

Mini 4-H

FOODS



Draft Developed by:

Purdue University Cooperative Extension Service
Area 7 4-H Youth Development Educators from
Blackford, Delaware, Fayette, Franklin, Henry, Jay,
Madison, Randolph, Rush, Union, & Wayne counties

Indiana Academic Standards

Indiana Academic Standards in this manual:

Kindergarten

K.5.1 — Draw pictures and write words for a specific reason.

K.4.2 — Compare and sort common objects by position, shape, size, roundness, and number of vertices.

K.1.2 — Begin to demonstrate that everybody can do science.

First Grade

1.2.4 — Follow one-step written instructions.

1.5 — Students learn how to measure length, as well as how to compare, order, and describe other kinds of measurement.

1.6.2 — Observe that and describe how certain things change in some ways and stay the same in others, such as in their color, size, and weight.

Second Grade

2.2.6 — Recognize cause-and-effect relationships in a text.

2.5.5 — Estimate and measure capacity using cups and pints.

2.1.6 — Use tools to investigate, observe, measure, design, and build things.

Joke Time!

Why did the lemon go to the doctor?

Because it wasn't peeling well.





Mini 4-H Parent's Page



Welcome to the Mini 4-H Program! Mini 4-H is designed for youth and allows them to explore a variety of project areas.

Your child received this project manual when enrolling in Mini 4-H. This manual will provide fun, age-appropriate learning activities throughout their year(s) in Mini 4-H and their interest in this project.

As a Mini 4-H parent, your job will be to guide and encourage your child through the activity. 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 they possibly can. The 4-H motto is "learn by doing" and is the best educational tool we can provide for youth.

Additionally, the Mini 4-H program is set up to allow your child to exhibit a project at the 4-H Fair. This project is based on information in this manual.

The 4-H Fair is an exciting time for 4-H members and families. It is a week that allows community youth to showcase their talents, interests, and enthusiasm for learning.

Mini 4-H is fun! Your child will certainly enjoy it. You can have fun, too, by guiding and helping as your child participates in the program. Encourage and praise your child as he/she has fun learning and sharing with you.

If you have any questions regarding Mini 4-H or other 4-H programs, please feel free to contact your local Extension Office.



Mini 4-Her's Page



Welcome to Mini 4-H! You are now a member of the 4-H family. You are a special person.

Mini 4-Hers have lots of fun! There are lots of activities for you to explore. You can try new things. You can share it with your friends and family.

Mom, Dad, or another adult can help you with your project. Bring your project to the 4-H Fair and lots of people will be able to see what you have done. You also get a ribbon made just for Mini 4-Hers.

Things to Know About 4-H

The 4-H Symbol: A four-leaf clover with an "H" in each leaf.

The 4-H Colors: Green and white

The 4-H Motto: To make the best, better.

The 4-H Pledge: 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.





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, clear 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



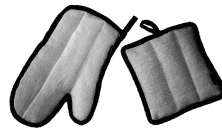
Wooden spoon



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 TBSP.
 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 in 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.



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

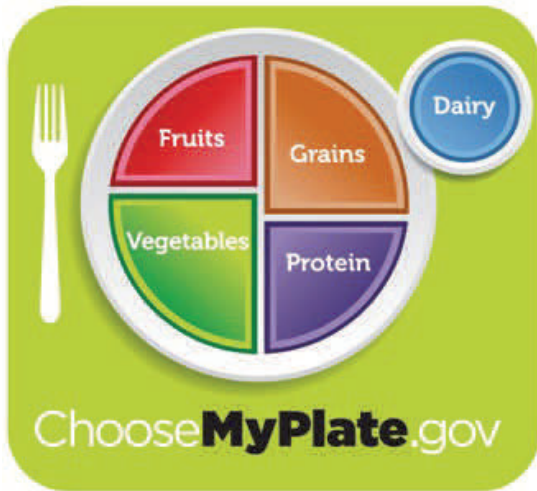


Joke Time!

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

"Stop goblin your food."

Activity 3 – MyPlate for Kids



What's on YOUR Plate?

Make choices that are right for YOU!

Before you eat, think about what and how much food goes on your plate or in your cup or bowl. Over the day, include food from all food groups: vegetables, fruits, whole grains, low-fat dairy products, and lean protein foods.



Make half your plate fruits and vegetables. "Eat the Rainbow" by having foods in a variety of colors every day.



Choose fat-free or low-fat milk and dairy foods.

Every day make at least half your grain choices whole grains.



Drink water instead of sugary drinks.



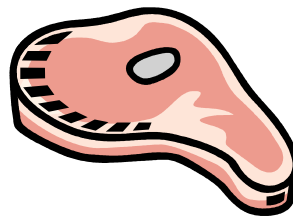
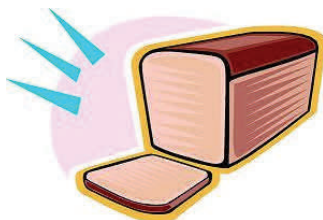
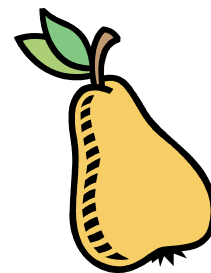
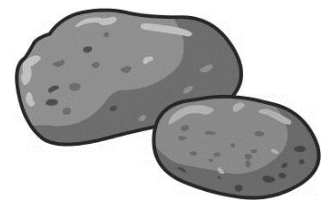
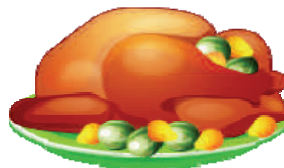
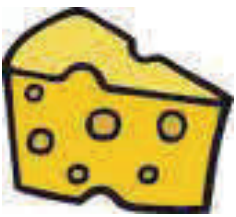
Cut back on foods that are high in solid fats, added sugars, and salt — things like cake, cookies, ice cream, candies, soft drinks, pizza, bacon, and hot dogs. These are "sometimes" treats, not everyday food.



Be physically active every day with things like running, walking the dog, biking or playing.

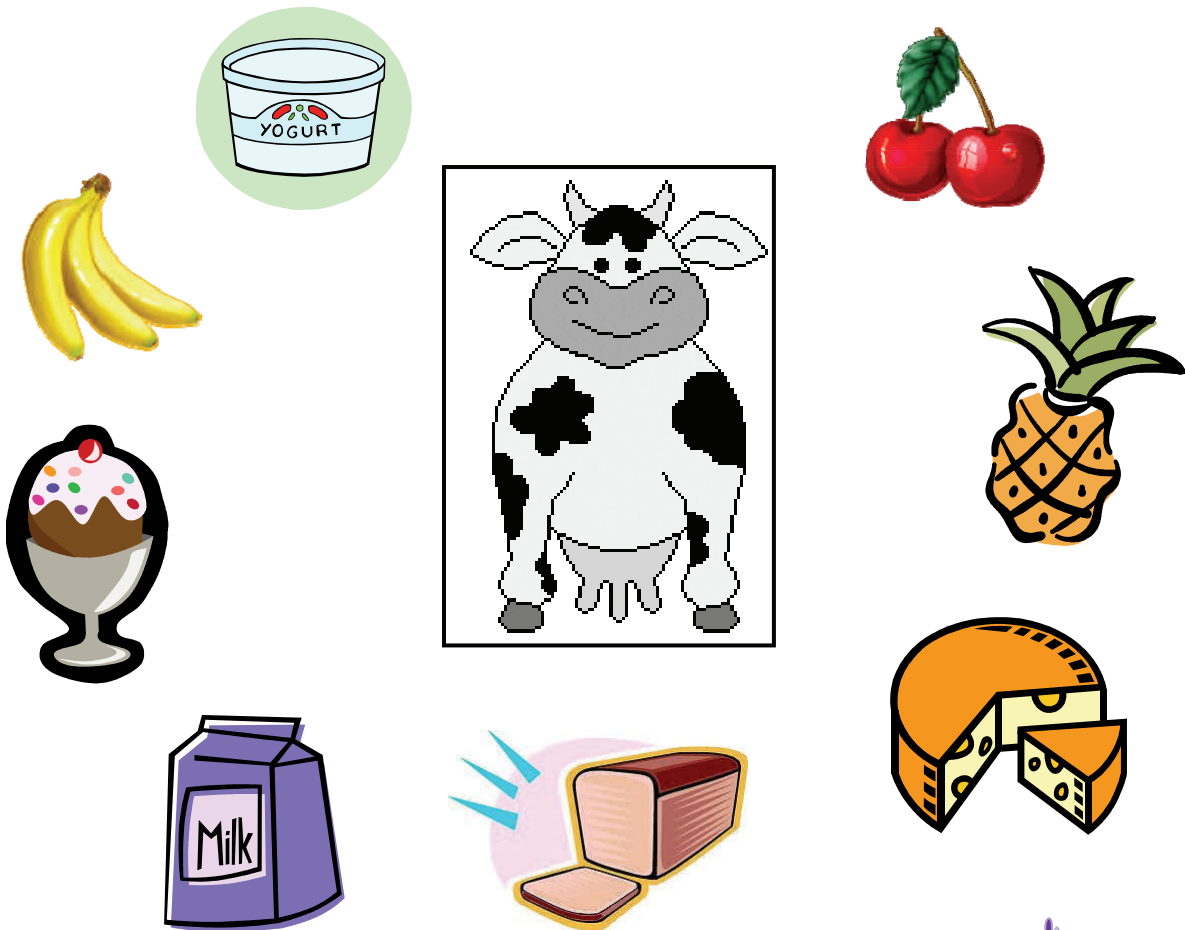
Activity 4 — Plant or Animal?

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).



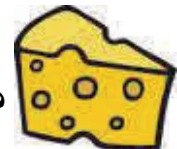
Activity 5 — Get Your Calcium

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 dairy group. Hint: There are four dairy group foods shown below. (Answers are on page 16).



Joke Time!

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

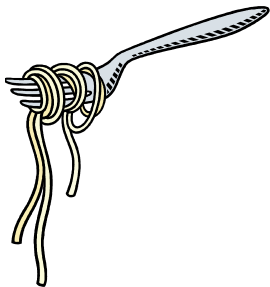


Activity 6 — Find the Grain

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



Joke Time!

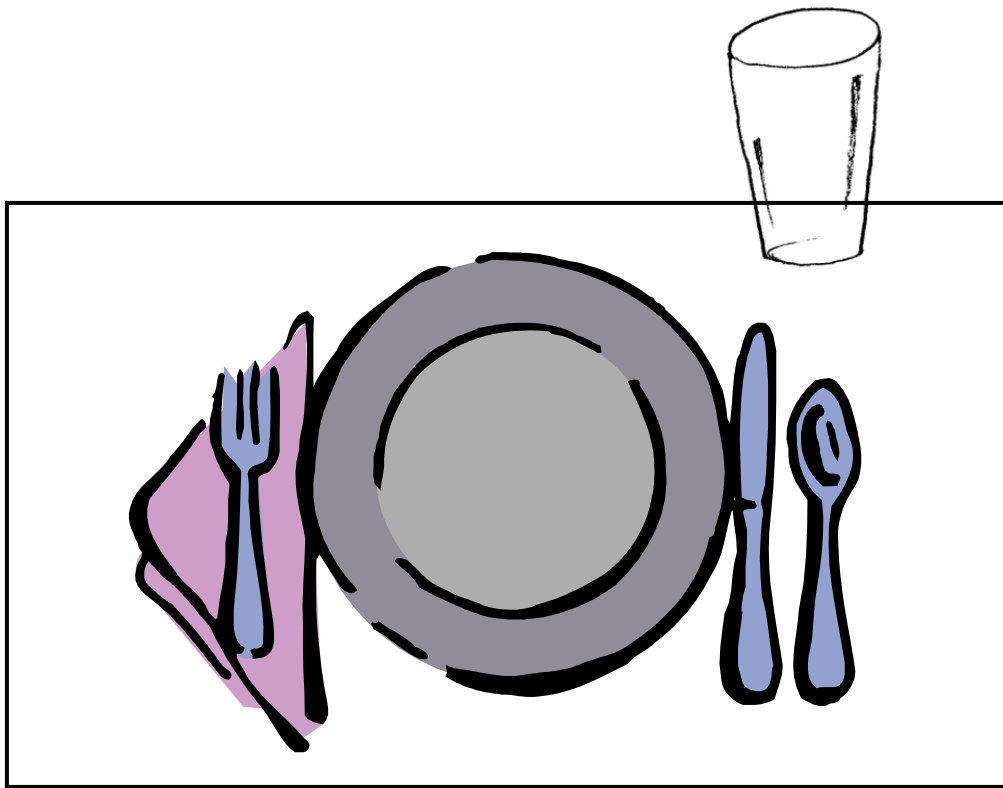
What is a
 pretzel's
 favorite dance?
 The Twist!

Grain Group Foods

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

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



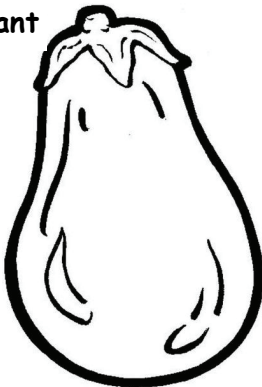
Red Pepper



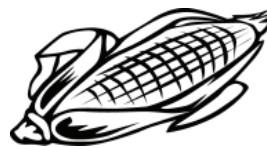
Pumpkin



Eggplant



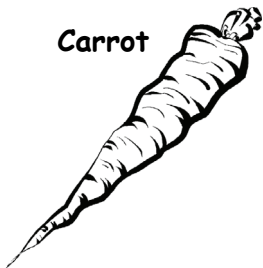
Corn



Peas



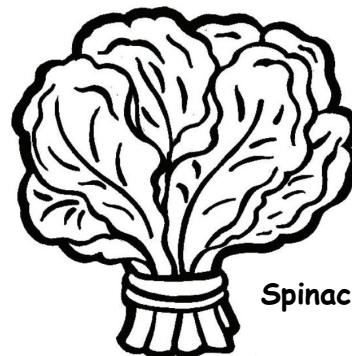
Carrot



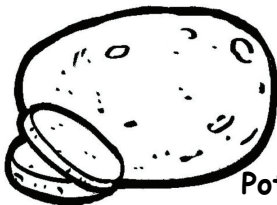
Black Beans



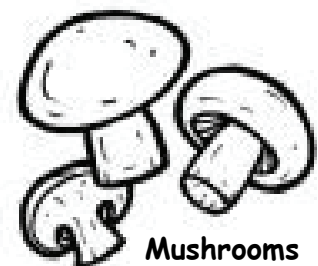
Spinach



Potato



Mushrooms

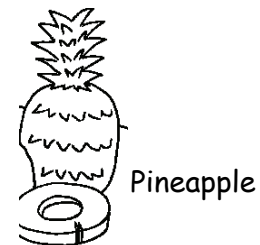


Activity 9 — Fun with Fruits

Grade Level(s) Recommended: K-2

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

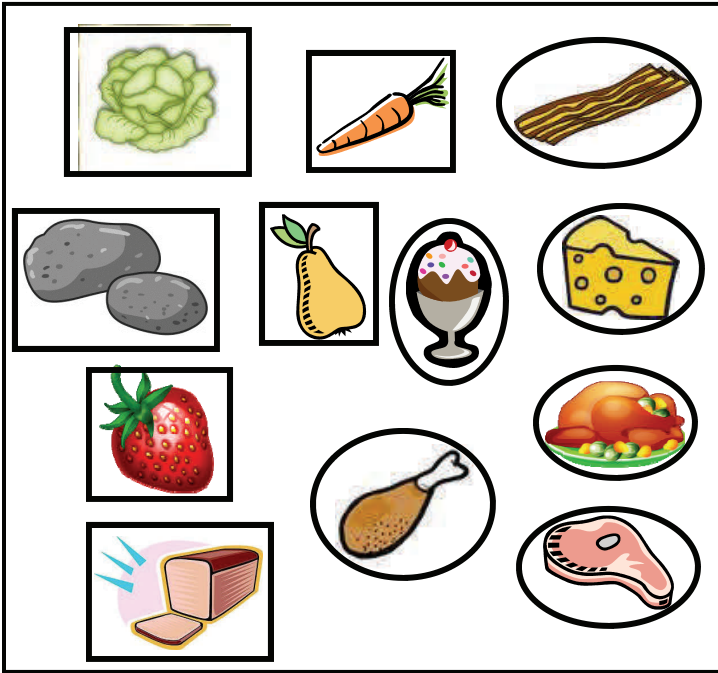
1. Yellow in color, sour flavor.
2. Red with a green top. Has little seeds on the outside.
3. Green outside and red inside.
Great to eat on the 4th of July!
4. Dark purple in color. Made from dried grapes.
5. Yellow in color. Long shape and comes in a bunch.
6. Can be red, yellow, or green. Sometimes 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.



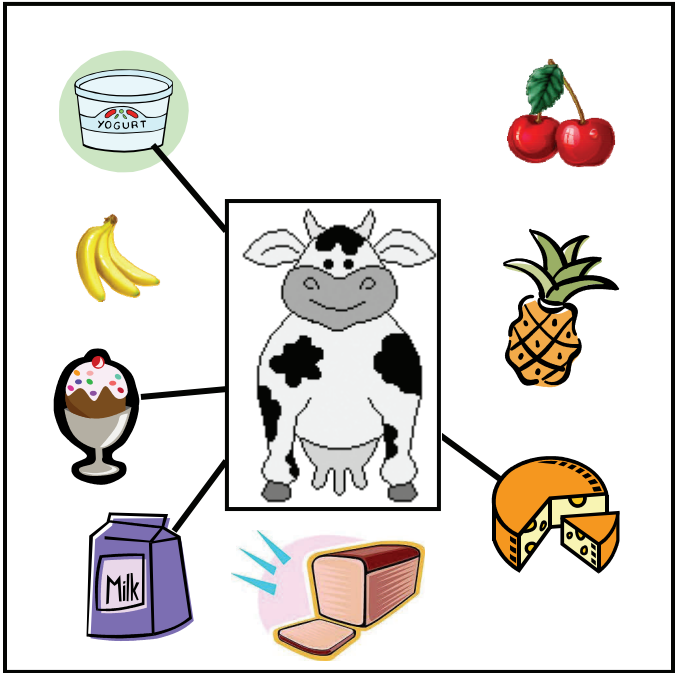
Answers are on page 16.

Answers to Activities 4, 5, 6, 9

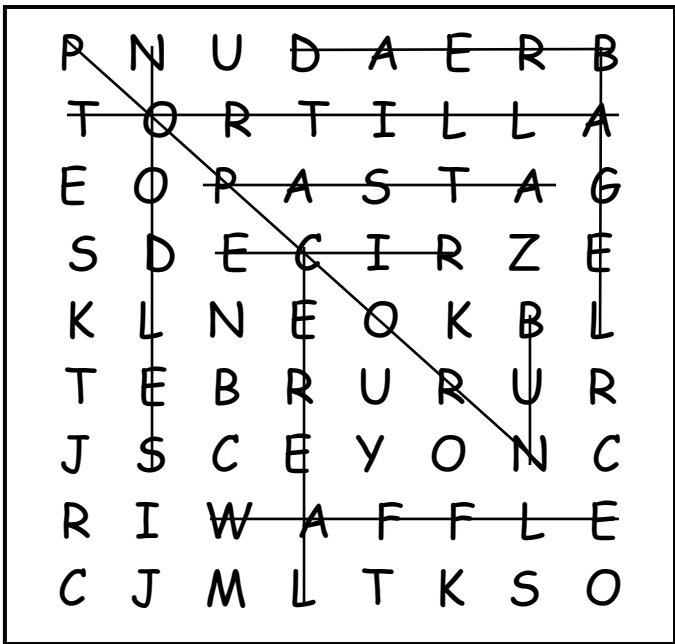
Activity 4



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

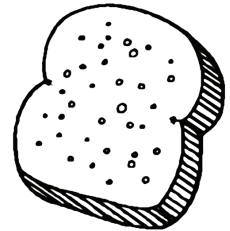
1 apple 1/2 c. peanut butter
10-20 small marshmallows

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



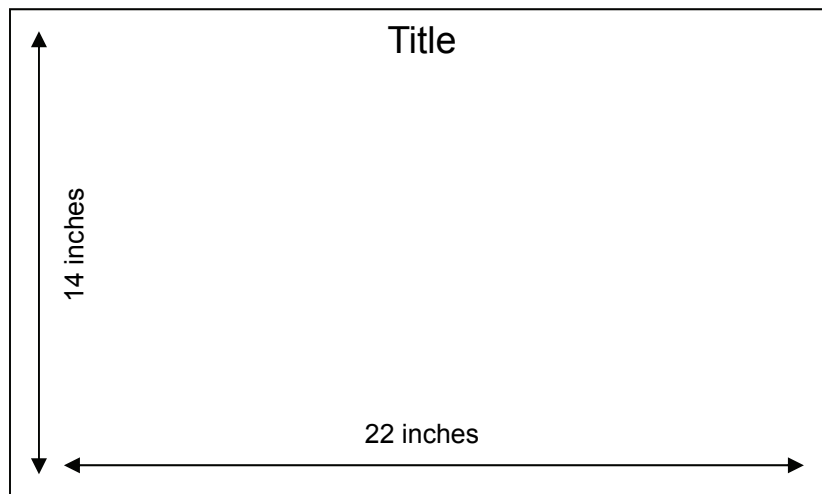
Listed below are projects you can exhibit at the 4-H Fair. Recipes for exhibits are all found in this handbook. Choose a different project each year and bring it to 4-H Fair judging. Check the fair book for the date and time the project is due.

If you have any questions about your projects, please call your 4-H Leader or the Extension Office.

Projects:

- Popcorn snack displayed in a small plastic sandwich bag
- Two no-bake cookies displayed in a small plastic sandwich bag
- A poster you made that shows at least three kitchen safety rules
- A poster you made that shows MyPlate
- Two marshmallow bars displayed in a small plastic sandwich bag
- A poster you made that shows how to properly measure ingredients
- Your 4-H Cooking Kit

Good Luck!



Sample poster

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Resources and References:

Exploring MyPyramid with Professor Popcorn, Purdue University
USDA - MyPlate.gov
Tricks for Treats, Purdue University
Youth Curriculum Sourcebook, University of Wisconsin

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Revised, January 2012

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