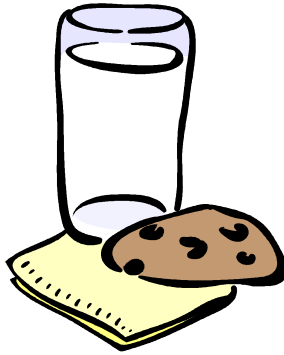


Kindergarten MINI 4-H FOODS



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 exhibit will be to exhibit 6 slice and bake cookies at the fair.

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 cookies at the fair.



MyPlate

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



- Make half your plate fruits and vegetables.
- Make at least half your grains whole.
- Switch to skim or 1% milk.
- Vary your protein food choices.
- 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, not every day choices.

Also be physically active. Pick activities you like and do each for at least 10 minutes at a time. Every bit adds up and health benefits increase as you spend more time being active.

For more nutrition information and ideas, visit ChooseMyPlate.gov.

Reading a Recipe

As a beginner to cooking, there are several very important things that you will need to know so that your recipe turns out perfect. One of the first things you need to learn is how to read a recipe. A recipe is made up of two parts. The ingredients and the instructions. Before you begin to make any recipe, read the recipe all the way through to the end. Then make sure that you have all the ingredients you need. If you will be using the oven, don't forget to turn it on and preheat it. Next get out all the equipment and ingredients you will be using. Put all the ingredients and equipment on one side of the counter or table where you will be working on your recipe. As you use your ingredients and equipment place the used equipment on the other side. This makes for an organized and neat cooking time. Now you're ready to start the instruction part of the recipe. Take one line at a time. Do each step in order by the way it's listed in the recipe.

Just for Fun: Now you can try it out with the following recipe or with any recipe you and your family enjoy.

The following recipe lists the ingredients and then gives you instructions on how to make the recipe. First read the recipe through with your helper. Make sure your counter top or table is clean and give your hands a very good washing. Next assemble your ingredients (raisins, dried fruit, dry roasted peanuts,

popcorn .) Next assemble your equipment (measuring cups, big spoon and big bowl). Now you're ready to start the recipe instructions. Read and follow the recipe one line at a time. Have your helper assist you with the measuring of the ingredients. You will learn about measuring ingredients next year.

TRAIL MIX

Ingredients:

- 1 cup raisins
- $\frac{3}{4}$ cup dried fruit
- 1 cup dry roasted peanuts
- 2 quarts popcorn

Instructions:

Place popcorn in a big bowl. Add raisins, dried fruit and dry roasted peanuts. Stir with large spoon until raisins, fruit and peanuts are evenly distributed in the popcorn.

Your Foods Exhibit

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

Making Cookies

Select your favorite kind of "slice and bake" cookies from the refrigerator section of the grocery. Before making cookies read the instructions thor-

oughly. Make sure your cookie dough is well chilled and that you slice the cookies into uniform sizes. When you are making your cookies, space the unbaked cookie carefully so that it doesn't run together with your other cookies. If you use the shiny cookie sheets, your cookies will be more evenly browned. Cool the cookie sheets before adding new cookie dough so that your cookies don't spread out before you start to bake them. When the cookies come out of the oven, cool them on brown paper, waxed paper or paper toweling.

Selecting Cookies for Exhibit

When you select the cookies you are going to bring to the fair, be sure the cookies are not overdone or underdone, but uniform in size and shape. They should be moist, but not soggy nor too dry. They should also be crisp, chewy, or soft according to what kind of cookie you are making.

Displaying Cookies

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



Check List for Exhibiting Cookies

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

Yes No

1. Are my cookies the same size and shape?

2. Are my cookies moist but not soggy or dry?

3. Are my cookies 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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