



# Mini 4-H FOODS



A replacement manual will  
cost \$1.00.

**An Introduction to 4-H  
For Youth in Grades K - 2**

**Resources:**

Exploring My Plate with Professor Popcorn-Purdue University  
<http://www.choosemyplate.gov/>



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**Elkhart County Mini 4-H Foods Manual  
Revised November 2018**



# 4-H Facts



**The 4-H Symbol: A four leaf clover with an “H” in each leaf.**

**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  
My Health to better living  
For my Club,  
My Community,  
My Country,  
and my World.**



# Mini 4-H



**Welcome** to *Mini 4-H*! You are now a member of the Elkhart County 4-H family! We hope that you will have lots of fun learning new things in your 4-H career.

*Mini 4-H* is designed for youth in Kindergarten through Second grade. It will give you a taste of the 4-H program as well as help you to explore a variety of project areas.

*Mini 4-H*'ers may enroll in one project each year. This manual contains fun, age appropriate activities to complete throughout the 4-H year. These activities will help you to learn about the project you have chosen. Additionally, the manual contains all instructions for the exhibit you will be preparing for the Elkhart County 4-H Fair in July.

There is no competition in the *Mini 4-H* program. Each child who completes a project for the Fair will receive the same blue completion ribbon, certificate and 4-H pin. Judges comment sheets are provided only as a way to help you do your very best on future projects.

*Mini 4-H* does not have regular monthly meetings. Try to attend the special activities planned especially for YOU! These will give you a chance to meet the project leaders, have some hands-on fun, and ask questions about your important Fair display. *Mini 4-H* is FUN! You will enjoy it.

Once you enter the Third grade you can join a regular 4-H club that meets monthly. You must enroll each year of your 4-H career.

If you have questions about the *Mini 4-H* program, please call the Purdue Cooperative Extension Office at 574-533-0554. We will be happy to answer your questions.

**As a Mini 4-H parent, please help guide and encourage your child through the activities. Work with them to help them to “learn by doing.” Activities are designed to help your child learn about the project they have chosen. It is not required that they complete all the activities. Choose those that interest you and your child.**



## Why Learn About Foods?

You will learn some fun and important good facts in this manual. Everyone needs food to live because food gives us two very important things:

- 1- Energy to move and do things.
- 2- The nutrients you need to grow and be healthy.

### *Cooking is FUN!*

When you are old enough to join traditional 4-H (starting in the third grade), be aware that foods projects have special skills for each grade. Be sure to read the requirements for your grade so that you prepare your project exhibit correctly.

## Activity 1 - MEASURING

### Materials needed for this activity:

dry measuring cups	brown sugar	granulated sugar
liquid measuring cups	shortening	baking powder
measuring spoons	flour	water
sifter		

### What you will do:

- 1- Read the section of this manual on How to measure.
- 2- Practice by measuring the following using the correct measuring tool.

### Ingredient

1 cup flour  
½ cup brown sugar  
¼ cup brown sugar  
¼ cup granulated sugar  
1 teaspoon baking powder  
1 tablespoon baking powder  
1 cup water

### Measuring tool

1 cup dry measuring cup  
½ cup dry measuring cup  
¼ cup dry measuring cup  
¼ cup dry measuring cup  
1 teaspoon measuring spoon  
1 tablespoon measuring spoon  
1 cup liquid measuring cup





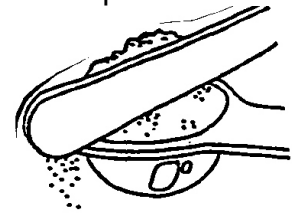
## How to Measure

*It is very important to measure all your recipe ingredients correctly. Not measuring correctly may cause problems with your recipe.*

- 1- Measure liquid in a glass or plastic measuring cup. Set the cup on a table or counter so that it will be level when you are measuring. Bend down so your eyes are even with the mark that the recipe calls for. Fill the cup to that mark.
- 2- Measure dry ingredients in cups that come in sets of different sizes. Measure flour, sugar, cheese, raisins or similar items in these cups.

Choose the cup or spoon for the amount the recipe asks for. Fill the cup or spoon until heaping full. Level off with the straight edge of a knife so the top is flat.

Flour and powdered sugar should be sifted before measuring. Brown sugar and shortening should be packed tightly before leveling off.



- 3- Small amounts of dry or liquid ingredients are measured in measuring spoons. Heap dry ingredients (like you do when using a dry measuring cup) and level off with a knife. Fill liquid ingredients to the top edge of the spoon.

These are common abbreviations for measuring terms used in recipes.

Cup= c.

Tablespoon - T. or tbsl.

Teaspoon = t. or tsp.

### What did you learn?

What ingredient was the hardest to measure? \_\_\_\_\_

Why? \_\_\_\_\_

Why is it important to use the correct size measuring tool? \_\_\_\_\_

\_\_\_\_\_

How many items did you measure? \_\_\_\_\_



## Activity 2 - SAFETY

**Materials needed for this activity:** none

**What you will do:** Read and follow the safety guidelines.



### **Kitchen Safety Guidelines**

*Make sure you have an adult's permission and help in the kitchen.*

- 1- Tie back long hair.
- 2- Wash your hands with hot water and soap. Wash as long as it takes to sing Happy Birthday or the ABC song. Wash well, getting between fingers and around fingernails.
- 3- Clean the food preparation area, countertops or tables.
- 4- Be sure all your utensils, bowls, measuring tools, spoons, etc. are clean.
- 5- Keep pets out of the kitchen.
- 6- Read and follow the recipe carefully.
- 7- Get out all the ingredients and utensils you will need before starting to cook.
- 8- Be sure all your ingredients are fresh and have been stored safely. Refrigerated items should not be left out on the counter until you are ready to use them.
- 9- Measure carefully, using the correct tools.
- 10- Turn pan handles away from the front of the stove so they can't be accidentally knocked off.
- 11- Wash dishes in hot, soapy water. Rinse in clear, hot water.
- 12- When you are finished, turn off the stove or oven, clean up and put away food and utensils.



### What did you learn?

Why is it important to get everything out before you start to cook? \_\_\_\_\_

\_\_\_\_\_

Why is it important to turn pan handles away from the front of the stove?

\_\_\_\_\_

\_\_\_\_\_



## Activity 3 - MY PLATE FOR KIDS

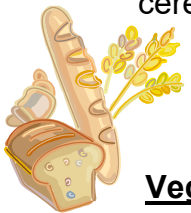
*New USDA dietary requirements*

Your food and physical activity choices each day affect your health-how you feel today, tomorrow and in the future. The colorful My Plate for Kids graphic was designed for children 6-11 years old. The plate shows you how to fill your plate to eat the right amount from each food group. 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, and not every day foods. Limit the empty calories you eat. My Plate materials includes the tag line

Healthy Food + Physical Activity = A Healthy Person (Me).

This reminds us to make healthy food choices and to be physically active. If you want to learn more about healthy food choices and My Plate, visit the website [www.choosemyplate.gov](http://www.choosemyplate.gov). There are lots of fun games and activities designed for children to learn about healthy food choices.

**Grains:** Any food made from wheat, rice, oats, cornmeal, barley or another cereal grain is a grain product. Grains are divided into 2 subgroups, **whole grains** and **refined grains**. Half the grains you eat should be whole grains. You need 5-6 ounces daily. One ounce is one slice of bread, 1 cup of dry cereal. ½ cup of cooked cereal, rice or pasta.



**Vegetables:** Color your plate with all kinds of vegetables. You need 2 ½ cups every day. Choose from dark green, orange, starchy, dry beans and peas or other vegetables. Half a cup of vegetables is equal to one half cup cooked, one cup raw or on half cup juice. Half your plate should be fruits and vegetables.

**Fruits:** Make most choices fruit, not juice. You need 1 ½ cups every day. Half your plate should be fruits and vegetables. Half a cup of fruit is equal to one half cup canned, a fist size fruit, half a large fruit, one quarter cup grapes or raisins, or one half cup of juice.





**Dairy:** Choose fat free or low fat dairy foods most often. You need 3 cups every day. One cup is equal to one cup of milk or yogurt or 1 ½ ounces of cheese.

**Protein:** Choose lean meat, chicken or turkey. Vary your choices-more fish, beans, nuts and seeds. You need 5 ounces every day. One ounce is equal to one ounce of meat, one egg, one tablespoon of peanut butter, and ½ ounce of nuts or ¼ cup of dried beans.

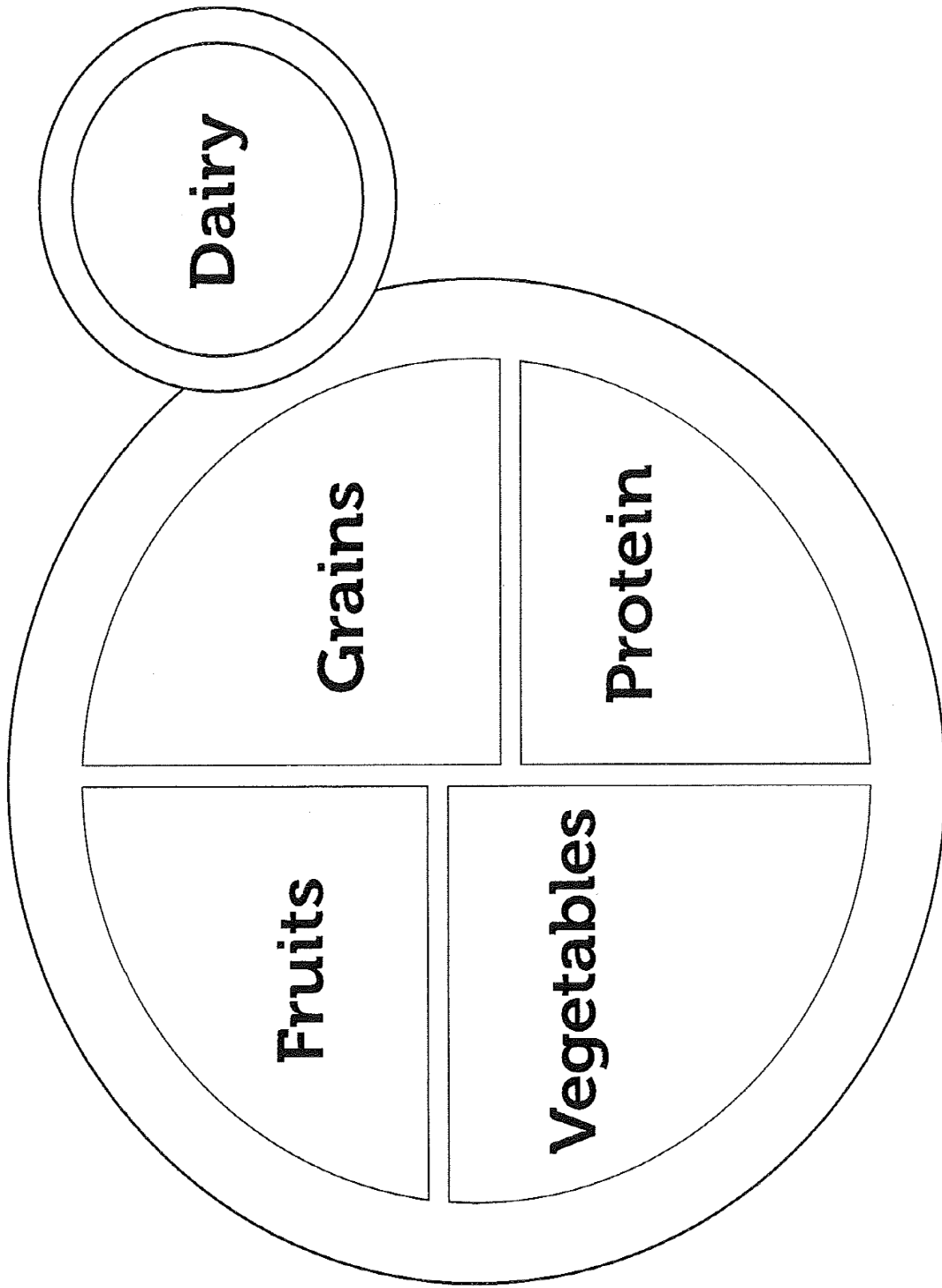
**Materials needed for this activity:**

My Plate Picture      Scissors      Crayons or markers      Old magazines

**What you will do:**

- 1- Pictured below is My Plate for Kids. Use as a daily guide for eating and healthy living.
- 2- Color the blank plate on the next page.
- 3- Cut out pictures of food from old magazines to fill your plate with healthy foods. Be sure to ask permission before cutting out pictures.
- 4- Draw pictures of food, or glue the cut out pictures on the plate in the correct food group for a healthy meal.





**ChooseMyPlate.gov**

**What did you learn?** Name your favorite food from each group.

Grain Group? \_\_\_\_\_

Vegetable Group? \_\_\_\_\_

Fruit Group? \_\_\_\_\_

Dairy Group? \_\_\_\_\_

Protein Group? \_\_\_\_\_



## Activity 4 - PHYSICAL ACTIVITY

Build more physical activity into your daily routine. You need at least 60 minutes of vigorous or moderate activity every day. Anything you do to move your body is physical activity. These can be things that you plan to do for exercise, like playing a sport, taking a class or just walking to your friend's house to play.



### **Materials needed for this activity:**

Sports equipment

Proper shoes or clothing

### **What you will do:**

- 1- Think about the things you like to do to be active. Play baseball, soccer, walk in the woods.
- 2- Plan to be active at least an hour (60 minutes) every day.
- 3- Record your exercise time for one week to see how you are doing.

**How were you active today?**

Sunday \_\_\_\_\_ Time: \_\_\_\_\_

Monday \_\_\_\_\_ Time: \_\_\_\_\_

Tuesday \_\_\_\_\_ Time: \_\_\_\_\_

Wednesday \_\_\_\_\_ Time: \_\_\_\_\_

Thursday \_\_\_\_\_ Time: \_\_\_\_\_

Friday \_\_\_\_\_ Time: \_\_\_\_\_

Saturday \_\_\_\_\_ Time: \_\_\_\_\_

Total Exercise time for the week: \_\_\_\_\_

**What did you learn?**

What types of exercise do you do regularly? \_\_\_\_\_

What is your favorite way to exercise? \_\_\_\_\_

Do you need to improve your exercise habits? \_\_\_\_\_

How will you improve? \_\_\_\_\_



**Activity 5 - HOW DID YOU EAT YESTERDAY?**

For you to be healthy and grow strong, you need to eat a variety of foods and follow My Plate for Kids guidelines. Think about what you ate yesterday and see how you are doing. You will see where you need to improve your eating habits.

**Materials needed for this activity:**

Pencil

Activity Sheet

**What you will do:**

- 1- Use this activity sheet to learn about the healthy foods you need.
- 2- Think about what you ate yesterday to see how you are doing.
- 3- Make changes for a healthier diet if you need more or less from some food groups.
- 4- You may want to do this activity more than once.



**My Plate Activity Sheet**

*Check how you did yesterday and set a goal for tomorrow.*

**What did you eat yesterday?**

Breakfast:

<hr/>	<hr/>
<hr/>	<hr/>

Lunch:

<hr/>	<hr/>
<hr/>	<hr/>

Snack:

<hr/>	<hr/>
<hr/>	<hr/>
<hr/>	<hr/>

Dinner:

<hr/>	<hr/>
<hr/>	<hr/>

**Estimate your totals:**

**Grains:** Make at least half your grains whole. You need 5-6 ounces every day. One ounce is about one slice of bread, 1 cup of dry cereal, ½ cup of cooked cereal, rice or pasta.

I ate \_\_\_\_\_ ounces

**Vegetables:** Color your plate with all kinds of veggies. You need 2 ½ cups every day. Choose from dark green, orange, starchy, dry beans and peas or other vegetables.

I ate \_\_\_\_\_ cups



**Fruits:** Make most choices fruit, not juice. You need 1 ½ cups every day.

I ate \_\_\_\_\_ cups

**Dairy:** Choose fat free or low fat most often. You need 3 cups every day. One cup is equal to one cup of yogurt, one cup of milk or 1 ½ ounces of cheese.

I drank \_\_\_\_\_ cups

**Protein:** Choose lean meat and chicken or turkey. Vary your choices-more fish, beans, peas, nuts and seeds. You need 5 ounces every day. One ounce is equivalent to one ounce of meat, one egg, one tablespoon of peanut butter, and ½ ounce of nuts or ¼ cup of dried beans.

I ate \_\_\_\_\_ ounces

**How did you do yesterday?**

\_\_\_ Great    \_\_\_ Good    \_\_\_ I'll do better tomorrow



**What did you learn?**

What food group do you need improve by eating more often? \_\_\_\_\_

What food could you add to make this change? \_\_\_\_\_

What food group did you eat the most? \_\_\_\_\_



## Activity 6 - FRUITS & VEGETABLES

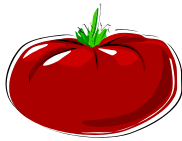
Materials needed for this activity: Pencil

### What you will do:

- 1- Can you tell what pictures are fruits or vegetables?
- 2- Look at your pictures. Use the pencil to circle the foods that don't belong in each row.

### ODD FOOD OUT

Circle the foods that are not fruits or vegetables in each row.



Tomato



Bread



Banana

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Turkey



Green Beans

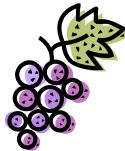


Apple

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Milk



Grapes



Carrot

---



Peas



Watermelon



Pork Chop

---



Orange



Ice Cream



Broccoli



Cheese



Lettuce Salad



Strawberry



Eggplant



Yogurt



Kiwi

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**Answers:** You should have circled the bread, turkey, milk, pork chop, ice cream, cheese and yogurt.

**What did you learn?**

How many answers did you get right? \_\_\_\_\_

What other fruits and vegetables can you think of that were not in the pictures?

\_\_\_\_\_

What is your favorite fruit or vegetable? \_\_\_\_\_



## Activity 7 - SNACK TIME

When we think about having a snack, we often choose foods that are high in fat, sugar or salt. These foods are not healthy choices.

Choose healthy snacks most of the time and save those high sugar foods for a special treat sometimes. Choose healthy snacks when you are taking a treat to school or your friend's house too.

Healthy snacks are **anytime snacks**. Snacks that are high in fat, sugar and salt are **sometime snacks**.





**Materials you will need for this activity:** none

**What you will do:**

Check in your kitchen to choose some healthy snacks that are low in fat, sugar and salt. Have an adult help you choose some healthy snacks.

**Anytime Snacks:** Fresh, canned, dried or frozen fruits, fresh vegetables, cheese, crackers, peanut butter, nuts, raisins, popcorn or yogurt.

**Sometime snacks:** Cookies, cakes, candy, soft drinks, potato chips, corn chips.

**What did you learn?**

What healthy snack choices did you find in your kitchen?

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Did you try any healthy snacks? \_\_\_\_\_

What did you try? \_\_\_\_\_

What is your favorite snack? \_\_\_\_\_



## Activity 8 - SET THE TABLE

You may want to help your parents by setting the table.

**Materials you will need for this activity:**

fork	spoon	knife	plate
glass	napkin	bowl	small plate (bread or dessert)

**What you will do:**

1. Wash your hands.
2. Gather one of each of the items you will need for the meal for each person at the table.

3. Set the table according to these rules:
  - Knife and spoon to the *right* of the plate.
  - Fork and napkin to the *left* of the plate.
  - When seated your napkin should be placed on your lap before you start to eat.
  - Glass needs to be *upper right* of plate or off the tip of the knife.
4. You may want to help clean up the table and wash the dishes or place them in the dishwasher after the meal. Unused dishes may be returned to the cupboard.



**What did you learn?**

Did you remember to ask what utensils you needed before setting the table?

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What utensils do you use most of the time? \_\_\_\_\_

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Why did you need to do this? \_\_\_\_\_

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## Activity 9 – COOKING TERMS

There are many words used in recipes that you need to know so you can follow the recipe. If you don't follow the recipe, your food may not taste the way you like.

### Materials you will need for this activity:

Pencil      Activity Sheet

### What you will do:

1. Read the cooking words below.
2. Find all the cooking terms in the word search.



<b>Beat</b>	Mix fast with a beater or spoon.
<b>Blend</b>	Mix so that you cannot tell one ingredient from another.
<b>Boil</b>	Cook so that the liquid bubbles.
<b>Chop</b>	Cut into small pieces with a knife or scissors.
<b>Equipment</b>	The tools you need to make a recipe.
<b>Ingredients</b>	Food items in a recipe.
<b>Mix</b>	Stir ingredients together.
<b>Recipe</b>	The directions for making a food item.
<b>Stir</b>	Mix in a circular motion.

B	E	A	T	L	S	E	P	I	C	E	R
O	I	E	D	L	I	F	E	N	H	J	K
I	H	N	Q	O	I	L	C	G	O	R	A
L	N	O	E	U	I	C	R	R	P	C	N
G	D	J	D	F	I	A	Z	E	Y	R	I
N	I	R	T	H	E	P	T	D	E	A	M
C	B	I	I	L	B	N	M	I	I	F	I
N	R	T	I	C	Y	C	L	E	R	P	X
E	A	S	Q	W	B	L	E	N	N	A	F
D	F	O	O	D	S	L	O	T	E	T	E
R	T	T	N	E	S	E	W	S	N	G	U
A	B	L	E	N	D	T	G	M	D	F	Z

### What did you learn?

Name an ingredient that you would need for cookies?  
\_\_\_\_\_

What would be an example of a utensil? \_\_\_\_\_



## NO BAKE COOKIE RECIPES

Here are some simple no-bake cookie recipes for you to try. No-bake means these cookies do not need to be baked in the oven. You may use these recipes or another no bake cookie recipe for your fair exhibit.

Some need to have ingredients heated on top of the stove. *You need an adult to help you when you work around the stove.* Remember the safety rules you read about in this manual, especially the ones about washing your hands. Remember to store your cookies according to the directions to keep them fresh.

### RICE CRISPY TREATS

#### Ingredients:

3 tablespoons butter  
1 package (10 oz., about 40) marshmallows  
OR  
4 cups miniature marshmallows  
6 cups rice crispy cereal

#### Directions:

1. In large saucepan melt butter over low heat. Add marshmallows and stir until completely melted. Remove from heat.
2. Add rice crispy cereal. Stir until well coated.
3. Using buttered spatula or wax paper evenly press mixture into 13 x 9 x 2-inch pan coated with cooking spray. Cool. Cut into 2-inch squares. Best if served the same day.

#### **Microwave Directions:**

In microwave-safe bowl heat butter and marshmallows on HIGH for 3 minutes, stirring after 2 minutes. Stir until smooth. Follow steps 2 and 3 above. Microwave cooking times may vary.

## PEANUT BUTTER-KRISPY COCOA CHEWIES

### Ingredients:

- 4 cups cocoa crispy
- $\frac{3}{4}$  cup dried cherries
- $\frac{1}{2}$  cup light brown sugar
- $\frac{1}{2}$  cup light corn syrup
- $\frac{1}{2}$  cup creamy or crunchy peanut butter

1. In a large bowl, combine the cereal and cherries.
2. In a small saucepan, combine the brown sugar and corn syrup and bring to a boil. Boil for one minute, then turn off the heat. Stir in peanut butter.
3. Pour it over the cereal and cherries, stirring immediately to combine and coat. Press into a buttered 8-by-8-inch pan and let cool to set (about 15 minutes). Store at room temperature. When ready to serve, cut into 2-inch squares, then cut the squares on the diagonal into triangles. Allot 2 triangles per serving, leaning one on the other.

## PEANUT BUTTER NO-BAKE COOKIES

### Ingredients:

- $\frac{1}{2}$  cup packed brown sugar
- $\frac{1}{2}$  cup peanut butter
- $\frac{1}{4}$  cup evaporated milk
- 2  $\frac{1}{2}$  cups crisp rice cereal or granola

1. In a medium saucepan, combine brown sugar, peanut butter and evaporated milk. Bring to a boil, stirring constantly, and cook for 1 minute. Remove from heat. Stir in crisp rice cereal or granola.
2. Drop by tablespoonfuls onto wax paper or aluminum foil completely before serving or storing.

## MOONBEAMS

### Ingredients:

- |                            |                              |
|----------------------------|------------------------------|
| 1 cup peanut butter        | $\frac{1}{2}$ cup wheat germ |
| $\frac{1}{2}$ cup dry milk | coconut                      |
| $\frac{1}{2}$ cup honey    |                              |

1. Mix peanut butter, wheat germ, dry milk and honey.
2. Roll into balls and roll in coconut.

## NO-BAKE CEREAL BARS

### Ingredients:

- 1 cup sugar
- 1 cup corn syrup
- 18 oz. jar plus 4 tablespoons chunky peanut butter
- 3 cups of cheerios
- 3 cups of crisp rice cereal



1. In a large saucepan, cook and stir sugar and corn syrup until the sugar is dissolved. Remove from heat.
2. Add peanut butter; mix well. Stir in cereal.
3. Spread quickly into lightly greased 15-in. x 10-in. x 1-in. pans. Cut into bars while warm.

## COCONUT BALLS

### Ingredients:

- 1 - 12 oz. package vanilla wafers
- 5 cups miniature marshmallows
- 1 can sweetened condensed milk
- 1 cup coconut
- 1 cup chopped walnuts

1. Place vanilla wafers in a plastic bag. Close tightly with tie. Crush wafers with a rolling pin.
2. Place vanilla wafer crumbs in mixing bowl. Add marshmallows, walnuts, and milk. Mix well.
3. Form into small balls.
4. Roll in coconut.

## PEANUT BUTTER PUFFS

### Ingredients:

- 2/3 cup coconut
- 1/2 cup chunky peanut butter
- 1/2 cup honey
- 2-1/2 cups puffed wheat cereal

1. Place coconut, peanut butter, and honey into a bowl and mix.
2. Pour 1/2 cup cereal into bowl and mix well.
3. Put 2 cups cereal on plate. Pick a small amount of peanut butter mixture and form a ball the size of a large marble. Roll the ball in the cereal and place on clean plate. Repeat until finished.
4. Chill until firm in the refrigerator.



## CHOCOLATE – OATMEAL NO BAKE COOKIES

### **Ingredients:**

3 cups rolled oats	2 cups sugar
¼ cup cocoa	½ cup peanut butter
1 stick margarine	½ cup milk

1. Put rolled oats and cocoa into a mixing bowl. Mix together and set aside.
2. Place margarine, sugar, peanut butter and milk into a saucepan. Place on medium heat on the stove and bring to a boil.
3. Boil for 1 minute and remove from heat.
4. Add rolled oats and cocoa, mix together.
5. Drop by teaspoonful onto waxed paper.
6. Cool in refrigerator until set.



## YUMMIES

### **Ingredients:**

1 stick margarine or butter	2 cups Rice Crispy type cereal
1 cup sugar	¾ cup dates, chopped
¼ teaspoon salt	½ cup pecans, chopped
1 egg, beaten	2 or 3 cups coconut

1. Melt margarine or butter in saucepan.
2. Add sugar, salt, and egg; Cook until thick
3. Add dates, continue cooking for 4-5 minutes, stirring constantly.
4. Pour over cereal and nuts. Stir until well blended.
5. Drop by teaspoonful into coconut and roll into a ball.
6. Cool 30 minutes.
7. Store in tightly covered container.

## NO-BAKE CRANBERRY GRANOLA COOKIES

**Ingredients:** 1 bag (11 oz.) oats in dark chocolate protein granola  
1 cup chopped sweetened dried cranberries  
1 cup chopped nuts (peanuts or any other type of nuts you prefer)  
 $\frac{3}{4}$  cup packed brown sugar  
 $\frac{1}{2}$  cup corn syrup  
 $\frac{1}{4}$  cup creamy peanut butter  
1 teaspoon vanilla

1. Line cookie sheet with waxed paper. In large bowl, mix granola, cranberries and pistachio nuts.
2. In 2-quart saucepan, mix brown sugar, corn syrup and peanut butter. Heat to boiling over medium-high heat, stirring constantly. Boil and stir 1 minute. Remove from heat; stir in vanilla.
3. Pour syrup over granola mixture, stirring until evenly coated. Drop mixture by scant  $\frac{1}{4}$  cupfuls onto waxed paper. Cool completely, about 30 minutes.

\*\*Bits of any dried fruit can be substituted for the dried cranberries.

\*\*Garnish or decorate these no-bake treats with a drizzle of melted white baking chips or semisweet chocolate chips.

## ORANGE PECAN BALLS

**Ingredients:**  
 $\frac{1}{2}$  cup (1 stick) butter or margarine, softened  
1 – 1 lb. box confectioner's sugar  
1 cup pecans, chopped  
1 – 11-12 oz. box vanilla wafers, crushed  
1 6 oz. can frozen orange juice, undiluted

1. Mix butter, sugar, orange juice and vanilla wafers.
2. Roll into  $\frac{3}{4}$  inch balls.
3. Roll balls in chopped nuts.
4. Refrigerate.



## NO-BAKE CHOCOLATE COOKIES

**Ingredients:**  
2 cups sugar  
1 stick butter or margarine  
1 tsp. salt  
3 cups quick cooking oats  
1 cup coconut  
 $\frac{1}{2}$  cup milk  
3 Tbs. cocoa  
1 tsp. vanilla  
 $\frac{1}{2}$  cup broken walnuts

1. Put sugar, milk, butter, cocoa and salt in a large saucepan. Bring to a boil.
2. Remove from heat. Stir in rolled oats, vanilla, nuts and coconut.
3. Drop by teaspoon onto waxed paper.
4. Cool.
5. Store in an airtight container in the refrigerator.



## NO-BAKE CHOW MEIN COOKIES

### Ingredients:

- 1 cup peanut butter
- 1 – 12oz. pkg. butterscotch chips
- 1 large can (5 oz.) chow mein noodles

1. Melt the peanut butter and butterscotch chips, over hot water.
2. Remove from heat and stir in the chow mein noodles.
3. Drop by teaspoonful onto wax paper.
4. Let cool.

You may substitute 3 cups corn flakes for chow mein noodles.

## NO-BAKE HEALTHY BREAKFAST COOKIES

### Ingredients:

- ½ cup creamy peanut butter
- 2 tablespoons honey or agave nectar
- 1 teaspoon vanilla extract
- Pinch of salt, optional
- ½ cup rice crispy cereal
- ¼ cup flaxseed or substitute oat flour (instructions below)
- ½ cup old-fashion oats, not cooked



### Optional:

- Melted chocolate drizzle: 3 tablespoons milk or dark chocolate chips
  - Add-ins: raisins, chopped up nuts, craisins, mini chocolate chips (about 2 tablespoons)
1. In medium-sized bowl, combine the peanut butter, honey, vanilla, and salt. Microwave for 20-30 seconds and stir until combined.
  2. In that same size bowl, add in the rice crispy cereal, flaxseed, and oats. Stir together until completely combined.
  3. Add in the optional add-ins if desired.
  4. Form balls with the mixture and then flatten the balls in your hand to create a cookie shape.
  5. If desired, melt 3 tablespoons of milk chocolate chips in the microwave. Put melted chocolate in a small Ziploc bag and cut a small hole in the tip of the bag. Drizzle the chocolate across the cookies and let the chocolate harden.
  6. Store cookies in an airtight container for 4-5 days or freeze for up to 3 months.

**Oat Flour: Use ½ cup of instant or old fashioned oatmeal. Grind in food blender until you reach the flour stage.**



# What to Exhibit *Foods*

1. Two no-bake cookies that you have made from a recipe. The recipe can be from this book or another no bake recipe.
2. Your cookies must be placed in a small (sandwich size) bag. For display they will be transferred into another zip-lock type bag. **Your 4-H Foods Recipe Card must be included with your exhibit.**

### All projects must include:

- Exhibit Tag (found on page 27)
- Record Sheet (found on page 27)
- 4-H Foods Recipe Card (sample found on bottom of page)

**These tags will be attached by the Foods Leader or a helper for the Foods Leader.**

**Hint: If you remember to pick up your ribbon at the Fair during Ribbon Release, you will not need to come to Project Release.**

***All food items will be discarded after the Fair. We will keep your EXHIBIT TAG so you can have it for your 4-H Record book. You may pick up your exhibit tag at Project Release.***

### MINI 4-H FOODS RECIPE CARD (SAMPLE)

Name \_\_\_\_\_ County \_\_\_\_\_

Name of Product \_\_\_\_\_

INGREDIENTS:

INSTRUCTIONS:

(continue on back of card if needed)

# Mini 4-H

Exhibit Tag:

Name \_\_\_\_\_

City \_\_\_\_\_ Grade \_\_\_\_\_

School \_\_\_\_\_

## FOODS

### Record Sheet

-----Cut here-----

Name \_\_\_\_\_ Grade \_\_\_\_\_

What kind of cookie did you bring to exhibit at the Fair?

\_\_\_\_\_

How many recipes did you try?

\_\_\_\_\_

How much time did you spend on this project?

\_\_\_\_\_

Who helped you with your project?

\_\_\_\_\_

