



# ! GERMANY

## Welcome to Germany!

**Theme Overview:** German food is rich, hearty, diverse, and often reminds us of American food. American and German dishes both center around meat and potatoes, but the focus on sweet and sour flavors is strictly German. When Americans think of German food, they tend to think of sausages, potatoes, and sauerkraut. However, German food is very versatile and differs from region to region. Sausage is a staple in the German diet, and there are more than 1,500 varieties of sausage that come from Germany. Germany's cuisine has been shaped not only by the country's agricultural traditions, but also by the many immigrants who have made Germany their home over the centuries.



**Food Allergies:** Recipes can be modified to accommodate food allergies and preferences. The recipes included in Food, Fun, 4-H are intended to introduce new recipes and food combinations to participants.

**Recommended Cooking Order:** 1. Pretzel Muffins (must rise for 40-60 minutes); 2. German Cucumber Salad (must chill for 1 hour); 3. Apple Strudel; 4. German Schnitzel

**Reporting:** To receive the April Food, Fun, 4-H meal kit, we need you to report back about your March experience. Reporting is easy and will take less than 5 minutes. Visit the link below to complete a brief survey **by April 10, 2025**. The survey will ask you to provide:

- 1 photo preparing one of the dishes
- 1 photo of family meal

Respond to the following statements about this month's theme, activities and recipes:

- "I like..."
- "I wish..."
- "I wonder..."

**Reporting survey can be accessed here:** <https://bit.ly/FF4HSurvey>



### Dinner Conversation Topics:

- If you had one wish (and you can't wish for more wishes), what would you wish for and why?
- What has been the happiest day of your life and why?
- What is one thing you could have done better today?
- What three things would you bring with you to a deserted island?

### Family Challenge:

- Volunteer together as a family. Suggested places include a local food bank, town clean up day, county Extension office, etc.

- Spend an hour outside together as a family.
- No phones during dinner.
- Try at least one bite of everything.

**Fair Entry Idea:** Safety is important when you are in the kitchen. Learn more about safety in the kitchen and make a poster for the fair! Topics could include kitchen safety, food safety, or grilling safety. Pick a topic and turn it into a 4-H Project! 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 today and use your new found knowledge of Food Preparation! Additional resources for 4-H Enrollment and the Foods Project can be found at: [bit.ly/LCFoodFun4H](http://bit.ly/LCFoodFun4H).

**Civic Engagement:** It is important for 4-H members to give back to their communities. This month, try these ideas to show your community you care.

- Clean out your toys or books. Donate unwanted or unused items to a homeless shelter, youth shelter, or other agency in your community.
- Volunteer to help an elderly neighbor. Consider mowing their lawn, taking garbage cans to the road, making a special treat and delivering it to them, or doing some arts and crafts with them.
- Start your own community service project and send us a picture of you completing the project.

## Let's Learn About Germany!

**Location:** Germany is a country in west central Europe. Germany stretches from the Alps mountain range to the Baltic Sea.

**Distance from Indianapolis:** If you traveled from Indianapolis (Indiana's state capitol) to Berlin (Germany's capitol), you would fly 4,476 miles and travel across the Atlantic Ocean. This amounts to nearly 11 hours by airplane!



**The Flag of Germany**

**Major Landmark:** One great thing to see in Berlin is the Museum Island. This island is home to the **Old Museum** which was constructed in 1830 to display the royal treasures, the **New Museum** built in 1855, the **National Gallery** added in 1876, the **Bode Museum** built in 1904, and the **Pergamon** which features recreations of historic buildings. The Museum Island is set between the River Spree and the Kupfergraben, a 400-meter-long canal.

**Holiday Celebration:** Every year on October 3, Germans celebrate German Unity Day. This holiday was established in 1990 after East Germany and West Germany unified as one nation. Ceremonies, festivities, and street carnivals occur all over the country.

### Languages Spoken:

German Deutsch is the official language of Germany. It is also the official language of Austria and one of the official languages of Switzerland. More than 90 million people around the world speak German.



Extension - Lawrence County



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