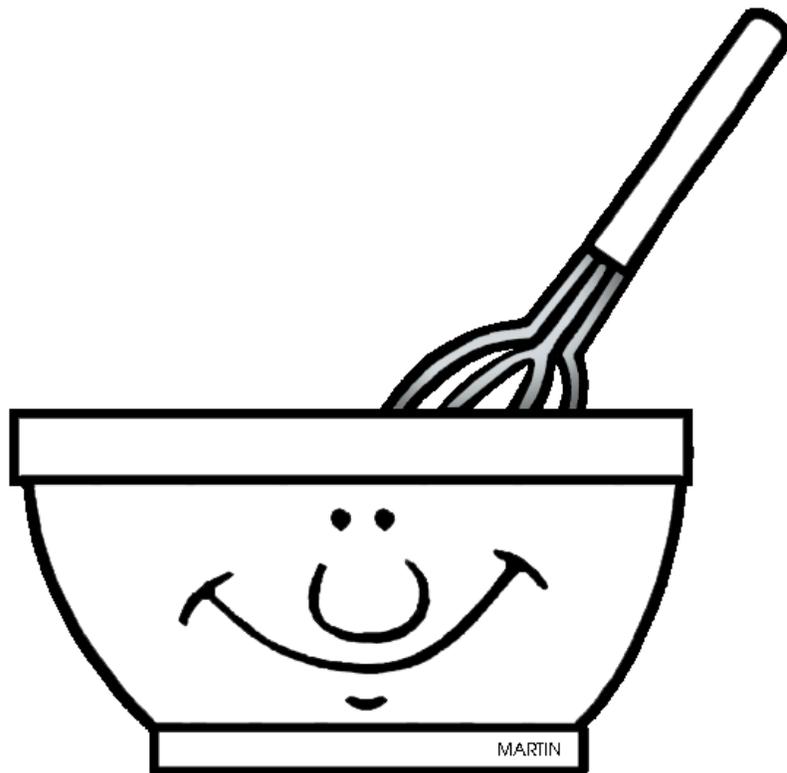


# Mini 4-H Foods



## Mini 4-H Helper's Page

Welcome to the Johnson County Mini 4-H program! Mini 4-H is designed for youth to explore a variety of project activity areas and to interact with caring adults and other children.

Children receive this project activity manual when enrolling in Mini 4-H. This manual and the manuals on various other topics will provide fun age appropriate learning activities throughout their year(s) in Mini 4-H.

As a Mini 4-H adult helper your job will be to guide and encourage each child through the activities. A wide range of activities are provided to allow you to choose the ones most appropriate for the children you are working with. It is highly suggested that you do not complete the activities for them. Instead help them, guide them, work with them, and let them do all that they possibly can. 4-H believes in allowing children to learn by doing. The Mini 4-H project activities are hands-on learning opportunities designed to provide a meaningful educational experience for youth.

Additionally, the Mini 4-H program is set up to allow children to display a project activity that is based upon information within this manual. Most children will choose to exhibit their project at the 4-H fair. The 4-H fair is an exciting week that allows community youth to showcase their enthusiasm for learning. Children may choose to display a project activity they did by themselves or one they did with a group.

Please help the child to bring their Mini 4-H project to the fairgrounds during the designated Mini 4-H judging time. Each exhibit will need a Mini 4-H exhibit tag and their Mini 4-H Project Record Sheet. Mini 4-H exhibits are non-competitive meaning they all receive a special Mini 4-H blue ribbon. Once the fair is over, be sure to pick up the project during 4-H Project Release.

Mini 4-H is fun! Children will certainly enjoy it. You can have fun too, by guiding and helping as children participate in the program. Encourage and praise the children as they have fun learning and sharing with you. If you have any questions regarding Mini 4-H or other 4-H programs, please feel free to contact Purdue Extension Johnson County at **317-736-3724**.

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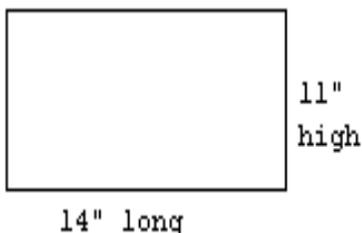
## Mini 4-H Program Rules

The Mini 4-H program is designed to supplement and introduce kindergarten, first, and second graders to the Johnson County 4-H program.

### RULES

1. Mini 4-H is open to any boy or girl who is enrolled in kindergarten, first, or second grade on January 1<sup>st</sup> of the current 4-H year.
2. Any Kindergartener may enroll in one (1) project.  
Any first grader may enroll in one (1) or two (2) projects.  
Any second grader may enroll in one (1) to four (4) projects.
3. Mini 4-H members are enrolled in the Mini Clovers 4-H Club, which is led by the Extension Educator & Volunteers. Meetings are not required, the project(s) will be done at home.
4. Mini 4-H projects include: Arts & Crafts, Bugs, Cookie Decorating, Collections, Flowers, Foods, Forestry, Horse & Pony, Livestock, Models, Sewing, Small Animals, and Wildlife.
5. Enrollment of Mini 4-H begins October 1<sup>st</sup>.
6. **ALL POSTER EXHIBITS MUST:**
  - A. Have a solid, stiff backing, which is 11" high by 14" wide.  
This can be 1/4" plywood, HEAVY cardboard, foam board, or masonite.

Exception: Wildlife poster is 11"x 22".



- B. Be positioned **HORIZONTALLY**.
- C. Have a total exhibit board no larger than 11" high by 14" wide.  
(Wildlife- 11"x 22")
- D. Be completely **COVERED BY A CLEAR PLASTIC** material.

## Mini 4-H Foods

In this project you will have fun making treats for your whole family! You will learn about the food groups and learn more about working in the kitchen. Be sure to follow directions carefully and ask an adult to help you in the kitchen when using the stove and oven. Remember to always have FUN!!

### WHAT TO EXHIBIT: GRADE K

1. Make the different recipes listed in this booklet.
2. Exhibit at the 4-H fair, a snack size bag of a favorite trail mix/snack mix (can be one you create or a recipe you find) that does not require baking.
3. Attach a name tag to your exhibit. You may use the tag printed at the bottom of this page.
4. Bring your recipe on a 3 x 5 recipe or note card.
5. Bring your record sheet with your exhibit to the fair.

### WHAT TO EXHIBIT: GRADE 1

1. Make the different recipes listed in this booklet.
2. Exhibit at the 4-H fair, 3 of the same kind of your favorite no-bake bar cookies (for example: krispy rice treats or honey nut-marshmallow bars) on a small paper plate in a zip lock bag.
3. Attach a name tag to your exhibit. You may use the tag printed at the bottom of this page.
4. Bring your recipe on a 3 x 5 recipe or note card.
5. Bring your record sheet with your exhibit to the fair.

### WHAT TO EXHIBIT: GRADE 2

1. Make the different recipes listed in this book.
2. Exhibit at the 4-H fair, 3 of the same kind of no-bake drop cookies/treats (for example: no bake peanut butter cookies or chocolate butterscotch haystacks) on a small paper plate in a zip lock bag.
3. Attach a name tag to your exhibit. You may use the tag printed at the bottom of this page.
4. Bring your recipe on a 3 x 5 recipe or note card.
5. Bring your record sheet with your exhibit to the fair.

NAME \_\_\_\_\_

GRADE (as of January 1) \_\_\_\_\_

SCHOOL \_\_\_\_\_

## Mini 4-H'ers Page

Mini 4-H'ers have lots of fun! There are many activities for you to explore. You can try new things, which you can share with your family and friends.

Here are some things to know about 4-H:

The 4-H Symbol: A four leaf clover with a "H" on each leaf

The 4-H Colors: The 4-H colors are green and white. The four-leaf clover is green and the "H" in the leaf is white.

The 4-H Motto: "To make the best better."

# 4-H PLEDGE

I pledge my **HEAD** to clearer thinking,

*I promise to use my head to make good choices.*

My **HEART** to greater loyalty,

*I promise to use my heart to be a good friend.*

My **HANDS** to larger service,

*I promise to use my hands to do helpful things for others.*

And my **HEALTH** to better living,

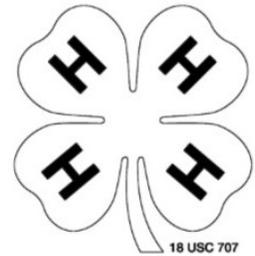
*I promise to take care of my body and to show others to live in a healthy way.*

For my club, my community,

*I promise to help my group, my community,*

My country, and my world.

*my country, and my world be happy and safe for everyone.*

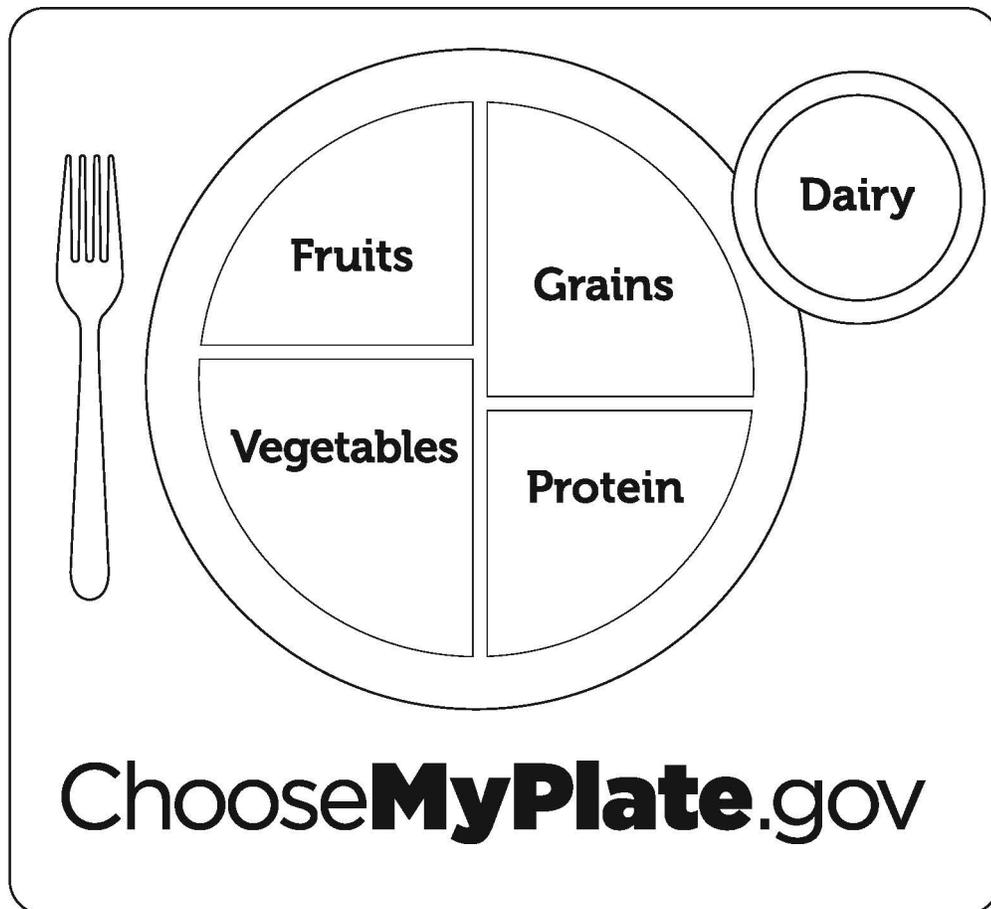


## Food & Healthy Eating

MyPlate, approved by the USDA, is a visual way to choose healthy foods. It shows the five food groups in the familiar manner of a place setting.

Color each food group below to help you learn the five food groups.

- Fruits - color red
- Vegetables - color green
- Grains - color orange
- Protein - color purple
- Dairy - color blue



Tips for using MyPlate:

- Find your healthy eating style and maintain it for a lifetime
- Make half your plate fruits and vegetables: vary your veggies
- Make half your plate fruits and vegetables: focus on whole fruits
- Make half your grains whole grains
- Move to low-fat or fat-free milk or yogurt
- Vary your protein routine
- Make small changes

A great way to learn about the five food groups and healthy eating is to write down what you eat for a week. There is a sample chart on the next page to track your foods.

Here are some simple ways to get more fruits and vegetables in your diet:

- Make a smoothie
- Serve fruits and raw veggies with a dip
- Make a fruit kabob
- Make personalized mini pizzas
- Make a fruity peanut butterfly
- Make frosty fruits by freezing fresh fruit chunks
- Serve bugs on a log
- Make a homemade trail mix
- Decorate half a baked potato with veggies

(Source: 10 tips Nutrition Education Series - kid-friendly veggies and fruits, ChooseMyPlate.gov)



United States Department of Agriculture

# MyPlate Plan Menu

Record the food groups you eat and drink during the day for breakfast, lunch, dinner, and your snacks.

	FRUITS 	VEGETABLES 	GRAINS 	PROTEIN FOODS 	DAIRY 
DAY 1					
DAY 2					
DAY 3					
DAY 4					
DAY 5					
DAY 6					
DAY 7					



Start simple  
with MyPlate

Food, Nutrition, and Consumer Services  
Center for Nutrition Policy and Promotion

December 2018  
USDA is an equal opportunity  
provider, employer, and lender.

# MyPlate Food Groups

Food Group	What Counts As...
 <p><b>Fruits</b></p> <ul style="list-style-type: none"> <li>- Whole Fruit</li> <li>- Fruit Juice</li> </ul>	<p><b>1 cup of Fruit</b></p> <ul style="list-style-type: none"> <li>• 1 cup fresh or canned fruit</li> <li>• 1 cup 100% fruit juice</li> <li>• 1/2 cup dried fruit</li> </ul>
 <p><b>Vegetables</b></p> <ul style="list-style-type: none"> <li>- Dark Green</li> <li>- Red and Orange</li> <li>- Beans and Peas</li> <li>- Starchy</li> <li>- Other</li> </ul>	<p><b>1 cup of Vegetables</b></p> <ul style="list-style-type: none"> <li>• 1 cup fresh or canned vegetables</li> <li>• 1 cup 100% vegetable juice</li> <li>• 2 cups leafy salad greens</li> </ul>
 <p><b>Grains</b></p> <ul style="list-style-type: none"> <li>- Whole Grains</li> <li>- Refined Grains</li> </ul>	<p><b>1 ounce of Grains</b></p> <ul style="list-style-type: none"> <li>• 1 slice of bread (1 ounce)</li> <li>• 1/2 cup cooked pasta, rice, or cereal</li> <li>• 1 ounce uncooked pasta or rice</li> <li>• 1 tortilla (6 inch diameter)</li> <li>• 1 pancake (5 inch diameter)</li> <li>• 1 ounce ready-to-eat cereal (about 1 cup cereal flakes)</li> </ul>
 <p><b>Protein Foods</b></p> <ul style="list-style-type: none"> <li>- Seafood</li> <li>- Meat, Poultry, and Eggs</li> <li>- Nuts, Seeds, and Soy</li> </ul>	<p><b>1 ounce of Protein Foods</b></p> <ul style="list-style-type: none"> <li>• 1 ounce lean meat, poultry, or seafood</li> <li>• 1 egg</li> <li>• 1 Tablespoon peanut butter</li> <li>• 1/2 ounce nuts or seeds</li> <li>• 1/4 cup cooked beans or peas</li> </ul>
 <p><b>Dairy</b></p> <ul style="list-style-type: none"> <li>- Milk and Yogurt</li> <li>- Cheese</li> </ul>	<p><b>1 cup of Dairy</b></p> <ul style="list-style-type: none"> <li>• 1 cup milk</li> <li>• 1 cup fortified soymilk (soy beverage)</li> <li>• 1 cup yogurt</li> <li>• 1 1/2 ounce natural cheese (e.g., Cheddar)</li> </ul>

Want your personal calorie and food group plan?

Check out the MyPlate Plan at [www.ChooseMyPlate.gov/GetMyPlan](http://www.ChooseMyPlate.gov/GetMyPlan).

For tips, visit [www.ChooseMyPlate.gov/StartSimple](http://www.ChooseMyPlate.gov/StartSimple).

# MY Food Card

FIRST COURSE • REPRODUCIBLE 1



Name: \_\_\_\_\_ Date: \_\_\_\_\_

Fill in the sentences below, then draw a picture or make a collage of your favorite food item.

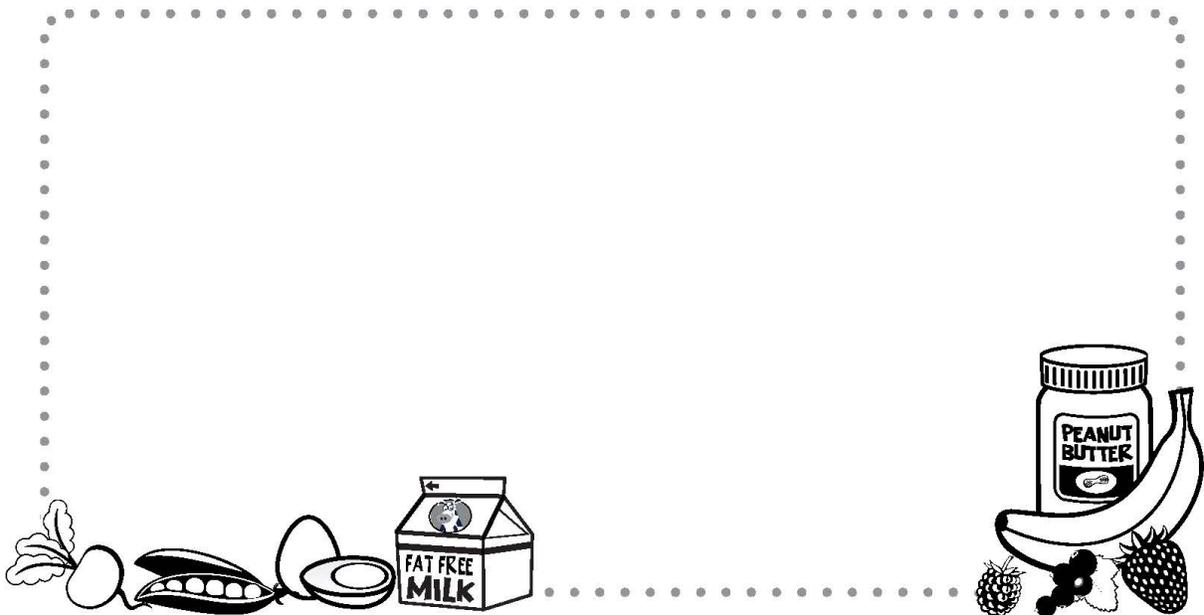
I like to eat \_\_\_\_\_ ,  
(My favorite food)

which is part of the \_\_\_\_\_ ,  
(Food group)

at \_\_\_\_\_ .  
(Mealtime)

I like to eat it with \_\_\_\_\_ ,  
(Other food items)

because \_\_\_\_\_ .  
(Explain why you like to eat it)



## **Getting Started**

Now that you know a little bit more about food and what kinds of food you should be eating, let's learn to cook!

- Find an adult to help you. This is important because they can help you read recipes, answer any questions, show you how to use kitchen tools, and help with any hot pots and pans.
- Wash your hands. (Count to ten while washing your hands to remove dirt and germs.)
- If you have long hair tie it back to keep it out of the food.
- Wear an apron to keep your clothes clean.
- Roll up any long sleeves.
- Get out everything you will need.
- Read through the entire recipe BEFORE you begin.
- Get out all of your ingredients and measure to make sure you have enough of everything you will need.
- Get out all the equipment you will be using.

## **KITCHEN SAFETY**

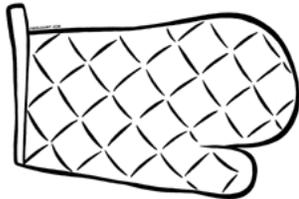
- Always use hot pads or oven mitts whenever you are handling anything that could be hot.
- Turn handles on pots toward the middle of the stove so they do not get bumped off.
- Wipe up spills as soon as they happen. Spilled food can be slippery, and you do not want to slip and fall.
- Sharp knives are EXTREMELY dangerous. Always be careful when handling them and NEVER hold a knife by the blade.
- Cut on a cutting board, ALWAYS with your fingers out of the way.

- NEVER hold your food in your hand while you are trying to cut it.
- “SAW” back and forth through the food rather than trying to chop it.

### Cutting Board & Knife



### Oven Mitt



## MEASURING:

Learning how to measure is the FIRST step in learning how to cook. You have to use the right amount of each ingredient for the recipe to come out right! There are different ways to measure different ingredients. For instance, measuring a liquid is different than measuring a dry ingredient.

### LIQUIDS:

1. Measure in a glass or clear plastic measuring cup.
2. Put the cup on a level surface, and bend down till your eye is even with the mark you want to measure to.
3. Pour the liquid into the cup until it reaches the mark.

### Clear Liquid Measuring Cup



## BUTTER OR MARGARINE:

1. The easiest way to measure this is to buy the butter in 1/4-pound sticks.

1 stick= 1/2 cup

1/2 stick= 1/4 cup

1/8 stick= 1 tablespoon

All of the markings can be found on the wrapper of the sticks!

### Stick of Pre-measured Butter



## DRY INGREDIENTS:

1. Spoon the ingredients into a cup and level it off with the flat, back side of a knife. You can measure white sugar, powdered sugar, and flour this way.

- Stir flour well before measuring, it makes it lighter and easier to find the correct measurement.

2. Brown sugar needs to be packed into the measuring cup.

3. Shortening is packed into the cup with a rubber spatula. That makes sure you are measuring shortening not air!

### Dry Measuring Cups



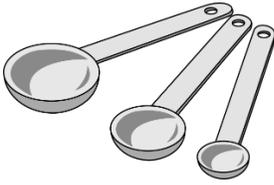
## MEASURING SPOONS:

The same set is used for both liquid and dry ingredients. These are different from eating spoons. Make sure you use measuring spoons for all ingredients.

**LIQUID:** Fill the spoon to the top.

**DRY:** Fill the spoon and level off with the straight edge of a knife or metal spatula.

## Measuring Spoons



There are also several different kinds of spoons which are used in cooking.

## Wooden Spoon



## Slotted Spoon



## Dinner Spoon



## Rubber Spatula



## COMMON MEASURING TERMS:

Abbreviation	Term
C	Cup
t or tsp.	teaspoon
T or Tbsp	Tablespoon
3 t (teaspoons)	= One Tablespoon
8 T (Tablespoons)	= ½ Cup

## COOKING TERMS

- Bake: To cook in the oven.
- Beat: Mix fast with a beater or a spoon.
- Blend: Mix thoroughly so that you cannot tell one ingredient from another.
- Boil: Heat up liquid so hot that it bubbles and steams.
- Chop: Cut into small pieces with knife, scissors, or chopper.
- Combine: To mix the ingredients.
- Cream: To beat until soft and fluffy.
- Fold: This is a very special way of mixing- use very gentle strokes, like if you were stirring bubbles and do not want them to pop.
- Ingredients: Food items in a recipe.
- Melt: To change a solid ingredient to a liquid using heat.
- Simmer: Cook liquid over very low heat- bubbles are lazy, not rolling as in boiling.
- Stir: Mix in a circular motion.

## RECIPES

### Trail Mixes/Snack Mixes

Trail and Snack mixes are a great way to practice measuring dry ingredients. The following are a couple of examples.

#### Crunchy Trail Mix:

Materials Needed:

- Mixing bowl
- Airtight container/ sandwich bags
- Spoon
- Measuring cup (1 cup, 1/2 cup, 1/4 cup)

Ingredients Needed:

- 2 1/2 cups candy coated chocolate pieces
- 10 oz. package peanut butter chips
- 3 oz. can Chow Mein noodles
- 1 1/2 cups raisins
- 1 1/4 cups peanuts

Directions:

In a large bowl, combine all the ingredients; mix well. Store in the airtight container or bag. Clean up your area. Enjoy your snack!

Source: Purdue Extension Boone County, Mini 4-H Foods

#### Fancy Trail Mix:

Materials Needed:

- Mixing bowl
- Airtight container/ sandwich bags
- Spoon
- Measuring cups

Ingredients Needed:

- 1 pound (16 oz.) dry roasted peanuts
- 1 pound (16 oz.) cashews
- 1/2 pound (8 oz.) dried cranberries, cherries, or blueberries
- 1/2 pound (8 oz.) candy coated chocolate pieces
- 1/4 pound (4 oz.) flaked coconut

Directions:

In a large bowl, combine all the ingredients; mix well. Store in the airtight container or bag. Clean up your area. Enjoy your snack!

Source: Purdue Extension Boone County, Mini 4-H Foods

## No-Bake Bars

### Krispy Rice Treats:

#### Materials Needed:

- Airtight container
- Rubber spatula
- Measuring cups
- Large saucepan
- 13x9x2-inch pan

#### Ingredients Needed:

- 3 Tablespoons butter
- 4 cups miniature marshmallows
- 6 cups crisp rice cereal

#### Directions:

1. Grease a 13x9x2-inch pan.
2. In a large saucepan, melt butter over low heat. Add marshmallows and stir until completely melted. Remove from heat.
3. Add cereal. Stir until well coated.
4. Using a buttered spatula or wax paper evenly press mixture into 13x9x2-inch pan. Cool. Cut into 2-inch squares. Best if served the same day, but can be stored for up to two days at room temperature in airtight container.

Source: Kellogg's Rice Krispies Original Rice Krispies Treats™ Recipe

### Honey Nut - Marshmallow Bars:

#### Materials Needed:

- Airtight container
- Rubber spatula
- Measuring cups
- Large saucepan
- 13x9x2-inch pan

#### Ingredients Needed:

- 1 bag (10.5 oz) miniature marshmallows
- 3 Tablespoons butter
- 8 cups honey nut O' cereal

#### Directions:

1. Butter bottom and sides of 13x9x2-inch pan.
2. In a large saucepan, melt butter over low heat. Add marshmallows and stir until completely melted. Remove from heat.
3. Add cereal. Stir until well coated.
4. Using a buttered spatula or wax paper evenly press mixture into 13x9x2-inch pan. Cool about 30 minutes. For bars, cut into 6 rows by 4 rows. Store loosely covered.

Note: If you like, stir in 1 cup chopped peanuts with the cereal.

Source: Betty Crocker Recipes

## No-Bake Cereal Cookie Bars:

### Materials Needed:

- Mixing bowl
- Airtight container
- Rubber spatula
- Measuring cups
- Large saucepan
- 15x10x1-inch pan

### Ingredients Needed:

- 4-1/2 cups crispy rice cereal
- 3-1/4 cups quick-cooking oats
- 1/2 cup cornflakes
- 1/2 cup sweetened shredded coconut
- 1/2 cup butter, cubed
- 1 package (16 ounces) miniature marshmallows
- 1/4 cup honey
- 1/2 cup candy coated chocolates minis
- 1/4 cup raisins

### Directions:

1. Grease a 15x10x1-inch pan. In a large bowl, combine first 4 ingredients.
2. In a large saucepan, melt butter over low heat. Add marshmallows; stir until completely melted. Stir in honey until blended. Pour over cereal mixture; stir until evenly coated. Cool 5 minutes.
3. Stir in candy coated chocolates and raisins; press into prepared pan using a greased spatula. Let stand 30 minutes before cutting. Store between layers of waxed paper in an airtight container.

Source: Taste of Home Recipes

## No-Bake Drop Cookies

### 3-Minute No-Bake Cookies:

### Materials Needed:

- Large saucepan
- Rubber spatula or wooden spoon
- Measuring cups
- Wax paper
- Dinner spoon

### Ingredients Needed:

- 2 cups granulated sugar
- 8 Tablespoons (1 stick) margarine or butter
- 1/2 cup low-fat milk
- 1/3 cup baking cocoa
- 3 cups quick-cooking oats

#### Directions:

In large saucepan, combine sugar, margarine, milk and cocoa. Bring to boil over medium heat, stirring frequently. Continue boiling 3 minutes, stirring frequently. Remove from heat. Stir in oats. Drop by tablespoonfuls onto waxed paper. Makes about 3 dozen. Let stand until firm. Store tightly covered.

Source: Quaker Oats Recipe

### No-Bake Peanut Butter Cookies:

#### Materials Needed:

- Large saucepan
- Rubber spatula or wooden spoon
- Measuring cups
- Wax paper
- Dinner spoon

#### Ingredients Needed:

- 3 cups white sugar
- $\frac{3}{4}$  cup butter
- $\frac{3}{4}$  cup milk
- $\frac{1}{2}$  teaspoon vanilla extract
- 1  $\frac{1}{2}$  cups peanut butter
- 4  $\frac{1}{2}$  cups quick-cooking oats

#### Directions:

In a saucepan over medium heat, combine sugar, butter and milk. Bring to a rapid boil and boil for one full minute. Remove from heat and stir in the vanilla and peanut butter. Mix in the oats, stirring until the mixture begins to cool. Transfer to a large bowl if it does not fit into the pan well. Drop batter by teaspoonfuls onto waxed paper. Let cool until set.

Source: Allrecipes.com, Cindy Carnes

### No Bake Cookies:

#### Materials Needed:

- Large saucepan
- Rubber spatula or wooden spoon
- Measuring cups
- Wax paper
- Dinner spoon

#### Ingredients Needed:

2 cup sugar  
3 Tablespoons cocoa powder (unsweetened)  
1/2 teaspoon salt  
1/2 cup margarine  
1 cup peanut butter  
1/2 cup water  
4 cup rolled oats

1 cup non-fat dry milk  
1 cup raisins  
1 teaspoon vanilla

Directions:

1. In large sauce pan, bring the first six ingredients to a full, rolling boil for 1 minute, stirring as needed.
2. Remove from heat. Add oats, dry milk, and raisins and vanilla to boiled mixture.
3. Mix well.
4. Drop by Tablespoons onto waxed paper and let stand until cool, about 15-20 minutes.

Source: Washington State University Extension, Favorite Recipes for Family Meals

## Chocolate Butterscotch Haystacks:

Materials Needed:

- Large metal bowl and saucepan
- Rubber spatula or wooden spoon
- Measuring cups
- Wax paper
- Dinner spoon

Ingredients Needed:

- 2 cups (12 ounces) semisweet chocolate chips
- 1 package (10 to 11 ounces) butterscotch chips
- 4 cups crispy chow mein noodles

Directions:

In a microwave or large metal bowl over simmering water, melt chocolate chips and butterscotch chips; stir until smooth. Gently stir in noodles.

Drop by rounded tablespoonfuls onto waxed paper-lined baking sheets. Refrigerate 10-15 minutes or until set.

Source: Taste of Home Recipes

RECORD SHEET

MINI 4-H FOODS

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

School Attending \_\_\_\_\_

Please complete and bring with Mini 4-H Exhibit.

I choose to exhibit \_\_\_\_\_.

I liked making \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_.

I learned \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_.

My favorite part of Mini 4-H this year was \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_.

List who helped you with the project \_\_\_\_\_

\_\_\_\_\_