

# Grill and Chill

**Theme Overview:** Most of us would agree that a burger, brats and even veggies taste better on the grill. The backyard ritual of grilling became popular in the United States after World War II. Families began moving out of the cities and into the suburbs where open-space backyards welcomed outdoor pastimes and grilling caught on in the 1950s.

There is often much debate around grilling: gas vs. charcoal, direct heat vs. indirect heat, ketchup-based BBQ sauce vs. vinegar-based BBQ sauce. Grilling can be as easy as throwing a couple of hot dogs on the grill or a battle over the National BBQ Championship. Grilling today is no longer reserved just for basic meats but can include fish for tacos, corn for a salad, peaches and much more.

Grilling is fun and very delicious, but each year grilling results in injuries usually caused by not using products correctly. Watch the video below for tips on keeping you and your family safe! For this month's recipes, it is important to work with an adult while grilling.

**Food allergies:** Recipes can be modified to accommodate food allergies and preferences.

**Reporting:** Prior to receiving the April 18th, Food, Fun, 4-H kit of supplies, we encourage families to complete the survey at <https://bit.ly/FF4HSurvey>. Survey submissions should include the following information:

- 1 photo preparing one of the dishes
- 1 photo of the family meal
- Respond to the following statements about this month's theme, activities, and recipes:
  - "I like..."
  - "I wish..."
  - "I wonder..."



**Join Jim Rhodes and learn about Grilling Safety!** <https://youtu.be/6OXU-obfw50>

## Dinner Conversation Topics:

- What is your favorite book and why?
- What is one thing you could have done better today?
- If you could make any vegetable against the law, which one would it be?
- What three words would you use to describe yourself?
- What is your favorite food cooked on the grill?

## Family Physical Activity Ideas:

- Play a family game of flashlight tag and enjoy the night's fireflies.
- Get some high-flyin' entertainment playing frisbee with family.
- Grab some sidewalk chalk and create a driveway/sidewalk hopscotch.

**Want to research more about Food Preparation?** Pick a topic and turn it into a 4-H Project in 2023-2024! The Foods project is made up of four age divisions to fit your skill level! You can create a poster or turn your recipes into masterpiece! Join 4-H now and use your new found knowledge of Food Preparation into a masterpiece! Food Preparation! Additional resources for 4-H Enrollment and the Foods Project can be found at: [bit.ly/LCFoodFun4H](https://bit.ly/LCFoodFun4H).

