

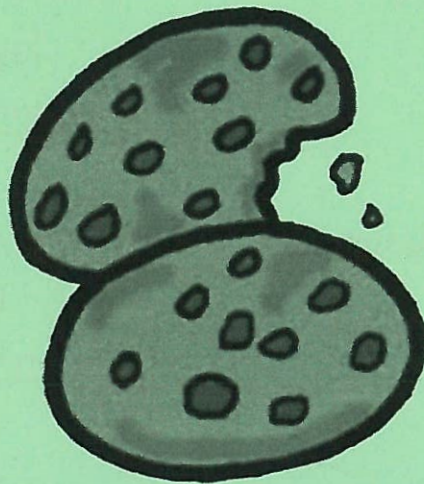
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Mini 4-H

FOODS



An Introduction to 4-H for Youth in Grades K, 1 & 2

Developed by Purdue Extension—Elkhart County

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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 fair. The 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 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 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 product 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 the 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 most difficult, what was the easiest, and what they liked 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'ers 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 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 of 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.

The 4-H Pledge

A pledge is a promise you make to yourself and to the people around you. The 4-H pledge is in bold print below. Under each line of the pledge there are words telling what the pledge means.

I pledge my **Head**  to clearer thinking.

I promise to use my head to make good choices.

my **Heart**  to greater loyalty.

to use my heart to be a good friend.

my **Hands**  to larger service, and

to use my hands to do helpful things for others.

my **Health**  to better living.

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.

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



Why Learn About Foods?

You will learn some fun and important good facts in this manual. Everyone needs food to live because food gives us two very important things:

- 1- Energy to move and do things.
- 2- The nutrients you need to grow and be healthy.

Cooking is FUN!

When you are old enough to join traditional 4-H (starting in the third grade), be aware that foods projects have special skills for each grade. Be sure to read the requirements for your grade so that you prepare your project exhibit correctly.

Activity 1 - MEASURING

Materials needed for this activity:

dry measuring cups	brown sugar	granulated sugar
liquid measuring cups	shortening	baking powder
measuring spoons	flour	water
sifter		

What you will do:

- 1- Read the section of this manual on How to measure.
- 2- Practice by measuring the following using the correct measuring tool.

Ingredient

1 cup flour
1/2 cup brown sugar
1/4 cup brown sugar
1/4 cup granulated sugar
1 teaspoon baking powder
1 tablespoon baking powder
1 cup water

Measuring tool

1 cup dry measuring cup
1/2 cup dry measuring cup
1/4 cup dry measuring cup
1/4 cup dry measuring cup
1 teaspoon measuring spoon
1 tablespoon measuring spoon
1 cup liquid measuring cup





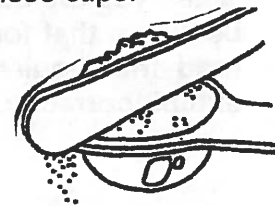
How to Measure

It is very important to measure all your recipe ingredients correctly. Not measuring correctly may cause your recipe not turn out right.

- 1- Measure liquid in a glass or plastic measuring cup. Set the cup on a table or counter so that it will be level when you are measuring. Bend down so your eyes are even with the mark that the recipe calls for. Fill the cup to that mark.
- 2- Measure dry ingredients in cups that come in sets of different sizes. Measure flour, sugar, cheese, raisins or similar items in these cups.

Choose the cup or spoon for the amount the recipe asks for. Fill the cup or spoon until heaping full. Level off with the straight edge of a knife so the top is flat.

Flour and powdered sugar should be sifted before measuring. Brown sugar and shortening should be packed tightly before leveling off.



- 3- Small amounts of dry or liquid ingredients are measured in measuring spoons. Heap dry ingredients (like you do when using a dry measuring cup) and level off with a knife. Fill liquid ingredients to the top edge of the spoon.

These are common abbreviations for measuring terms used in recipes.

Cup= c.

Tablespoon - T. or tbsl.

Teaspoon = t. or tsp.

What did you learn?

What ingredient was the hardest to measure?

Why? _____

Why is it important to use the correct size measuring tool? _____

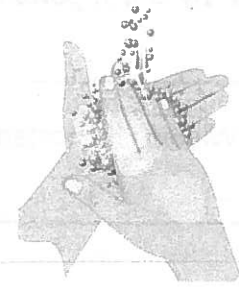
How many items did you measure? _____



Activity 2 - SAFETY

Materials needed for this activity: none

What you will do: Read and follow the safety guidelines.



Kitchen Safety Guidelines

Make sure you have an adult's permission & help in the kitchen.

- 1- Tie back long hair.
- 2- Wash your hands with hot water and soap. Wash as long as it takes to sing Happy Birthday or the ABC song. Wash well, getting between fingers and around fingernails.
- 3- Clean the food preparation area, countertops or tables.
- 4- Be sure all your utensils, bowls, measuring tools, spoons, etc. are clean.
- 5- Keep pets out of the kitchen.
- 6- Read and follow the recipe carefully.
- 7- Get out all the ingredients and utensils you will need before starting to cook.
- 8- Be sure all your ingredients are fresh and have been stored safely. Refrigerated items should not be left out on the counter until you are ready to use them.
- 9- Measure carefully, using the correct tools.
- 10- Turn pan handles away from the front of the stove so they can't be accidentally knocked off.
- 11- Wash dishes in hot, soapy water. Rinse in clear, hot water.
- 12- When you are finished, turn off the stove or oven, clean up and put away food and utensils.



What did you learn?

Why is it important to get everything out before you start to cook? _____

Why is it important to turn pan handles away from the front of the stove?



Activity 3 - MY PLATE FOR KIDS

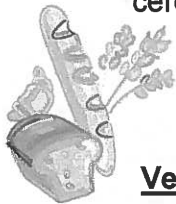
New USDA dietary requirements

Your food and physical activity choices each day affect your health-how you feel today, tomorrow and in the future. The colorful My Plate for Kids graphic was designed for children 6-11 years old. The plate shows you how to fill your plate to eat the right amount from each food group. Drink water instead of sugary drinks. Eat sugary desserts less often. Make foods that are high in solid fats—such as cakes, cookies, ice cream, pizza, cheese, sausages, and hot dogs—occasional choices, and not every day foods. Limit the empty calories you eat. My Plate materials includes the tag line

Healthy Food + Physical Activity = A Healthy Person (Me).

This reminds us to make healthy food choices and to be physically active. If you want to learn more about healthy food choices and My Plate, visit the website www.choosemyplate.gov. There are lots of fun games and activities designed for children to learn about healthy food choices.

Grains: Any food made from wheat, rice, oats, cornmeal, barley or another cereal grain is a grain product. Grains are divided into 2 subgroups, **whole grains** and **refined grains**. Half the grains you eat should be whole grains. You need 5-6 ounces daily. One ounce is one slice of bread, 1 cup of dry cereal. ½ cup of cooked cereal, rice or pasta.



Vegetables: Color your plate with all kinds of vegetables. You need 2 ½ cups every day. Choose from dark green, orange, starchy, dry beans and peas or other vegetables. Half a cup of vegetables is equal to one half cup cooked, one cup raw or on half cup juice. Half your plate should be fruits and vegetables.

Fruits: Make most choices fruit, not juice. You need 1 ½ cups every day. Half your plate should be fruits and vegetables. Half a cup of fruit is equal to one half cup canned, a fist size fruit, half a large fruit, one quarter cup grapes or raisins, or one half cup of juice.



Dairy: Choose fat free or low fat dairy foods most often. You need 3 cups every day. One cup is equal to one cup of milk or yogurt or 1 ½ ounces of cheese.

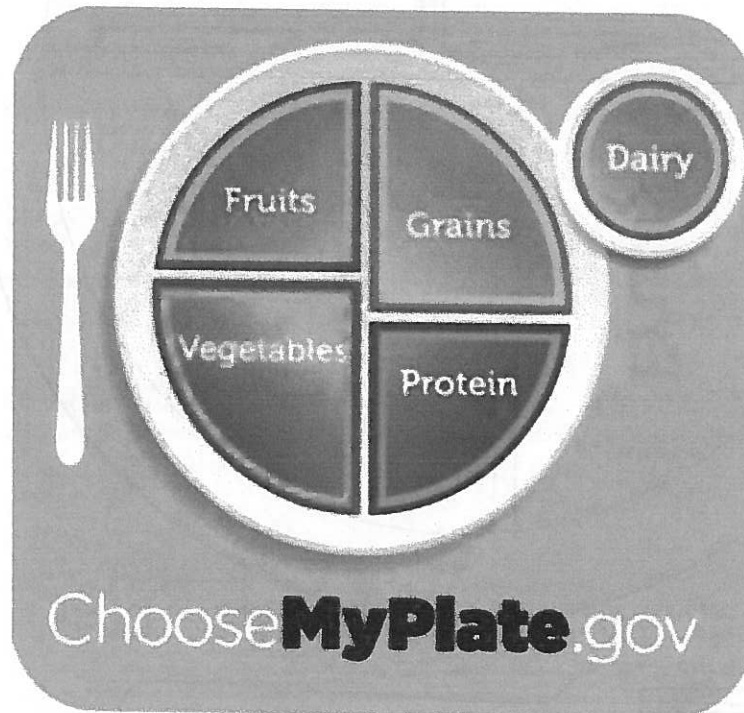
Protein: Choose lean meat, chicken or turkey. Vary your choices-more fish, beans, nuts and seeds. You need 5 ounces every day. One ounce is equal to one ounce of meat, one egg, one tablespoon of peanut butter, and ½ ounce of nuts or ¼ cup of dried beans.

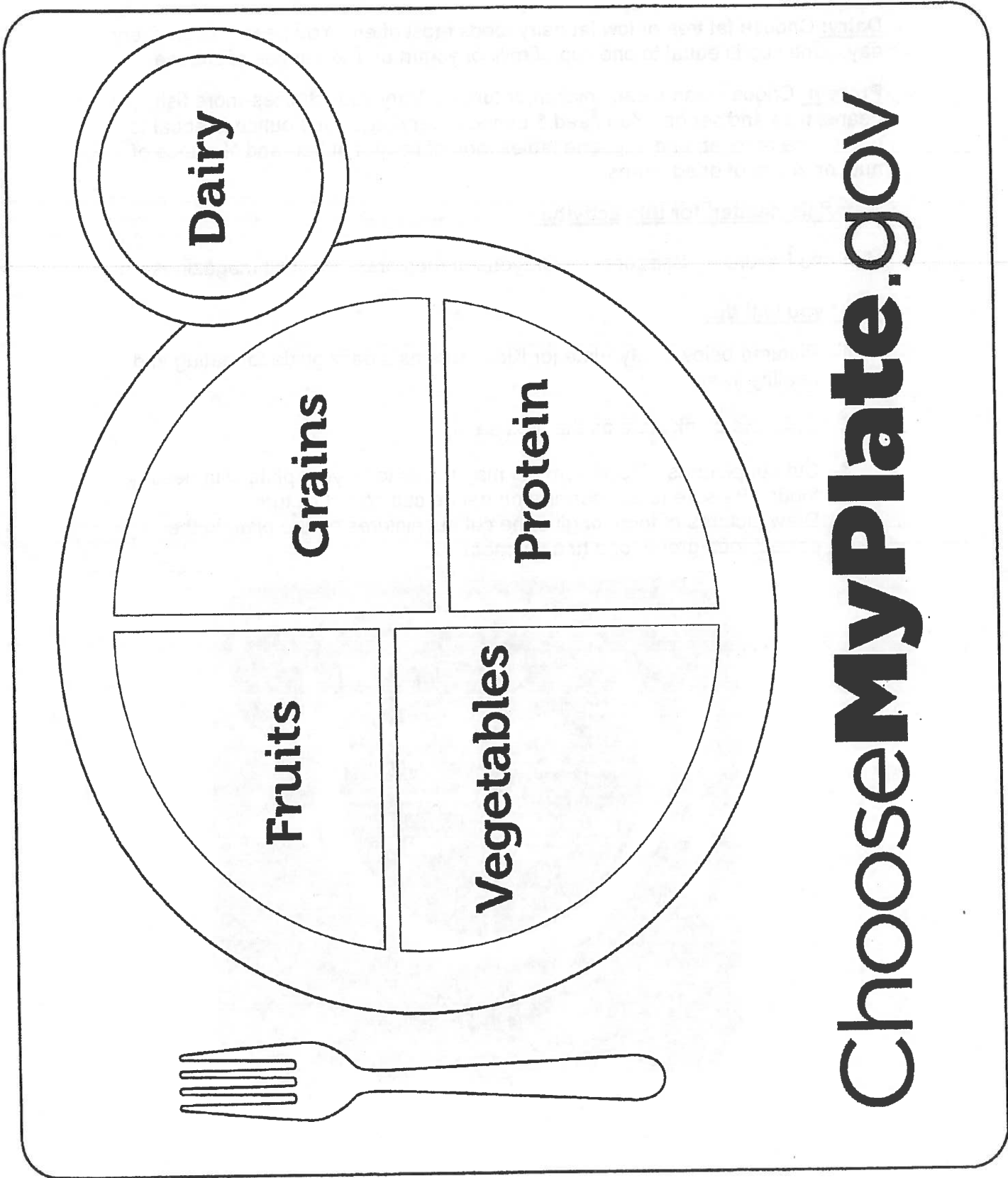
Materials needed for this activity:

My Plate Picture Scissors Crayons or markers Old magazines

What you will do:

- 1- Pictured below is My Plate for Kids. Use as a daily guide for eating and healthy living.
- 2- Color the blank plate on the next page.
- 3- Cut out pictures of food from old magazines to fill your plate with healthy foods. Be sure to ask permission before cutting out pictures.
- 4- Draw pictures of food, or glue the cut out pictures on the plate in the correct food group for a healthy meal.





ChooseMyPlate.gov

What did you learn? Name your favorite food from each group.

Grain Group? _____

Vegetable Group? _____

Fruit Group? _____

Dairy Group? _____

Protein Group? _____



Activity 4 - PHYSICAL ACTIVITY

Build more physical activity into your daily routine. You need at least 60 minutes of vigorous or moderate activity every day. Anything you do to move your body is physical activity. These can be things that you plan to do for exercise, like playing a sport, taking a class or just walking to your friend's house to play.



Materials needed for this activity:

Sports equipment proper shoes or clothing

What you will do:

- 1- Think about the things you like to do to be active. Play baseball, soccer, walk in the woods.
- 2- Plan to be active at least an hour (60 minutes) every day.
- 3- Record your exercise time for one week to see how you are doing.

How were you active today?

Sunday _____ Time: _____

Monday _____ Time: _____

Tuesday _____ Time: _____

Wednesday _____ Time: _____

Thursday _____ Time: _____

Friday _____ Time: _____

Saturday _____ Time: _____

Total Exercise time for the week: _____

What did you learn?

What types of exercise do you do regularly? _____

What is your favorite way to exercise? _____

Do you need to improve your exercise habits? _____

How will you improve? _____



Activity 5 - HOW DID YOU EAT YESTERDAY?

For you to be healthy and grow strong, you need to eat a variety of foods and follow My Plate for Kids guidelines. Think about what you ate yesterday and see how you are doing. You will see where you need to improve your eating habits.

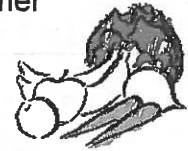
Estimate your totals:

Grains: Make at least half your grains whole. You need 5-6 ounces every day. One ounce is about one slice of bread, 1 cup of dry cereal, ½ cup of cooked cereal, rice or pasta.

I ate _____ ounces

Vegetables: Color your plate with all kinds of veggies. You need 2 ½ cups every day. Choose from dark green, orange, starchy, dry beans and peas or other vegetables.

I ate _____ cups



Fruits: Make most choices fruit, not juice. You need 1 ½ cups every day.

I ate _____ cups

Dairy: Choose fat free or low fat most often. You need 3 cups every day. One cup is equal to one cup of yogurt, one cup of milk or 1 ½ ounces of cheese.

I drank _____ cups

Protein: Choose lean meat and chicken or turkey. Vary your choices-more fish, beans, peas, nuts and seeds. You need 5 ounces every day. One ounce is equivalent to one ounce of meat, one egg, one tablespoon of peanut butter, and ½ ounce of nuts or ¼ cup of dried beans.

I ate _____ ounces

How did you do yesterday?

____great ____okay ____I'll do better tomorrow



What did you learn?

What food group do you need improve by eating more often? _____

What food could you add to make this change? _____

What food group did you eat the most? _____



Activity 6 - FRUITS & VEGETABLES

Materials needed for this activity: pencil

What you will do:

- 1- Can you tell what pictures are fruits or vegetables?
- 2- Look at your pictures. Use the pencil to circle the foods that don't belong in each row.

ODD FOOD OUT

Circle the foods that are not fruits or vegetables in each row.



Tomato



Bread



Banana



Turkey



Green Beans



Apple



Milk



Grapes



Carrot



Peas



Watermelon



Pork Chop



Orange



Ice Cream



Broccoli



Cheese



Lettuce Salad



Strawberry



Eggplant



Yogurt



Kiwi

Answers: You should have circled the bread, turkey, milk, pork chop, ice cream, cheese and yogurt.

What did you learn?

How many answers did you get right? _____

What other fruits and vegetables can you think of that were not in the pictures?

What is your favorite fruit or vegetable? _____



Activity 7 - SNACK TIME

When we think about having a snack, we often choose foods that are high in fat, sugar or salt. These foods are not healthy choices.

Choose healthy snacks most of the time and save those high sugar foods for a special treat sometimes. Choose healthy snacks when you are taking a treat to school or your friend's house too.

Healthy snacks are **anytime snacks**. Snacks that are high in fat, sugar and salt are **sometime snacks**.



Materials you will need for this activity: none

What you will do:

Check in your kitchen to choose some healthy snacks that are low in fat, sugar and salt. Have an adult help you choose some healthy snacks.

Anytime Snacks: Fresh, canned, dried or frozen fruits, fresh vegetables, cheese, crackers, peanut butter, nuts, raisins, popcorn or yogurt.

Sometime snacks: Cookies, cakes, candy, soft drinks, potato chips, corn chips.

What did you learn?

What healthy snack choices did you find in your kitchen?

Did you try any healthy snacks? _____

What did you try? _____

What is your favorite snack? _____



Activity 8 - SET THE TABLE

You may want to help your parents by setting the table.

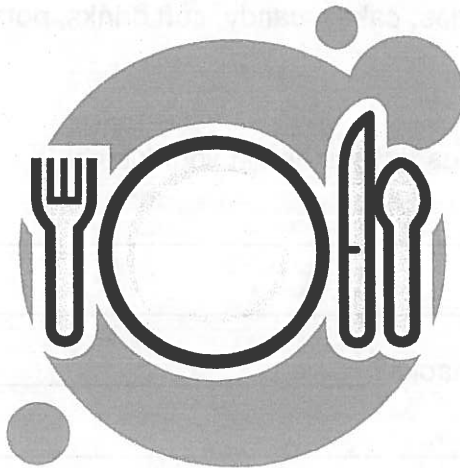
Materials you will need for this activity:

fork	spoon	knife	plate
glass	napkin	bowl	small plate (bread or dessert)

What you will do:

1. Wash your hands.
2. Gather one of each of the items you will need for the meal for each person at the table.

3. Set the table according to these rules:
- Knife and spoon to the *right* of the plate.
 - Fork and napkin to the *left* of the plate.
 - When seated your napkin should be placed on your lap before you start to eat.
 - Glass needs to be *upper right* of plate or off the tip of the knife.
4. You may want to help clean up the table and wash the dishes or place them in the dishwasher after the meal. Unused dishes may be returned to the cupboard.



What did you learn?

Did you remember to ask what utensils you needed before setting the table?

What utensils do you use most of the time? _____

Why did you need to do this? _____



Activity 9 – COOKING TERMS

There are many words used in recipes that you need to know so you can follow the recipe. If you don't follow the recipe, your food may not taste the way you like.

Materials you will need for this activity:

Pencil Activity Sheet

What you will do:

1. Read the cooking words below.
2. Find all the cooking terms in the word search.



Beat	Mix fast with a beater or spoon.
Blend	Mix so that you cannot tell one ingredient from another.
Boil	Cook so that the liquid bubbles.
Chop	Cut into small pieces with a knife or scissors.
Equipment	The tools you need to make a recipe.
Ingredients	Food items in a recipe.
Mix	Stir ingredients together.
Recipe	The directions for making a food item.
Stir	Mix in a circular motion.

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

What did you learn?

Name an ingredient that you would need for cookies?

What would be an example of a utensil? _____



NO BAKE COOKIE RECIPES

Here are some simple no-bake cookie recipes for you to try. No-bake means these cookies do not need to be baked in the oven. You may use these recipes or another no bake cookie recipe for your fair exhibit.

Some need to have ingredients heated on top of the stove. *You need an adult to help you when you work around the stove.* Remember the safety rules you read about in this manual, especially the ones about washing your hands. Remember to store your cookies according to the directions to keep them fresh.

RICE CRISPY TREATS

Ingredients:

3 tablespoons butter
1 package (10 oz., about 40) marshmallows
OR
4 cups miniature marshmallows
6 cups rice crispy cereal

Directions:

1. In large saucepan melt butter over low heat. Add marshmallows and stir until completely melted. Remove from heat.
2. Add rice crispy cereal. Stir until well coated.
3. Using buttered spatula or wax paper evenly press mixture into 13 x 9 x 2-inch pan coated with cooking spray. Cool. Cut into 2-inch squares. Best if served the same day.

Microwave Directions:

In microwave-safe bowl heat butter and marshmallows on HIGH for 3 minutes, stirring after 2 minutes. Stir until smooth. Follow steps 2 and 3 above. Microwave cooking times may vary.

PEANUT BUTTER-KRISPY COCOA CHEWIES

Ingredients:

- 4 cups cocoa crispy
- $\frac{3}{4}$ cup dried cherries
- $\frac{1}{2}$ cup light brown sugar
- $\frac{1}{2}$ cup light corn syrup
- $\frac{1}{2}$ cup creamy or crunchy peanut butter

1. In a large bowl, combine the cereal and cherries.
2. In a small saucepan, combine the brown sugar and corn syrup and bring to a boil. Boil for one minute, then turn off the heat. Stir in peanut butter.
3. Pour it over the cereal and cherries, stirring immediately to combine and coat. Press into a buttered 8-by-8-inch pan and let cool to set (about 15 minutes). Store at room temperature. When ready to serve, cut into 2-inch squares, then cut the squares on the diagonal into triangles. Allot 2 triangles per serving, leaning one on the other.

PEANUT BUTTER NO-BAKE COOKIES

Ingredients:

- $\frac{1}{2}$ cup packed brown sugar
- $\frac{1}{2}$ cup peanut butter
- $\frac{1}{4}$ cup evaporated milk
- 2 $\frac{1}{2}$ cups crisp rice cereal or granola

1. In a medium saucepan, combine brown sugar, peanut butter and evaporated milk. Bring to a boil, stirring constantly, and cook for 1 minute. Remove from heat. Stir in crisp rice cereal or granola.
2. Drop by tablespoonfuls onto wax paper or aluminum foil completely before serving or storing.

MOONBEAMS

Ingredients:

- 1 cup peanut butter
- $\frac{1}{2}$ cup dry milk
- $\frac{1}{2}$ cup honey
- $\frac{1}{2}$ cup wheat germ
- coconut

1. Mix peanut butter, wheat germ, dry milk and honey.
2. Roll into balls and roll in coconut.

NO-BAKE CEREAL BARS

Ingredients:

- 1 cup sugar
- 1 cup corn syrup
- 18 oz. jar plus 4 tablespoons chunky peanut butter
- 3 cups of cheerios
- 3 cups of crisp rice cereal



1. In a large saucepan, cook and stir sugar and corn syrup until the sugar is dissolved. Remove from heat.
2. Add peanut butter; mix well. Stir in cereal.
3. Spread quickly into lightly greased 15-in. x 10-in. x 1-in. pans. Cut into bars while warm.

COCONUT BALLS

Ingredients:

- 1 - 12 oz. package vanilla wafers
- 5 cups miniature marshmallows
- 1 can sweetened condensed milk
- 1 cup coconut
- 1 cup chopped walnuts

1. Place vanilla wafers in a plastic bag. Close tightly with tie. Crush wafers with a rolling pin.
2. Place vanilla wafer crumbs in mixing bowl. Add marshmallows, walnuts, and milk. Mix well.
3. Form into small balls.
4. Roll in coconut.

PEANUT BUTTER PUFFS

Ingredients:

- $\frac{2}{3}$ cup coconut
- $\frac{1}{2}$ cup chunky peanut butter
- $\frac{1}{2}$ cup honey
- $2\frac{1}{2}$ cups puffed wheat cereal

1. Place coconut, peanut butter, and honey into a bowl and mix.
2. Pour $\frac{1}{2}$ cup cereal into bowl and mix well.
3. Put 2 cups cereal on plate. Pick a small amount of peanut butter mixture and form a ball the size of a large marble. Roll the ball in the cereal and place on clean plate. Repeat until finished.
4. Chill until firm in the refrigerator.



CHOCOLATE – OATMEAL NO BAKE COOKIES

Ingredients:

3 cups rolled oats	2 cups sugar
¼ cup cocoa	½ cup peanut butter
1 stick margarine	½ cup milk

1. Put rolled oats and cocoa into a mixing bowl. Mix together and set aside.
2. Place margarine, sugar, peanut butter and milk into a saucepan. Place on medium heat on the stove and bring to a boil.
3. Boil for 1 minute and remove from heat.
4. Add rolled oats and cocoa, mix together.
5. Drop by teaspoonful onto waxed paper.
6. Cool in refrigerator until set.



YUMMIES

Ingredients:

1 stick margarine or butter	2 cups Rice Crispy type cereal
1 cup sugar	¾ cup dates, chopped
¼ teaspoon salt	½ cup pecans, chopped
1 egg, beaten	2 or 3 cups coconut

1. Melt margarine or butter in saucepan.
2. Add sugar, salt, and egg; Cook until thick
3. Add dates, continue cooking for 4-5 minutes, stirring constantly.
4. Pour over cereal and nuts. Stir until well blended.
5. Drop by teaspoonful into coconut and roll into a ball.
6. Cool 30 minutes.
7. Store in tightly covered container.

NO-BAKE CRANBERRY GRANOLA COOKIES

Ingredients: 1 bag (11 oz.) oats in dark chocolate protein granola
1 cup chopped sweetened dried cranberries
1 cup pistachio nuts
 $\frac{3}{4}$ cup packed brown sugar
 $\frac{1}{2}$ cup corn syrup
 $\frac{1}{4}$ cup creamy peanut butter
1 teaspoon vanilla

1. Line cookie sheet with waxed paper. In large bowl, mix granola, cranberries and pistachio nuts.
 2. In 2-quart saucepan, mix brown sugar, corn syrup and peanut butter. Heat to boiling over medium-high heat, stirring constantly. Boil and stir 1 minute. Remove from heat; stir in vanilla.
 3. Pour syrup over granola mixture, stirring until evenly coated. Drop mixture by scant $\frac{1}{4}$ cupfuls onto waxed paper. Cool completely, about 30 minutes.
- *Substitute walnuts or cashews for the pistachio nuts, if you like. Bits of any dried fruit can be substituted for the dried cranberries.
**Dress up these no-bake treats with a drizzle of melted white baking chips or semisweet chocolate chips.

ORANGE PECAN BALLS

Ingredients:

$\frac{1}{2}$ cup (1 stick) butter or margarine, softened
1 – 1 lb. box confectioner's sugar
1 cup pecans, chopped
1 – 11-12 oz. box vanilla wafers, crushed
1 6 oz. can frozen orange juice, undiluted

1. Mix butter, sugar, orange juice and vanilla wafers.
2. Roll into $\frac{3}{4}$ inch balls.
3. Roll balls in chopped nuts.
4. Refrigerate.



NO-BAKE CHOCOLATE COOKIES

Ingredients:

2 cups sugar	$\frac{1}{2}$ cup milk
1 stick butter or margarine	3 Tbs. cocoa
1 tsp. salt	1 tsp. vanilla
3 cups quick cooking oats	$\frac{1}{2}$ cup broken walnuts
1 cup coconut	

1. Put sugar, milk, butter, cocoa and salt in a large saucepan. Bring to a boil.
2. Remove from heat. Stir in rolled oats, vanilla, nuts and coconut.
3. Drop by teaspoon onto waxed paper.
4. Cool.
5. Store in an airtight container in the refrigerator.

NO-BAKE CHOW MEIN COOKIES

Ingredients:

- 1 cup peanut butter
- 1 – 12oz. pkg. butterscotch chips
- 1 large can (5 oz.) chow mein noodles

1. Melt the peanut butter and butterscotch chips, over hot water.
2. Remove from heat and stir in the chow mein noodles.
3. Drop by teaspoonful onto wax paper.
4. Let cool.

You may substitute 3 cups corn flakes for chow mein noodles.

NO-BAKE HEALTHY BREAKFAST COOKIES

Ingredients:

- ½ cup creamy peanut butter
- 2 tablespoons honey or agave nectar
- 1 teaspoon vanilla extract
- Pinch of salt, optional
- ½ cup rice crispy cereal
- ¼ cup flaxseed or sub oat flour (instructions in post)
- ½ cup old-fashioned oats, not cooked



Optional:

- Melted chocolate drizzle: 3 tablespoons milk or dark chocolate chips
 - Add-ins: raisins, chopped up nuts, craisins, mini chocolate chips (about 2 tablespoons)
1. In medium-sized bowl, combine the peanut butter, honey, vanilla, and salt. Microwave for 20-30 seconds and stir until combined.
 2. In that same size bowl, add in the rice crispy cereal, flaxseed, and oats. Stir together until completely combined.
 3. Add in the optional add-ins if desired.
 4. Form balls with the mixture and then flatten the balls in your hand to create a cookie shape.
 5. If desired, melt 3 tablespoons of milk chocolate chips in the microwave. Put melted chocolate in a small Ziploc bag and cut a small hole in the tip of the bag. Drizzle the chocolate across the cookies and let the chocolate harden.
 6. Store cookies in an airtight container for 4-5 days or freeze for up to 3 months.



What to Exhibit *Foods*

1. Two no-bake cookies that you have made from a recipe. The recipe can be from this book or another no bake recipe.
2. Your cookies must be placed in a small (sandwich size) bag. For display they will be transferred into another zip-lock type bag. Your recipe must be included with your exhibit.

All projects must include: (both are found on page 27)

- Record Sheet
- Exhibit Tag

These tags will be attached by the Foods Leader or a helper for the Foods Leader.

Hint: If you remember to pick up your ribbon at the Fair during Ribbon Release, you will not need to come to Project Release.

All food items will be discarded after the Fair. We will keep your EXHIBIT TAG so you can have it for your 4-H Record book. You may pick up your exhibit tag at Project Release.



What to Exhibit

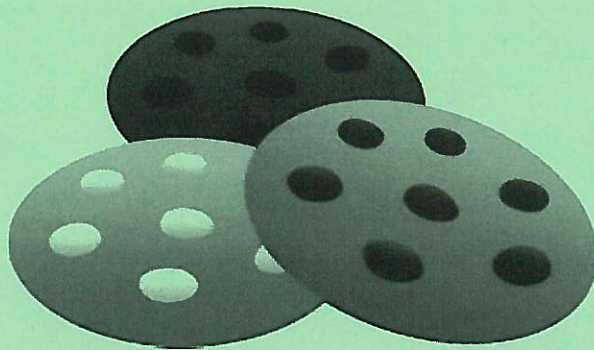
Foods

Here is a list of projects that can be shown at the Fair. Pick *one* of the projects you would like to exhibit at the fair. You do not need to make the projects in special order. If you have any questions about your projects, contact your leader or the Extension Office. There are people there who can help you.

1. Two no-bake cookies that you have made from a recipe. The recipe can be from this book or another no-bake recipe.
2. Your cookies must be placed in a small (sandwich size) bag. For display they will be transferred into another Ziploc-type bag.
3. Include your recipe with your cookies. You may write or type your recipe.

All food items will be discarded after the Fair. You will receive your score sheet and ribbon for your records.

For more information on how to label your project, when to enter it in the Fair, and where your project needs to go, please contact the Extension Office.



Resources:

Exploring MyPlate with Professor Popcorn— Purdue University

<http://www.choosemyplate.gov/>

