

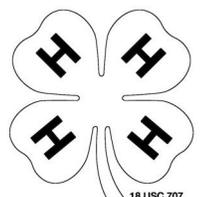
Cookie Decorating



LaPorte County Mini 4-H



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Mini 4-H Parent's Page

We welcome you and your child to the Mini 4-H program. Mini 4-H is for boys and girls who are in either kindergarten, first or second grade during the current 4-H year. Mini 4-H is designed to supplement and introduce both first and second graders to the LaPorte County 4-H program.

As a Mini 4-H parent, your job is to guide your child through the activities. It is 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. Learning by doing is the best educational tool that we can provide for our youth.

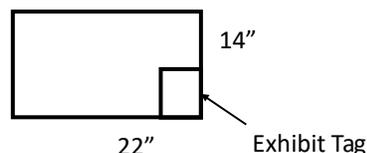
Additionally, the Mini 4-H program is set up to allow your child to exhibit a project at the 4-H Fair. This project is based on information within this manual. The 4-H Fair is an exciting time for 4-H members and families. It is a week that allows community youth to showcase their talents, interests and enthusiasm for learning.

Mini 4-H is fun! Your child will certainly enjoy it. You can have fun too, by guiding and helping as your child participates in the program. Encourage and praise your child as he/she has fun learning and sharing with you.

Rules

1. Mini 4-H is open to any boy or girl who is enrolled in either kindergarten, first or second grade on January 1st of the current year.
2. Any Mini 4-H participant may enroll in one (1) or two (2) projects. There are 15 projects to choose from. **Participants may exhibit only one (1) activity from a project book.** Additional activities can be done at home, but will not be exhibited.
3. Mini 4-H participants enroll in the County Mini 4-H club, and their projects are done at home.
4. **ALL POSTER EXHIBITS MUST:**

- A. Have a solid, stiff backing, which is 14" high by 22" wide. This can be HEAVY cardboard or foam core board. The board must be able to stand by itself (Foam core board is available in the Extension Office for a minimal cost)
- B. Be positioned HORIZONTALLY.
- C. Have a total exhibit board no larger than 14" high by 22" wide.



All youth will need to complete Enrollment via 4Honline and Fair Entry will need to be completed by July 1st of the current school year. Exhibit Tags will be ready the week before Fair. More information will be sent home as the Fair approaches.

- D. Be COMPLETELY COVERED with CLEAR PLASTIC material. (Available in the Extension Office for a minimal cost.)
5. Mini 4-H participants will complete activities in the book. The Record Sheet located in the back of the project book needs to be completed and will be turned in with their exhibit at the Fair.

Mini 4-Her's Page

Welcome to Mini 4-H! You are now a member of the 4-H family. You are a special person. Mini 4-Her's have a lot of fun! There are many activities for you to explore. You can try new things. You can share it with your friends and family. Mom, Dad, or another adult can help you with your project. Bring your project to the 4-H Fair and lots of people will be able to see what you have done. You also get a ribbon made just for 4-Her's.

Here a few things to know about 4-H.

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

4-H Colors: Green and 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.

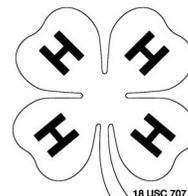
And my **HEALTH** to better living,

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



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Cookie Decorating Activities

Welcome to Mini 4-H Cookie Decorating! If you like to help in the kitchen, then you have chosen the perfect project. In this project, you can use techniques to add a special touch to cookies.

Decorated cookies can make a birthday or holiday more festive and extra special because it is from you. Maybe you would like to plan a party and you have your own ideas for refreshments. There are so many decorations you can use.

Cookie decorating starts with baking your cookies and frosting them. Decorations on top of your cookies tell something about who it is for and what they might like. You are going to have so much fun decorating your cookies and everyone will be so proud of you and want one.

Before you get started:

- Read the directions carefully.
- Make sure you have all of the needed materials.
 - Ask an adult or teenager to help you.
- Clean up your work area and put your supplies away when you are finished.
 - Complete your Mini 4-H Book pages.
- Attach the COUNTY TAG from the Extension Office to your exhibit.
 - ENJOY!

Exhibits: Displayed on a 9" disposable plate

Kindergarten &

- First Grade:**
- 3 iced cookies decorated with candies, sprinkles, and/or baking chips
 - Completed Record Sheet

- Second Grade:**
- 3 iced cookies with a border around the edge of each cookie. This maybe made by using decorations or icing and decorating tips. Be sure to decorate the inside of the cookie too. Be creative!
 - Completed Record Sheet



BUTTERCREAM ICING RECIPE

Buttercream Icing

(recipe yields 3 cups of stiff consistency icing)

Materials needed for this activity:

4 cups sifted confectioners' sugar (approximately 1 lb.)
1 cup solid vegetable shortening
1 tsp. Wilton® Clear Vanilla Extract
2 Tbsp. milk or water
Hand mixer or stand mixer

What you will do:

1. Sift confectioners' sugar into a large mixing bowl and set aside.
2. Cream shortening, vanilla and milk or water.
3. Gradually add sugar and mix on medium speed using hand or stand mixer until all ingredients have been thoroughly mixed together. Blend an additional minute or so, until creamy.
4. **For medium icing consistency:** Add one teaspoon milk or water to each cup of stiff consistency icing (one **additional** tablespoon of liquid when you are using the full recipe). Mix until all ingredients are well blended.
5. **For thin icing consistency:** Add two teaspoons of milk or water for each cup of stiff consistency icing (two tablespoons of additional liquid for the full recipe). Mix until all ingredients are well blended.



Decorating Icing:

If you cannot make buttercream icing, use Wilton® Decorator Icing. Unlike grocery store canned frostings, Wilton® Decorator Icing is a stiff consistency for decorating.

You can also use Wilton® Ready to Use Buttercream Icing now available in a 5 lb. easy carry tub.

Adding Color to Your Icing:

Add color to white icing for beautiful decorations. Wilton® Icing Colors are gel based and will not add liquid to your icing, making it too thin for certain decorations.

To mix colors, begin with white icing and add color a little bit at a time until you achieve the shade you desire. Use a toothpick to add icing color – just dip the toothpick into the color, swirl it in the icing, and blend well with a spatula. Always use fresh toothpicks when adding more color.

Preparing the Bag:

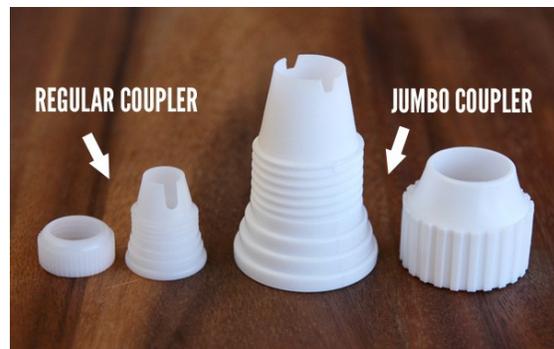
Decorating bags hold the icing and decorating tip so you can create all kinds of decorations. Using a Quick-Change Coupler allows you to use multiple decorating tips with the same decorating bag. Prepare your bag as follows:

1. Unscrew coupler ring from base.
2. Push coupler base as far down into decorating bag as it will go. With a pen or pencil, mark the spot on the outside of the bag where the bottom thread is outlined. Take coupler base out of bag and cut across mark.
3. Push coupler base back down into bag opening. Position tip over top of coupler and screw coupler ring in place to secure. To change tips, unscrew ring, replace tip and re-screw ring.

Decorating Bag



Quick-Change Coupler



Kindergarten & First Grade

Needed Materials:

- Cookies (Store bought or basic sugar cookie recipe)
- Frosting (Store bought or buttercream recipe) Any color or flavor.
- Sprinkles (Any color or shape) and/or candy
- 9" throw away plate
- Clear plastic wrap
- Spatula or kitchen knife



Directions:

Wash your hands with soap and water and make sure your working area is clean.

If baking cookies, make sure you have all of your ingredients before starting. Have an adult help you take your baking pan in and out of the oven.

Let cookies cool completely before you start to frost.

Your cookies must have frosting, and must also have sprinkles and/or candy on top of each one. The cookies do not have to look the same. (ex. You could have a frosted cookie with a heart shape made of candies)

Do not refrigerate decorated cookies. If you do, when you take them out, they will sweat, fade, and sometimes the frosting will run off. The colors can also run together.

You will exhibit 3 iced and decorated cookies. Place the 3 cookies you have chosen on a 9" plate that can be thrown away. Cover the cookies with clear plastic. The remaining cookies are yours to keep!

Clean up your work area and put your supplies away.

If this is your exhibit for the county fair, attach the County Tag.

Second Grade

Needed Materials:

- Cookies (Store bought or basic sugar cookie recipe)
- Frosting (Store bought or basic buttercream recipe, page 6) Any color or flavor.
- Candy (optional)
- Decorating Bag, Tips & Coupler(optional)
 - 8" professional decorating bag
 - Coupler
 - Tips: #18 star, zig-zag
 - #4 printing, writing or lines
 - 9" Throw away plate
- Clear plastic wrap
- Spatula or kitchen knife



Directions:

Wash your hands with soap and water and make sure your working area is clean.

If baking cookies, make sure you have all of your ingredients before starting. Have an adult help you take your baking pan in and out of the oven.

Let cookies cool completely before you start to frost.

Your cookies must have frosting. Smooth the top of the icing using a spatula dipped in hot water. Dip your spatula and shake off water before putting it on your cookie.

Your cookie must have a border. It can be made of frosting or candy (optional tips can be used).

Make a design in the center of your cookie using frosting or candy (optional tips can be used).

Your cookies do not have to look the same, so be creative and have fun.

Do not refrigerate decorated cookies. If you do, when you take them out, they will sweat, fade, and sometimes the frosting runs off. The colors can also run together.

You will exhibit 3 iced cookies with a border around each cookie. Be sure to decorate the inside of the cookie too. Place the 3 cookies you have chosen on a 9" plate that can be thrown away. Cover the cookies with clear plastic.

Clean up your work area and put supplies away.

If this is your exhibit for the county fair, attach the County Tag.

ACTIVITY 1

Activities that you can do is practice decorating a cookie for a special event. Try decorating three different times in the year and record the event below.

1. _____

2. _____

3. _____

ACTIVITY 2

Practice stars, dots, flowers and borders. You can even practice writing.
Put this paper under plastic and practice.

Lines:



Stars and Drop Flowers:



Dots:



ACTIVITY 3

Writing

Put this paper under plastic and practice writing.

4 - H

Practice writing here:

Cut County Tag below for your exhibit.

COUNTY TAG



MINI 4-H EXHIBIT		
Project: (Circle One)		
Arts & Crafts	Bicycle Safety	Bugs
Collections	Cookie Decorating	Dinosaurs
Farm Animals	Foods	Gardening
Little Peeps	Models	Nature/Plants/Trees
Pets	Recycling	Sewing
Sun, Stars & Space	Wearable Art	
NAME: _____		GRADE: _____



Mini 4-H Cookie Decorating Record Sheet

I had fun _____
_____.

What did you learn from this project?

How did you decorate your cookies?

Name:

Date:
