

Mini 4-H Food Project

Warren County



Name:

Club:

Mini Food Project Instructions

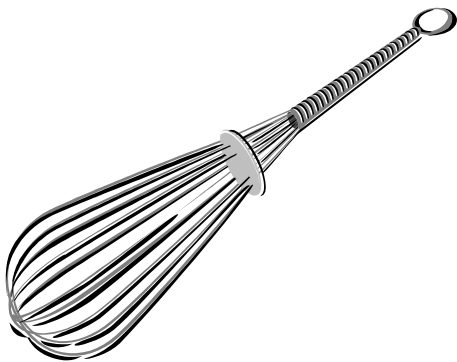
Adult Help May Be Needed for Projects and Activities

Project options: (Choose One)

- Trail Mix
- Rice Krispie Treats
- Granola

Complete TWO of the following activities:

- Test Your Vitamin C Knowledge
- Matching MyPlate
- Decoding the Message



Bring all of the following to the Mini 4-H
Check-In at the Fair:

1. Your Exhibit (with Exhibit Tag attached)
2. Your Completed Activities
3. Your Completed Record Sheet

ENJOY AS YOU LEARN MORE ABOUT FOOD!

If you would like to continue learning about this subject when you enter 4-H you may take the Foods Project.

Directions For Trail Mix Exhibit

Take your time.

Always have an adult help you when working in the kitchen.

Ingredients:

1 ½ cup dried fruit (any kind)

1 cup raisins

¾ cup Cheerios

¾ cup shredded coconut

¾ cup chocolate chips

1 cup granola

Items Needed:

Measuring cup

Large Bowl

A paper plate

A zip-lock baggie

Spoon



Directions:

1. Measure and mix all the ingredients in a large bowl.
2. Store in an airtight container.
3. Place one cup of the mix on a paper plate and slip it into an airtight zip-lock baggie.
4. Tape your Exhibit Tag (provided by the Extension Office) to your Exhibit.
5. Bring your Exhibit to the 4-H Fair during Mini 4-H Project Check In.

(Check Newsletters and 4-H Handbook for Dates and Times)

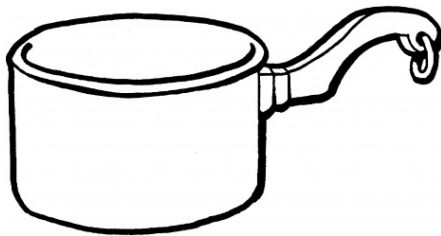
Directions For Rice Krispie Treats

Ingredients:

¼ cup regular margarine or butter

1 package (10 oz. or about 40) regular marshmallow or 4 cups miniature marshmallows

5 cups Rice Krispie Cereal



Items Needed:

Larger saucepan

Measuring cup

13x9x2 pan

Rubber spatula

Wooden spoon

Directions:

1. Melt margarine in large saucepan over low heat (be sure you have an adult help you).
2. Add marshmallows and stir until completely melted.
3. Cook 2 to 3 more minutes, stirring all the time.
4. Remove from heat.
5. Add Rice Krispie cereal and stir until well coated.
6. Using buttered spatula or wax paper, press mixture evenly into buttered, 13x9x2 inch pan.
7. Cut into squares when cool.
8. Place 3-4 treats on a paper plate and slip into an airtight zip-lock baggie.
9. Tape your Exhibit Tag (provided by the Extension Office) to your Exhibit.
10. Bring your Exhibit to the 4-H Fair during Mini 4-H Project Check In.

(Check 4-H Newsletters and your 4-H Handbook for Dates and Times)

Directions For Making Granola

Ingredients:

- | | |
|------------------------------------|------------------------------------|
| 3 cups rolled oats | ½ cup vegetable oil |
| 1 ½ cup dry milk | ½ cup honey |
| 1 cup favorite nuts, chopped | ½ cup brown sugar |
| 1 cup coconut, shredded (optional) | 1 cup sunflower seed
(optional) |
| 1 ½ cup wheat germ | |

Items Needed:

- Measuring cup
- Saucepan
- Large bowl
- Cookie sheet
- Airtight container
- Spoon



Directions:

1. Mix the first 5 ingredients in a large bowl.
2. In a saucepan, slowly heat the oil and honey with adult help.
3. Add the brown sugar.
4. Add this honey mixture to the first mixture and mix until well blended.
5. Spread mixture evenly onto a cookie sheet. (Do not pack).
6. Bake at 300 degrees for 15 to 20 minutes for a soft granola OR 25 to 30 minutes for a crunchier granola.
7. Stir every 5 minutes for smooth granola. If you like lumps, let the granola cook without stirring.
8. Place 1 cup of granola in an airtight container to bring to the 4-H Fair.
9. Attach your Exhibit Tag (Provided by the Extension Office) to your Exhibit.
10. Bring your Exhibit to the 4-H Fair during Mini 4-H Project Check In.

(Check 4-H Newsletters and your 4-H Handbook for Dates and Times)

Mini Food 4-H Activities

Select Two

1. Test Your Vitamin C Knowledge

Vitamin C is needed for healing wounds, healthy bones, and healthy teeth. The main source of Vitamin C comes from the Fruit and Vegetable groups. Citrus fruits like, oranges, are the best source of Vitamin C. Some vegetables such as broccoli, tomatoes, and cabbage provide Vitamin C. Complete the Inserted Activity Sheet by answering all the questions.

2. Matching MyPlate

On the Inserted Activity Sheet, you will match the food items to the correct section of the MyPlate. Color each one of the foods according to the colors listed below.

Red= Fruits

Blue= Dairy

Green= Vegetables

Purple= Protein

Orange= Grains

3. Decoding the Message

On the Inserted Activity Sheet, decode the message using the key. Each letter is represented by a food found in one of the food groups.

TEST YOUR VITAMIN C KNOWLEDGE

1. We need Vitamin C every day for: (Circle the right answers)



Healthy teeth



Brain food



Healing wounds



Overall health

2. Foods with lots of Vitamin C are: (Circle 4 foods)



Orange juice



Hot dog



Broccoli



Peppers



Cabbage



Cheese

3. Many foods in this group give me Vitamin C:
(Circle the food group)



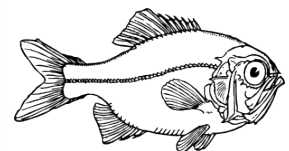
Fruit and Vegetable group



Grain group



Dairy group



Protein group

4. Draw a picture of your favorite Vitamin C rich food:

Decode the Message

Each picture goes with a letter. Use the pictures and their letters to decode the message below.



A

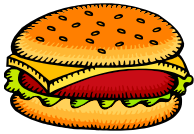
B

C

E

F

G



H

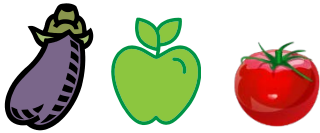
I

N

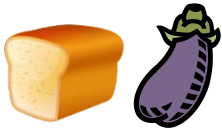
R

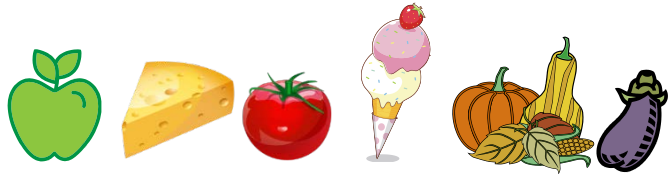
T

V













U

Match The Food To MyPlate

Color the foods to match the food group that it belongs in.

Key:

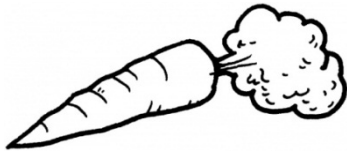
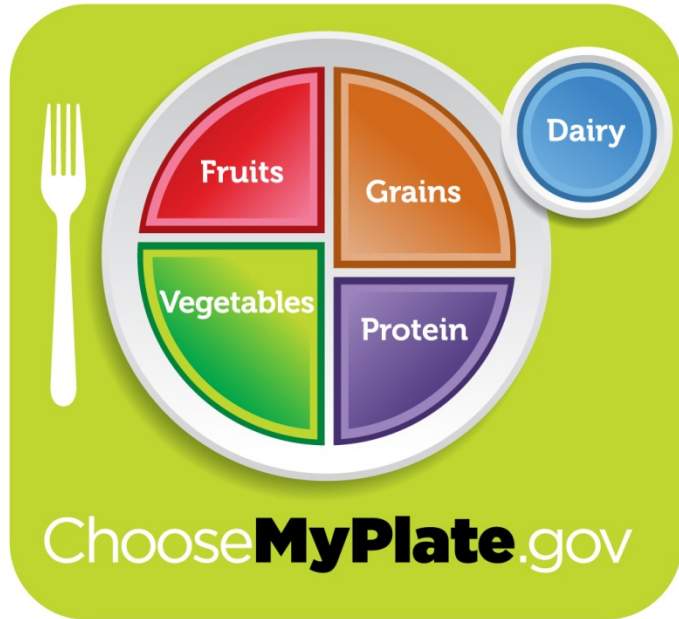
Fruits: Red

Dairy: Blue

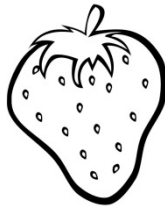
Vegetables: Green

Protein: Purple

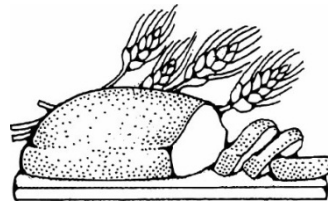
Grains: Orange



Carrot



Strawberry



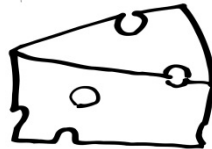
Whole Grain Bread



Chicken



Beans



Cheese



Corn



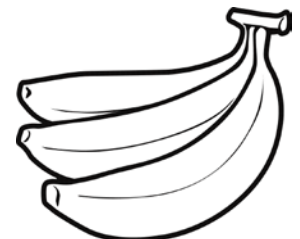
Milk



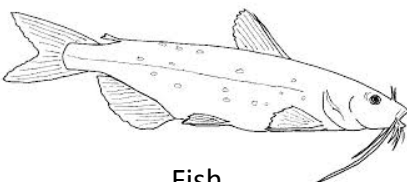
Broccoli



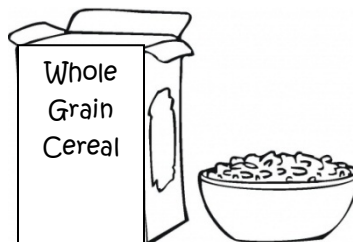
Yogurt



Banana



Fish



Whole Grain Cereal

Mini Foods Project Record Sheet

Name: _____

Club: _____ Grade: _____

School: _____ Township: _____

1. Which one of the three project choices did you choose?

2. How much did your project cost? _____

3. How many hours did it take to complete your project? _____

4. What did you learn while working on your project? _____

5. What did you learn from the activities? _____

6. Did you enjoy the Mini 4-H Program? _____

7. Do you have any suggestions for the Mini 4-H Program? _____

Acknowledgement of Completion: _____

Parent Signature