well. Drop by teaspoonful onto ungreased cookie sheet. Bake at 375° for 8 - 10 minutes.

NO-BAKE COOKIE RECIPES

Mud Cookies

- 2 cups sugar
- 1/2 cup milk
- 3 tablespoons cocoa
- 1 stick butter or margarine
- 1 teaspoon vanilla
- 3 cups rolled oats
- 1/2 cup peanut butter

Mix sugar, milk, and cocoa in a saucepan. Place pan on stove over moderate heat. Bring to a rolling boil and boil for one minute. Add butter, vanilla, and peanut butter. Remove from heat. Stir in rolled oats. Drop by teaspoonful on wax paper.

Cow Pies

- 2 cups milk chocolate chips
- 1 tablespoon shortening
- 1/2 cup raisins
- 1/2 cup slivered almonds

In a double boiler over simmering water, melt chocolate and shortening. Stir until smooth. Remove from heat; stir in raisins and almonds. Drop by teaspoonful onto waxed paper. Chill until ready to serve.

Hopscotch Crunchies

- 1 (6 oz) bag butterscotch chips
- 1/2 cup peanut butter
- 1 (3 oz) can chow mien noodles
- 1 cup miniature marshmallows

Melt peanut butter and butterscotch over hot (not boiling) water. Remove from heat. Stir in noodles and marshmallows. Drop by teaspoonfuls onto waxed paper lined cookie sheet. Chill until set.

Coconut Balls

- 1 package vanilla wafers
- 1/2 package miniature marshmallows
- 1 cup walnuts, chopped
- 1 can sweetened condensed milk
- 1 cup coconut

Crush vanilla wafers. Combine marshmallows, walnuts, wafer crumbs, and milk in large bowl. Form into balls. Roll in coconut. Makes 4 dozen cookies.

DIVISION I - KINDERGARTEN

This year you will exhibit three (3) no-bake cookies. You can use a recipe from this manual or one you have at home. Put your cookies on a paper plate, and cover them with clear plastic or put the plate in a small plastic bag. Fill out the exhibit tag on this page and attach it to your plate of cookies. Your exhibit is now ready for the fair.

We hope you had a great time with your Mini-4-H foods project. Next year you will be able to enroll in Division II. If you have any problems or questions with this project, please contact the Hancock County Extension Office at 462-1113.

<p>Mini 4-H Foods Division I</p> <p>Name _____</p> <p>Age _____</p>	<p>Mini 4-H Foods Division I</p> <p>Name _____</p> <p>Age _____</p>
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DIVISION II - 1st GRADE

This year you will exhibit three (3) no-bake cookies. You can use a recipe from this manual or one you have at home. Put your cookies on a paper plate, and cover them with clear plastic or put the plate in a small plastic bag. Fill out the exhibit tag on this page and attach it to your plate of cookies. Your exhibit is now ready for the fair.

We hope you had a great time with your Mini-4-H foods project. Next year you will be able to enroll in Division III. If you have any problems or questions with this project, please contact the Hancock County Extension Office at 462-1113.

<p>Mini 4-H Foods Division II</p> <p>Name _____</p> <p>Age _____</p>	<p>Mini 4-H Foods Division II</p> <p>Name _____</p> <p>Age _____</p>
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DIVISION III - 2nd GRADE

This year you will exhibit three (3) baked cookies. You can use a recipe from this manual or one you have at home. Put your cookies on a paper plate, and cover them with clear plastic or put the plate in a small plastic bag. Fill out the exhibit tag on this page and attach it to your plate of cookies.

Write your recipe on a 3" x 5" card, and cover it with plastic then attach it to the bottom of your plate.

Your exhibit is
now ready for the fair.

We hope you had a great time with your Mini-4-H foods project. Next year you will be promoted to regular 4-H. If you have any problems or questions with this project, please contact the Hancock County Extension Office at 462-1113.

<p>Mini 4-H Foods Division III</p> <p>Name _____</p> <p>Age _____</p>	<p>Mini 4-H Foods Division III</p> <p>Name _____</p> <p>Age _____</p>
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