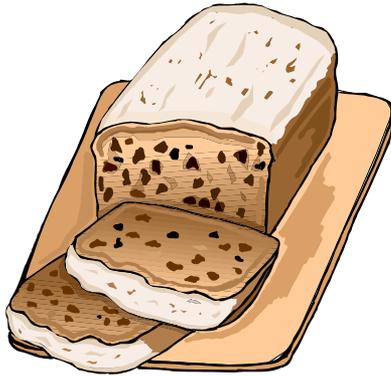


2nd Grade

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

1. Read this project book.
2. Your foods project will be to exhibit 1 loaf of quick bread from a mix of your choice. Place the bread on a styrofoam plate or cardboard covered with foil and cover the bread 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 mailed 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 each year you are in Mini Foods.



Abbreviations

Have you ever looked at a recipe and wondered what all those abbreviations stood for? Look at the recipe below, it has c., T., t. and qts. Find another recipe. Are the abbreviations on that recipe the same or different from the ones in this recipe?

Ingredients:

- 1 c. dry roasted peanuts
- ¼ c. honey
- 3T. reduced calorie margarine
- 1t. finely shredded orange peel
- ¼ t. cinnamon
- 2 qts. air-popped popcorn

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



Teaspoons come in sizes of 1 teaspoon, ½ teaspoon, ¼ teaspoon and sometimes even 1/8 teaspoon. Tablespoons only come in one size and that is 1 tablespoon. When you purchase this type of measuring equipment you will find that the teaspoons and tablespoon are packaged together and called measuring spoons. Dry ingredient measuring cups come in a set of 1 cup, ½ cup, 1/3 cup and ¼ cup. Some sets

also contain $\frac{3}{4}$ cup, $\frac{2}{3}$ cup, and $\frac{1}{8}$ cup. Measure liquid ingredients in a glass cup that has extra room at the top. Often these glass cups are found in a two cup size. They will have information for measuring by the cup or ounces.

Some other abbreviations that are used in recipes are lb. for pound, oz. for ounce, qt. for quart, pkg. for package, pt. for pint and gal. for gallon.

How to Measure Brown Sugar, Shortening, Etc.

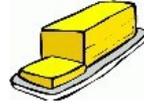
Next year in your first year of regular 4-H, you will need some advanced skills involved with measuring ingredients. Last year we learned how to measure liquid and dry ingredients, this year we are going to learn how to measure some ingredients that are a little more difficult than last year. Let's try these out.

Brown Sugar

Break up any lumps. Spoon brown sugar into a $\frac{3}{4}$ dry measuring cup. Pack it down firmly with the back of the spoon. Level off the cup with a knife or metal spatula. When the brown sugar comes out of the measuring cup, it should keep the same shape as the cup. This is one way that you can tell that the brown sugar was packed tightly enough in the cup.

Shortening

Pack the shortening firmly into a dry measuring cup. It is helpful to use a rubber spatula for this process. Level off the shortening just like you do all dry ingredients. To remove the shortening, use your rubber spatula.



Margarine or Butter Sticks

To measure the correct amount, follow the measurement marks on the wrapper. Use a knife to cut the amount you need based upon the guide.

Making A Quick Bread

Follow the directions on your box. Quick breads usually have a crack, preferably in the center. Carefully placing the bread in the center of the oven might help your crack to form uniformly. To check to see if your bread is done, do this in the crack. You may insert a toothpick or a cake tester in the center of your bread, if it comes out clean (nothing moist sticking to the toothpick or cake tester) your bread is done. If it doesn't, you'll need to let the bread bake a little longer and check again. This area will be soggy if your bread is underbaked.

Selecting A Quick Break

When you select the quick bread you are going to bring to the fair, be sure the bread is not overdone or underdone. It should be moist and tender, but not soggy nor too dry.

Displaying Your Quick Bread

You will need to choose your best quick bread. Place the bread on a styrofoam plate or cardboard. The cardboard should be the size of your baking pan plus one inch and covered with foil. Then cover the bread with plastic wrap.

Your Foods Exhibit

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

Check List for Exhibiting A Quick Bread

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

- | | Yes | No |
|--|-----|-----|
| 1. Is the crack in my bread centered? | ___ | ___ |
| 2. Is my quick bread moist and tender, but not soggy or dry? | ___ | ___ |
| 3. Is my quick bread 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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