

# Steuben County Mini 4-H



## *Foods*

Name \_\_\_\_\_

Briefly describe what you plan to exhibit.

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List two things you learned about this subject.

1. \_\_\_\_\_
2. \_\_\_\_\_

What is the first thing you should do before preparing food with your hands?

\_\_\_\_ A \_\_\_\_

List three kitchen or food safety rules.

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_

### Measuring Tools Matching

*Ingredient*

- 1) \_\_\_\_\_ Milk
- 2) \_\_\_\_\_ Flour
- 3) \_\_\_\_\_ Vanilla Flavoring
- 4) \_\_\_\_\_ Sugar
- 5) \_\_\_\_\_ Water

*Measuring Utensil*

- A. Dry Measuring Cup
- B. Measuring Spoons
- C. Liquid Measuring Cups

Identify and label MyPlate with the five good groups.

