

# Noble County Mini 4-H



# **Foods**



## *Mini 4-H Helper's page*

Welcome to the Mini 4-H Program! Mini 4-H is designed for children in grades K-2 to explore a variety of project activity areas and to interact with caring adults and other children.

Children receive this project activity manual when they enroll in Mini 4-H. This manual and the manuals on various other topics will provide fun, age-appropriate learning activities throughout their year(s) in Mini 4-H.

As a Mini 4-H adult helper, your job will be to guide and encourage each child through the activities. A wide range of activities is provided to allow you to choose the ones most appropriate for the children you are working with. It is strongly 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. 4-H believes in allowing children to learn by doing. The Mini 4-H project activities are hands-on learning opportunities designed to provide a meaningful educational experience for youth.

Additionally, the Mini 4-H program is set up to allow children to display a project activity that is based upon information in this manual. Some children may want to exhibit at the 4-H Fair. The 4-H Fair is an exciting week that allows community youth to showcase their enthusiasm for learning. Children may choose to display a project activity they did by themselves or one they did with a group. Other children may choose to showcase their work in other ways, such as displaying it in a special place in their own home.

Mini 4-H is fun! Children will certainly enjoy it. You can have fun too, by guiding and helping as children participate in the program. Encourage and praise the children as they have fun learning and sharing with you. If you have any questions regarding Mini 4-H or other 4-H programs, please contact the Extension Office in your county.

## Helper's Tips

The Mini 4-H Program can be used with individual children, but it works best when used in a group of 2 or more children. Children working cooperatively in groups develop positive images of themselves and their ideas. Other ways adult helpers can maximize the benefits of Mini 4-H are to:

- **Work on a subject interesting to the child by encouraging children to choose the content area.** Look through this manual and choose the project activities based on the interests and skill levels of the children
- **Relax and have fun.** Some children will want to finish their activities, others may not. There is no need to pressure children of this age to finish an activity, because the real learning takes place while they participate in the activity and interact with others. The finished project should not be the main focus. The knowledge children gain while they explore new areas and experiment with new ideas should be the primary goal.
- **Remain flexible and adapt to the changing needs of the children.** Restlessness or boredom may indicate a need to stop the activity and come back to it later.
- **Encourage children to talk and work with each other.** Children learn best when they are encouraged to freely share their reactions and observations. You may want to ask the children about what they did during an activity, what happened, what was the easiest, and what they like the most.

This manual contains activities for children that allow for a wide range of abilities and provide practice for developing a variety of skills.



## Mini 4-H Page

Mini 4-H'ers have lots of fun! There are many activities for you to explore. You can try new things. You can share them with your friends and family.

Here are some things to know about 4-H.

The 4-H symbol is a four-leaf clover with an "H" in each leaf. Clover is a plant that grows in fields, yards and along roadsides. Most clovers have three leaves. Sometimes, if you look very carefully, you may get lucky and find a special clover with four leaves. A four-leaf clover is used as the symbol for 4-H to let everyone know 4-H is a special kind of group.



The 4-H colors are green and white. The four-leaf clover is green and the "H" in each leaf is white.

A group motto is a saying that tells people what is important to the group. The 4-H motto is "To make the best better." When something is better than all the others it is the best. Think about a time when you did your best. Maybe you threw a ball farther than you have ever thrown it before. Now, think about some ways you could do better. You may be able to throw farther by practicing for a while or by watching someone who can throw farther than you, to see how they throw so far. Even if you throw the ball farther than you have ever thrown it before. There are still ways that you can do better the next time. 4-H encourages you to always try to do better, even if you are doing the best you have ever done.

*"To make the  
best better"*

## The 4-H Pledge

A pledge is a promise you make to yourself and to the people around you. The 4-H pledge is a bold print below.


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**.


What do these words mean?

I Pledge my Head  to clearer thinking, means I promise to use my head to make good choices.

My heart  to greater loyalty, means to use my heart to be a good friend.

My hands  to larger service, and, means to use my hands to do helpful things for others.

My health  to better living, means to take care of my body and to show others how to live in a healthy way.

For my club, my community, my country  and my world, means to help my group, my community, my country and my world be happy and safe for everyone.



# Before You Begin



Always follow the tips below and always cook with supervision.

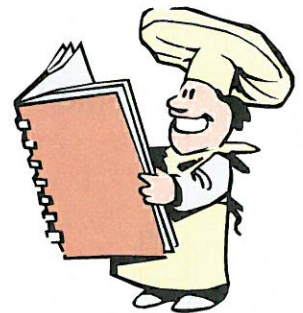
## Food Safety Tips

1. Tie back long hair.
2. Wash your hands with warm, soapy water while you sing the whole "Happy Birthday" song.
3. Keep your work area clean.
4. Keep pets out of the kitchen.
5. Turn pan handles away from the front of the stove.
6. Use potholders for hot foods.
7. When you're finished, turn off the oven and burners, put food and utensils away, and clean up.
8. Wash dishes with hot, soapy water. Rinse in hot, clean water.
9. Carefully wash knives separately.
10. Never leave a knife in the dish water.



## Food Preparation Tips

1. Wash your hands with warm, soapy water while you sing the whole "Happy Birthday" song.
2. Read the recipe.
3. Place the food and utensils you will need on the counter.
4. Measure carefully.



# Activity 1—Cooking Kit

Assemble these items to create your own cooking kit! Have Mom or Dad help you find things you already have in your kitchen. Keep everything together in a shoebox, plastic toolbox, or plastic storage box. Feel free to add other items you use in the kitchen!


Measuring spoon set

Measuring cups: one  for dry ingredients and one for wet ingredients

Wooden spoon

Apron or large T  shirt




Potholders and/or oven  mitts

Small plastic knife

Vegetable peeler 

Safety scissors 

Rubber spatula 

Small cutting board 







# Activity 2—Measuring

## How to Measure

Measure small amounts with measuring spoons. Measure larger amounts in measuring cups.

Common measuring terms:

Cup = c.

Tablespoon = T. or tbls.

Teaspoon = t. or tsp.

Measure liquid in a glass measuring cup. Set the cup on a table or the counter so 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 sets. Measure flour, sugar, shredded cheese, raisins, and similar items in these cups or spoons.



Pick up 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 into a measuring cup. Brown sugar and shortening should be packed tightly in the measuring cup.



# Activity 2—Measuring

Now it's your turn to try!

Assemble 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



Practice measuring the following using the correct measuring tool.

## Ingredient

1 c. flour

1/2 c. brown sugar

1/3 c. shortening

1/4 c. granulated sugar

1 t. baking powder or soda

1 T. baking powder or soda

1 c. water

## Measuring Tool

1 c. dry measuring cup

1/2 c. dry measuring cup

1/3 c. dry measuring cup

1/4 c. dry measuring cup

1 t. measuring spoon

1 T. measuring spoon

liquid measuring cup



## Joke Time!

What did the mother ghost tell the baby ghost when he ate too fast?

"Stop goblin your food."

# Activity 3 – MyPyramid for Kids

## A Close Look at MyPyramid For Kids

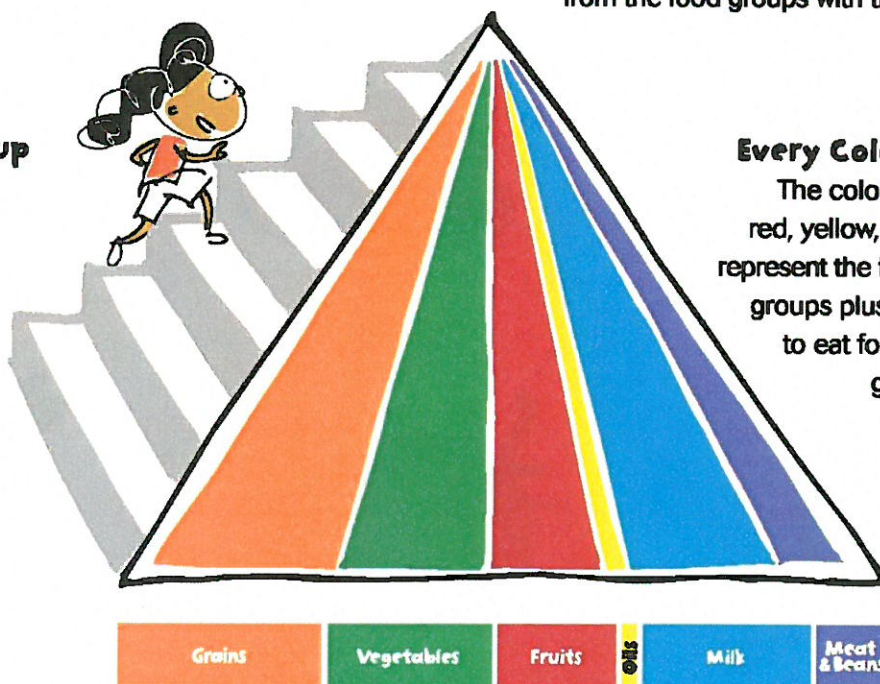
*MyPyramid for Kids* reminds you to be physically active every day, or most days, and to make healthy food choices. Every part of the new symbol has a message for you. Can you figure it out?

### Be Physically Active Every Day

The person climbing the stairs reminds you to do something active every day, like running, walking the dog, playing, swimming, biking, or climbing lots of stairs.

### Choose Healthier Foods From Each Group

Why are the colored stripes wider at the bottom of the pyramid? Every food group has foods that you should eat more often than others; these foods are at the bottom of the pyramid.



### Eat More From Some Food Groups Than Others

Did you notice that some of the color stripes are wider than others? The different sizes remind you to choose more foods from the food groups with the widest stripes.

### Every Color Every Day

The colors orange, green, red, yellow, blue, and purple represent the five different food groups plus oils. Remember to eat foods from all food groups every day.

### Make Choices That Are Right for You

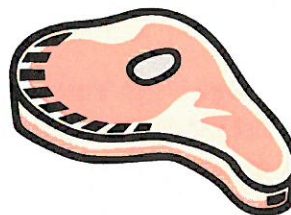
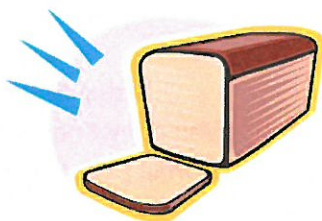
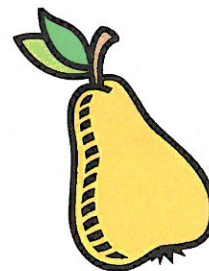
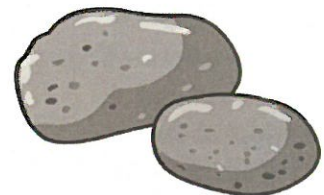
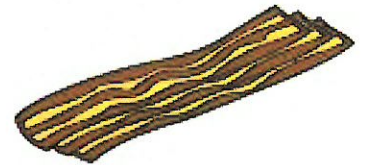
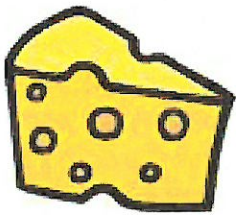
*MyPyramid.gov* is a Web site that will give everyone in the family personal ideas on how to eat better and exercise more.

### Take One Step at a Time

You do not need to change overnight what you eat and how you exercise. Just start with one new, good thing, and add a new one every day.

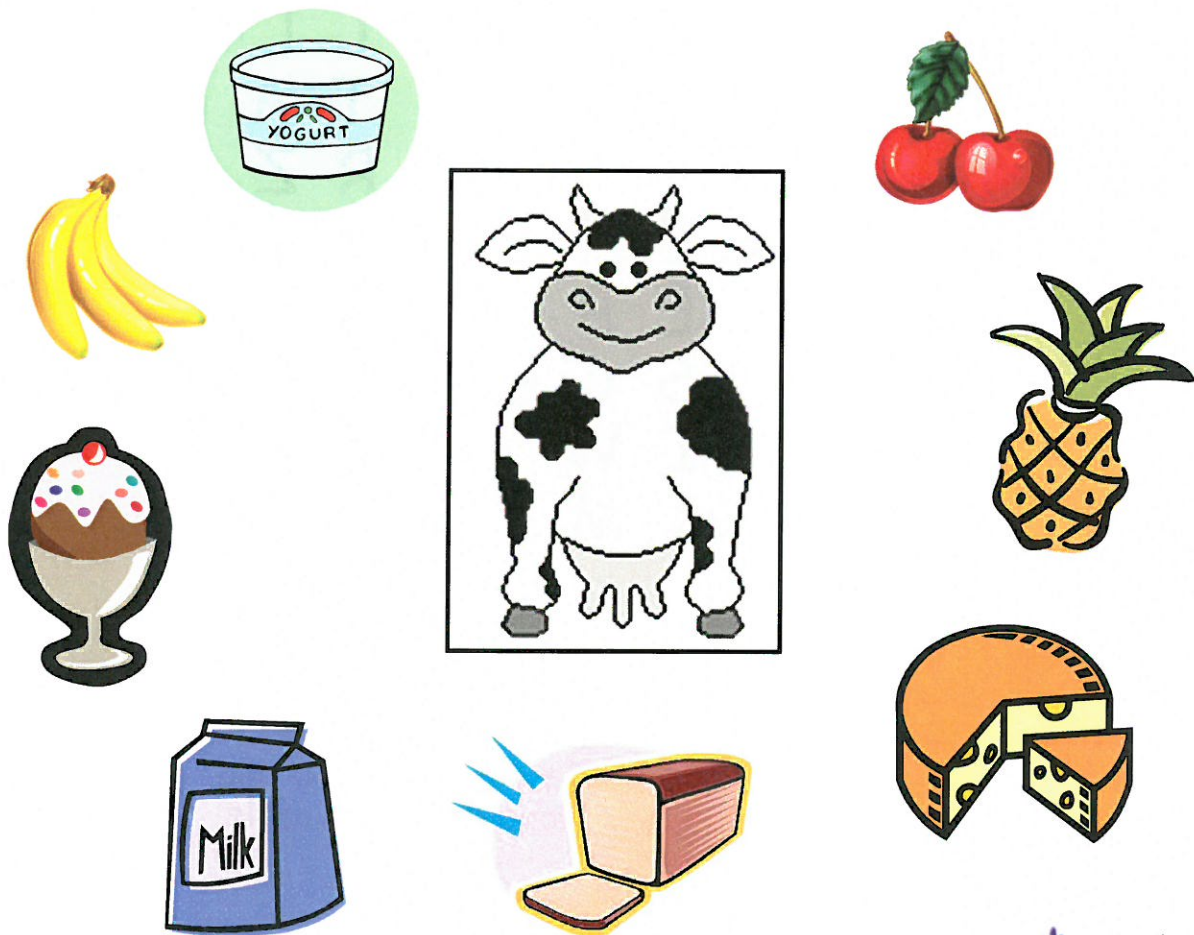
# Activity 4 — Plant or Animal?

Draw a circle around 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 16).



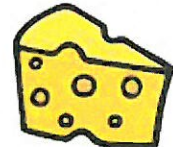
# Activity 5 – Get Your Calcium

Calcium helps build strong bones. Calcium-rich foods can be found in the dairy group. 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 16).



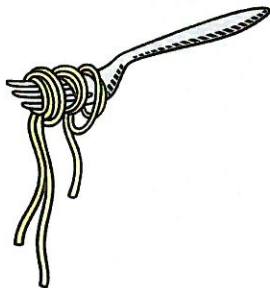
*Joke Time!*

What  
do you call cheese that  
isn't yours?  
Nacho Cheese!



# Activity 6 — Find the Grain

Find and circle 10 foods from the Grain Group hidden in the puzzle below. The grain foods you are looking for are listed below. (Answers are on page 16).



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   | Pasta    |
| Bread   | Popcorn  |
| Bun     | Rice     |
| Cereal  | Tortilla |
| Noodles | Waffle   |

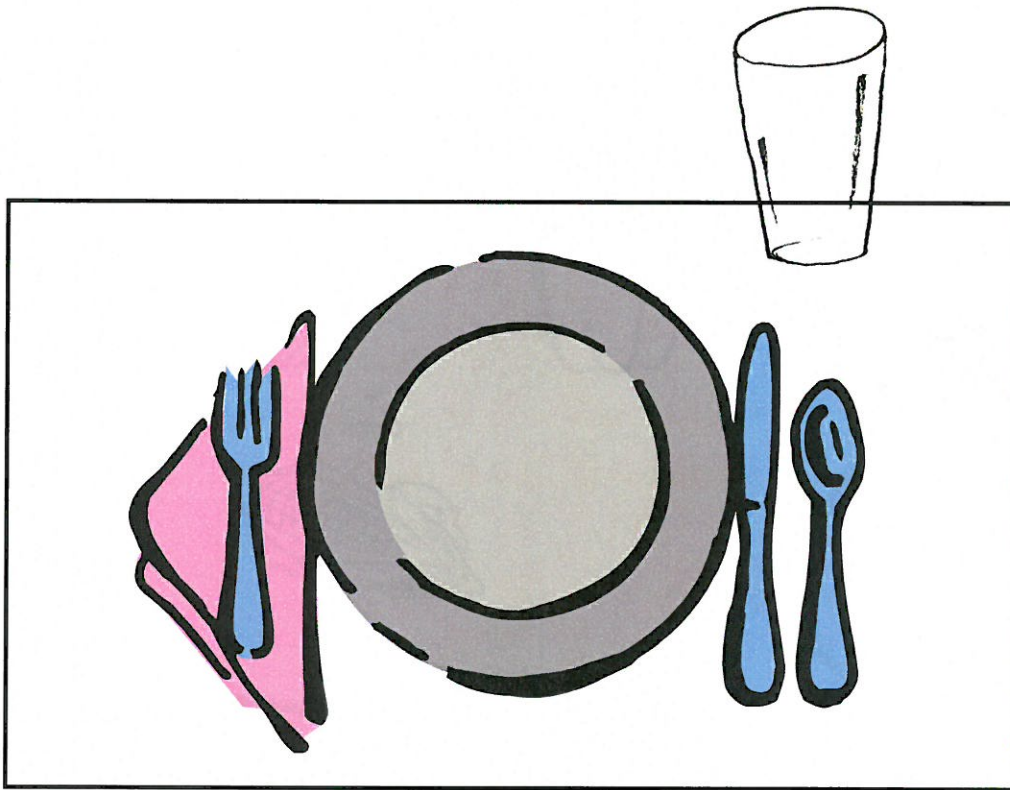


## Joke Time!

What is a pretzel's favorite dance?  
The Twist!

# Activity 7 – Let's Set the Table

Setting the table is an important part of working in the kitchen. You can help your parents by setting the table. Follow the picture below as a guide. Use only the utensils you will use at the meal.



Items For Your Table:

Fork  
Placemat  
Napkin  
Glass  
Plate  
Knife  
Spoon

## Joke Time!

What is black, white,  
green, and bumpy?

A pickle wearing a  
tuxedo!



# Activity 8 — Vary Your Veggies

Grade Level(s) Recommended: K-2

Color the vegetables below. Circle those you have tried before. Try to eat one new vegetable you haven't eaten before.

Broccoli



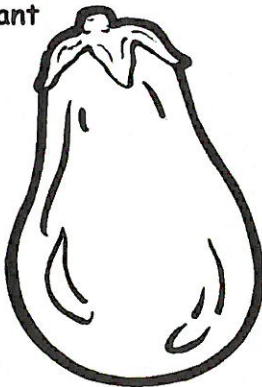
Red Pepper



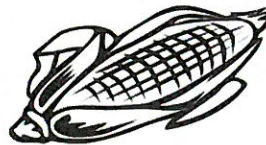
Pumpkin



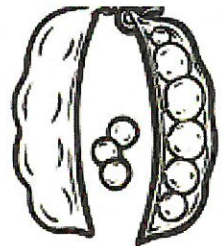
Eggplant



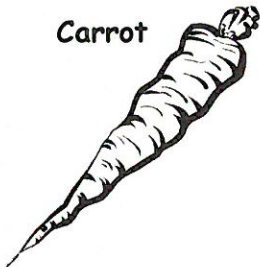
Corn



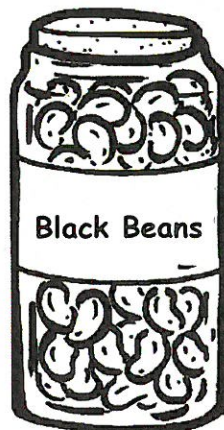
Peas



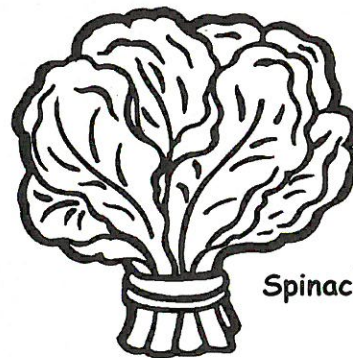
Carrot



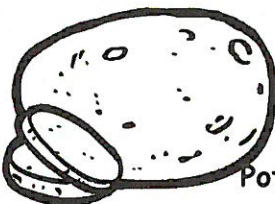
Black Beans



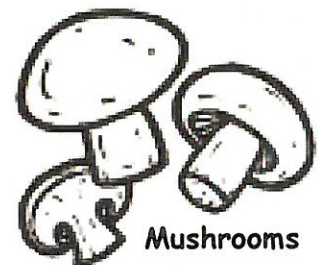
Spinach



Potato



Mushrooms





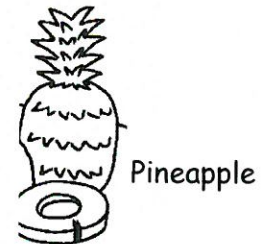
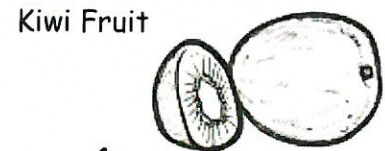
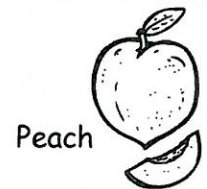
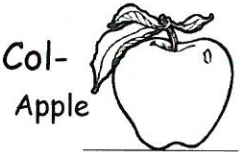
# Activity 9 — Fun with Fruits

Grade Level(s) Recommended: K-2

Draw a line from the fruit to the description that matches it. Color the fruits for extra fun!

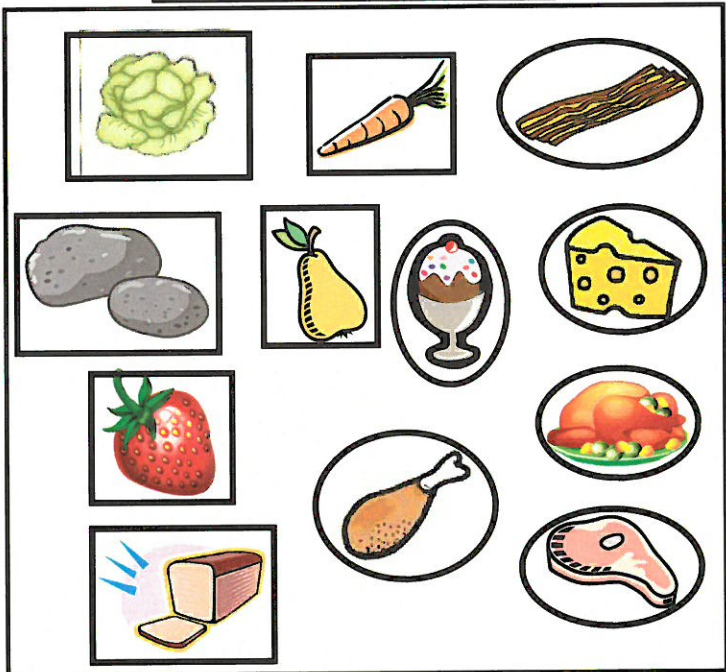
1. Yellow in color, sour flavor.
2. Red with a green top. Has little seeds on the outside.
3. Green outside and red inside. Great to eat on the 4th of July!
4. Dark purple in color. Made from dried grapes.
5. Yellow in color. Long shape and comes in a bunch.
6. Can be red, yellow, or green. Sometimes made into cider in the fall.
7. Orange/yellow in color. Has a fuzzy peel. Famous for being grown in Georgia.
8. Brown peel with bright green inside. Small in size.
9. Blue in color. Small in size. Yummy when added to pancakes.
10. Brown outside with a green top. Yellow inside. Usually grown on an island.

Answers are on page 16.

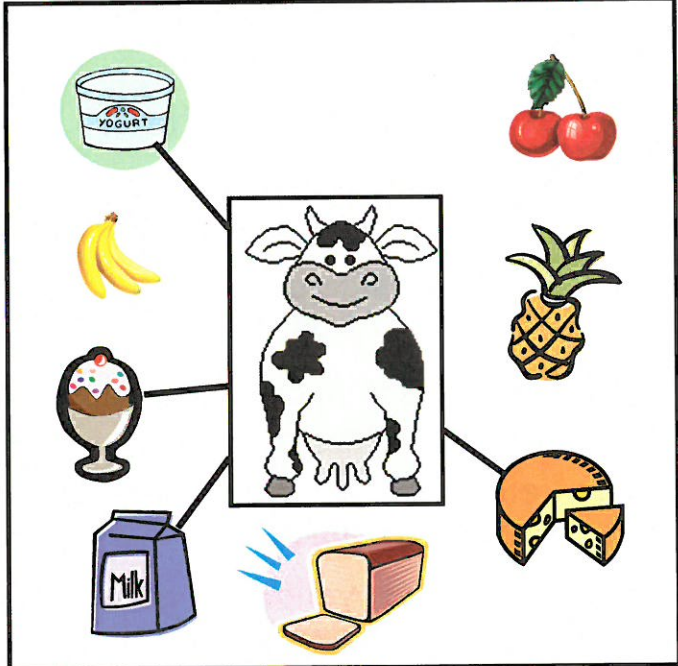


# Answers to Activities 4, 5, 6, 9

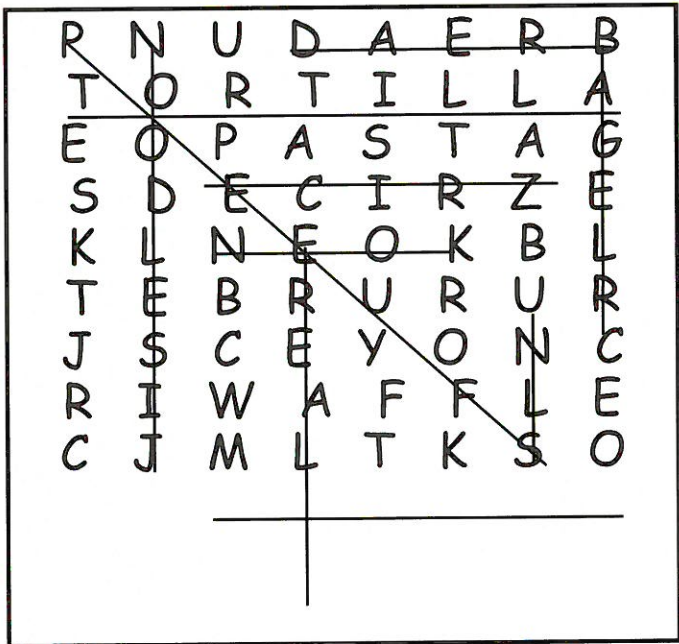
Activity 4



Activity 5



Activity 6



Activity 9

1. Lemon
2. Strawberry
3. Watermelon
4. Raisins
5. Banana
6. Apple
7. Peach
8. Kiwi Fruit
9. Blueberries
10. Pineapple

# Activity 10 — Get Cooking!

Choose a recipe to try. Read the recipe. Make sure you have all of the ingredients before you begin cooking. Follow the recipe, then try another one. Make sure an adult helps you in the kitchen.

## Trail Mix

1/2 c. sunflower seeds                      1/2 c. peanuts  
1/2 c. pumpkin seeds                      1/2 c. raisins

Place ingredients in a bowl and mix. Eat and enjoy. Store in an airtight container. You may also add 1/2 cup of popcorn, dried dates, dried apricots, dried bananas, or dried apples.

## Crunchy Bananas

2 ripe bananas  
1/2 c. orange juice  
1/2 c. chopped nuts or crushed cereal

Slice bananas into 1-inch pieces and dip in orange juice. Roll in crushed cereal or nuts. Serve on toothpicks. Serves 4.



## English Muffin Pizza

1 English muffin  
2 T. tomato sauce  
2 T. grated mozzarella or pizza cheese

Split the English muffin and place on a baking sheet. Spread each muffin half with tomato sauce. Place cheese on top of each half and bake at 400 degrees F for 8 minutes. Serves 2.

### Mexi-Potato

1 medium-sized potato, washed  
3 T. salsa

1/4 c. shredded cheddar cheese  
Tortilla chips (optional)

Pierce potato all over with the tines of a fork. Place potato on paper towel in microwave. Microwave on high for 4-5 minutes until potato is tender when pierced with a fork. Carefully remove from microwave and place on plate. Slit top of potato to open. Top potato opening with salsa and cheese. Microwave on high for 20 seconds, or until cheese is melted. Remove from microwave and decorate with tortilla chips. Serves 1.

### No Bake Cookies

2 c. sugar

1/2 c. milk

1/2 c. (1 stick) margarine

1/4 c. cocoa

1 t. vanilla

3 c. quick oats

1/2 c. peanut butter

Mix sugar, cocoa, milk, and margarine in pan. On medium heat, cook until it starts to boil. Boil one minute. Remove from heat and cool for one minute in pan. 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. Add herbs, spices, dried fruit, nuts, etc., to popcorn to create your own snack.



## Marshmallow Bars

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

Coat a 9"x13" pan with nonstick spray. Melt margarine in 2-quart saucepan. 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.

## Apple Smiles

1 apple      1/2 c. peanut butter

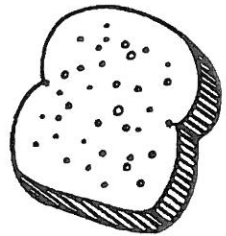
10-20 small marshmallows

Cut apple into 4-6 slices. Spread peanut butter on one side of each apple slice. Top with marshmallows to look like teeth. Put two slices together to make apple "dentures."

## Cinnamon Toast

2 slices of bread      2-3 T Butter  
Cinnamon

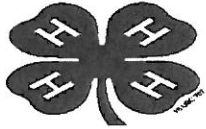
Toast 2 slices of bread in the toaster until it looks golden brown. Put them on a plate and add butter while the bread is still warm. Sprinkle cinnamon on top. Eat while warm.



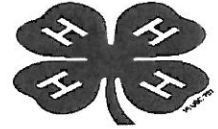
## S'mores

1-2 honey graham crackers      1 chocolate bar  
2-3 large marshmallows

Place half of graham cracker on a microwave-safe plate. Top with 1/2 of chocolate bar. Microwave for 10 seconds. Place 1 marshmallow on top of chocolate bar and microwave for 10 seconds. Top with other half of graham cracker and enjoy!



# 4-H Fair Exhibit



## **Exhibit – Kindergarten**

A cereal snack, may include candy, peanuts, etc. Display in a plastic bag.

## **Exhibit – 1<sup>st</sup> Grade: (choose one)**

1. Two (2) no bake cookies using a recipe from your Mini 4-H Foods book. Display on a disposable plate in a plastic bag.
2. Two (2) marshmallow treat squares using the recipe from your Mini 4-H Foods book. Display on a disposable plate in a plastic bag.

## **Exhibit – 2<sup>nd</sup> Grade: (choose one)**

1. Popcorn snack displayed in a small plastic sandwich bag. Start with popped corn and add other ingredients to make it your own.
2. Two (2) brownies from a box mix. Display on a disposable plate in a plastic bag.

All projects are to have a name label on them. You will receive a Mini 4-H newsletter in the mail prior to the Fair that will contain name labels.

If you have any questions about your project, please call the Extension Office at 636-2111 or 1-800-601-5826.



# Noble County Mini 4-H Record Sheet

Name \_\_\_\_\_ Grade in School \_\_\_\_\_

Address \_\_\_\_\_

4-H Club \_\_\_\_\_ Township \_\_\_\_\_

Number of years in Mini 4-H \_\_\_\_\_ Number of years in project \_\_\_\_\_

Member's Signature \_\_\_\_\_

Parent's Signature \_\_\_\_\_

Leader's Signature \_\_\_\_\_

A. Project: \_\_\_\_\_

B. Estimated number of hours worked to complete project \_\_\_\_\_

C. Money spent on project:

Cost of supplies: (list) \_\_\_\_\_

OR

Foods – number of \_\_\_\_\_

times made \_\_\_\_\_

D. List the things that you learned while you were doing Mini 4-H:

\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

