

1st Grade MINI 4-H FOODS



Hi! Welcome to Mini 4-H and the Mini 4-H Foods Project. You are going to have a great time this year as you learn about baking and nutrition.

Before you begin this project, please read the helpful information listed on the next two pages.

Good luck on your project and, most of all, have fun!

INSTRUCTIONS

Before you start working on this project, please read these instructions with an adult or 4-H member who will be helping you.

1. Read the Exhibit Requirements, Note to Parents, Helpful Hints, and Project Goals.
2. You should begin working on your project when you get this manual.
3. Be proud of your project if you have done the best you can do.

EXHIBIT REQUIREMENTS

Read this project book.

Your foods project will be to exhibit three muffins from a mix of your choice. Place muffins on a styrofoam plate and cover with plastic wrap.

NOTE TO PARENTS

4-H is proud to be considered a "family affair." While it is expected that the 4-H member will actively complete his or her own project, please offer encouragement and guidance to your child throughout the project. Keep in mind that your child's exhibit is to be an exhibit of his or her best effort. Most importantly, take time to enjoy 4-H with your child.

HELPFUL HINTS

Each 4-H family should view a current copy of the Washington County 4-H Handbook. This book contains information on 4-H activities, rules and projects. Whenever you have 4-H related questions, please consult this information book.

Monthly 4-H Newsletters will be made available to families. Please read these Newsletters. They will contain information on upcoming 4-H activities, rule or project updates, and 4-H fair information.

Mini 4-H members are encouraged to attend 4-H Club meetings. At these meetings, you will learn more about 4-H, make new friends, and have fun.

PROJECT GOALS

Given the information in this manual and the help of an adult or older 4-H member you will exhibit your muffins at the fair.

Measuring Dry & Liquid Ingredients

This year you will be making muffins from a mix. To be able to make your muffins, you need to know the basic skills involved with measuring both dry and liquid ingredients. First you need to have a good set of measuring cups and spoons. Metal or

glass measuring cups and spoons are better than plastic. The plastic ones may crack or bend out of shape. Your liquid measuring cup should also have space above where you will be measuring to. Most liquid measuring cups also have an edge that makes for easy pouring.

It is important for a beginner to learn what each of these abbreviations and their variations mean.

t or tsp or teasp = teaspoon

T or Tbsp or Tb = tablespoon

c = cup

O.K., let's practice on these skills.

Measuring Dry Ingredients

Before measuring, stir the flour. Do this gently. We do not want the flour packed down. Next spoon flour into a 1 cup measuring cup. Fill the cup completely and have a pile that goes over the top of your cup. Don't shake or tap the cup. Use the straight edge of a knife to level off the cup.

Measuring Sugar

Spoon sugar into a ½ cup dry measuring cup. Again, fill the cup completely and have a pile that goes over the top of your cup. Use the straight edge of a knife to level off the cup.

Measuring A Liquid

Use water for this part. Place the liquid measuring cup on a flat counter or table. Fill to the mark for the amount of liquid needed. Bend down so that your eyes are level with the liquid measuring cup. Check to make sure that the top of the liquid line is at the mark for the amount needed.

Other helpful hints:

Use measuring spoons to measure less than $\frac{1}{4}$ cup. Remove sticky liquids like molasses, corn syrup, and oil with a rubber spatula. Never measure over the mixing bowl or pan. Hold it over a small bowl.

How To Crack An Egg

Have you ever cracked an egg before? That's what we're going to learn to do in this activity. First though we need to know if your egg is fresh or not. Do this to test your egg, place it in a bowl of water. If the egg sinks, it's fresh. If the egg floats, it's old and might be rotten.

*Never crack an egg over your bowl that contains your other cooking ingredients. Use a separate bowl. That way if you have a bad egg or a piece of the shell gets loose, it won't affect your entire recipe. To crack the egg, tap it lightly on the side of the bowl. Use your thumbs to gently assist in the cracking process. If you accidentally get a piece of shell in your bowl, use a big piece of egg shell or a spoon to dip out the little piece.

What should you do with your cracked eggs? You can use the eggs to make a batch of your boxed muffins if the recipe calls for eggs or you can make scrambled eggs for your family. Here's a recipe for you to try.

Just for Fun:

STOVETOP SCRAMBLED EGGS

2 eggs

2 Tbsp. milk

1 tsp butter or oil

salt and pepper, to taste

Whisk together eggs, milk and seasonings. Heat skillet over medium-high heat. When pan is hot, add butter or oil. Pour in egg mixture and immediately reduce heat to medium-low. As mixture begins to set, gently move spatula across bottom and sides of skillet to form large, soft curds. Cook until eggs are thickened and no visible liquid egg remains, but they are still moist. Makes 1 serving.

Variations:

Scramble eggs with

*chopped green onions, tomatoes, peppers, ham or tuna and grated cheese.

*cooked vegetables such as mushrooms, broccoli, onions, tomatoes, asparagus or spinach.

Your Foods Exhibit

The extra care that you have taken to make your muffins will make your exhibit very nice. You will be so proud of your muffins when you see them on display at the 4-H Fair.

Making Muffins

Follow the directions on your box. When mixing your dry and liquid ingredients, first make a well with your dry ingredients. You do this by pushing them up the sides of the bowl. Then add your liquid ingredients to the well. Stir until all ingredients are moist. Don't over mix, your batter is supposed to be lumpy. Fill the muffins cup of your pan 2/3 full or according to your directions on the box. Do not use paper or foil liners. If you have any empty muffin cups, fill those with water to make sure your pan will be heating evenly. After you have baked your muffins, remove them from the pan as soon as they come out of the oven. Cool the muffins on a wire rack. Make sure you have rinsed and dried the pan before you use it again.

Selecting Muffins

When you select the muffins you are going to bring to the fair, be sure the muffins are not overdone or underdone, but uniform in size and shape. They should be moist and tender, but not soggy nor too dry.

Displaying Muffins

You will need to choose your best four muffins. The top three muffins will be placed on a styrofoam plate and covered with plastic wrap. The other one is your extra muffin in case you need a back up when you arrive at the fair. Once your muffins have been entered, you may eat the extra one for a job well done!

Check List for Exhibiting Muffins

The judges will consider these things when they look at your exhibit. Can you answer "yes" to each question?

Yes No

1. Are my muffins the same size and shape?

_____ _____

2. Are my muffins moist and tender, but not soggy or dry?

_____ _____

3. Are my muffins evenly browned?

_____ _____

It is important that you get your foods project to the 4-H Exhibit Building at the fairgrounds on time.

Check your 4-H Newsletter or ask your 4-H Club Leader when your foods exhibit needs to be checked-in at the fair. Write that information here and on your family calendar.



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