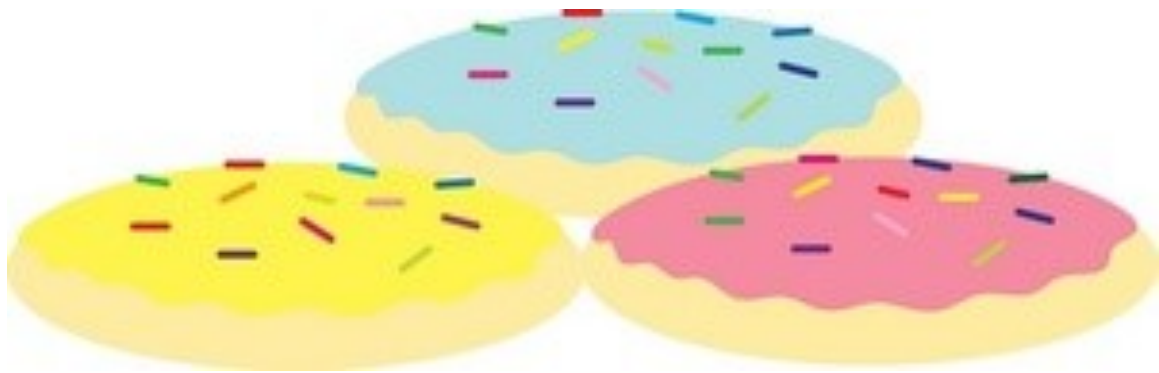
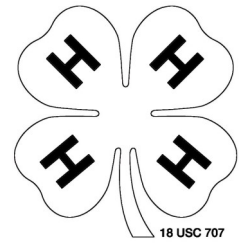


Boone County

Mini 4-H



Cookie
Decorating

Information for this manual provided by:

- Hendricks County 4-H Extension Mini 4-H Handbook

Mini 4-H Parent's Page

Welcome to Mini 4-H! Mini 4-H is designed for boys and girls who are in Kindergarten, 1st Grade, or 2nd Grade during the current 4H year. This year we have designed Mini 4-H to introduce 4-H to our young members.

As a parent, your job is to guide your child through the activities. It is suggested that you help them, guide them, work with them, and let them do all that they can rather than complete the project for them. Learning by doing is one of the best educational tools we can provide to our youth.

Mini 4-H is also set up to allow your child to exhibit a project at the 4H Fair. The project will be based on the information in this manual. Mini 4-H is noncompetitive and all participants will receive a ribbon for participation. This year as part of the check in process, our Boone County 4H Junior Leaders will be there and will act as "judges.." They will ask your child a couple of questions about their project and provide positive feedback. This process will help introduce the judging process that happens in 4H. The 4H Fair is an exciting time for 4H members and their 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 have fun. 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 for any boy or girl who is enrolled in Kindergarten, 1st Grade, or Second Grade on January 1 of the current 4-H year.
2. Any Mini 4-H participant may enroll in (1) project. There are 5 projects to choose from. Participants may exhibit only 1 activity from this manual. Additional activities may be done at home, but will not be exhibited.
3. Mini 4-H participants must enroll in the County Mini 4-H club by January 15 and their projects are done at home.
4. The Record Sheet at the back of this book needs to be completed and will be turned in with their project 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 to explore. You can try new things. You can share it with your 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 will also get a ribbon made just for Mini 4-Hers!

Here are a few things about 4-H:

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



Cookie Decorating Activities

If you like food and love to help in the kitchen, then this is the project for you! You will learn some fun techniques to add decorations to your cookies. Decorated cookies can make a birthday or holiday more festive and extra special because it is from you and made by you. Maybe you would like to plan a party and you have your own ideas for refreshments. There are so many decorations that you can use. Cookie decorating starts with baking your cookies and frosting them. Decorations on top of 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 to help you.
- Clean up your work area and put your supplies away when you are finished.
- Complete your Mini 4-H Book pages.
- Enjoy!
-

Exhibit:

Kindergarten: :

- 3 Iced cookies decorated with candies, sprinkles and/or baking chips on a 9" disposable plate
- Completed record sheet

1st Grade:

- 3 Iced cookies with a border around the edge of each cookie on a 9" disposable plate. This may be made by using decorations or icing and decorating tips. Don't forget to decorate the inside of the cookie too! Be creative.
- Completed Record Sheet

2nd Grade

- 3 Iced Cookies with writing or picture on each cookie on a 9" disposable plate. You may also use decorations. Be creative
- Completed Record Sheet

How to Measure

Liquid Ingredients: When measuring liquids, use a glass measuring cup and place on a flat surface. Bend down at eye level and fill to the correct line. Smaller amounts can be measured with measuring spoons. Fill to the top.



Dry Ingredients: Measure dry ingredients in cups or spoons that come in sets. Measure flour, sugar, shredded cheese or similar dry ingredients in these cups or spoons. Fill the cup or spoon higher than the top, then take the straight edge of a knife or metal spatula and level it off the top.

Brown sugar and shortening need to be packed or pushed down before leveling with a knife or spatula.

Common Measuring Terms:

Abbreviation	Term
C.	Cup
T. or tbs.	Tablespoon
t. or tsp.	Teaspoon

Kitchen Safety

- Pull long hair back.
- Wash your hands with soap and warm water.
- Keep your work area clean.
- Read the recipe and place items needed on the counter.
- Measure carefully.
- If using pots and pans, turn handles away from the front of the stove. Use oven mitts if baking on stove top or in oven.
- Turn stove or oven off when finished, and put all of your unused ingredients and utensils away.
- Wash dirty items in hot soapy water or in dishwasher.

Basic Buttercream Frosting

- 1/2 cup Shortening
- 1 lb. Confectioner's Sugar
- 1/8 tsp. salt
- 1/2 tsp. Vanilla
- 1/2 cup Water

Mix with a hand mixer. This may be thick, so you can add water to make it thinner. If it is too soft, add powdered sugar (a little at a time).

The icing will be white. This makes a very smooth and soft color. You may color your icing with food colors or icing colors. Icing will keep in the refrigerator for 2 weeks if it is sealed tightly.



Kindergarten

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:

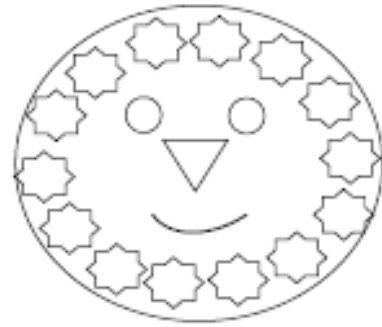
- Wash your hands with soap and water and make sure your work area is clean.
- If baking cookies, make sure you have all of your ingredients before starting. Have an adult help you put in and take out your baking pan from the oven.
- Let the cookies completely cool before you start to frost
- Frost and decorate your cookies. Try different things. Be creative. Have fun!
- You cookies must have frosting and must have sprinkles and/or candy on top of each one. The cookies do not have to look the same
- Do not refrigerate decorated cookies. If you do, when you take them out, they will sweat, fade, or sometimes the frosting will run off. Their 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.
- Complete your record sheet



1st 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 (optional)
- Decorating Bag, Tips, & Coupler (optional)
 - 8" professional decorating bag
 - Coupler
 - Tips: #18 star, zig-zag or tip of your choice
- 9" throw away plate
- Clear plastic wrap
- Spatula or kitchen knife



Directions:

- Wash your hands with soap and water and make sure your work area is clean.
- If baking cookies, make sure you have all of your ingredients before starting. Have an adult help you put in and take out your baking pan from the oven.
- Let the cookies completely cool before you start to frost
- Frost and decorate your cookies. Try different things. Be creative. Have fun!
- Your cookies must have frosting. Smooth the top of the icing using a spatula dipped in hot water. Dip your spatula in hot water and shake off the water before putting it on your cookie.
- Make a design in the center of your cookie using sprinkles or candy or you can use frosting.
- Put a border around the edge of your cookie with candy or frosting. Your cookies do not have to look the same. Be creative. Have fun!
- Do not refrigerate decorated cookies. If you do, when you take them out, they will sweat, fade, or sometimes the frosting will run off. Their 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.
- Complete your record sheet

2nd Grade

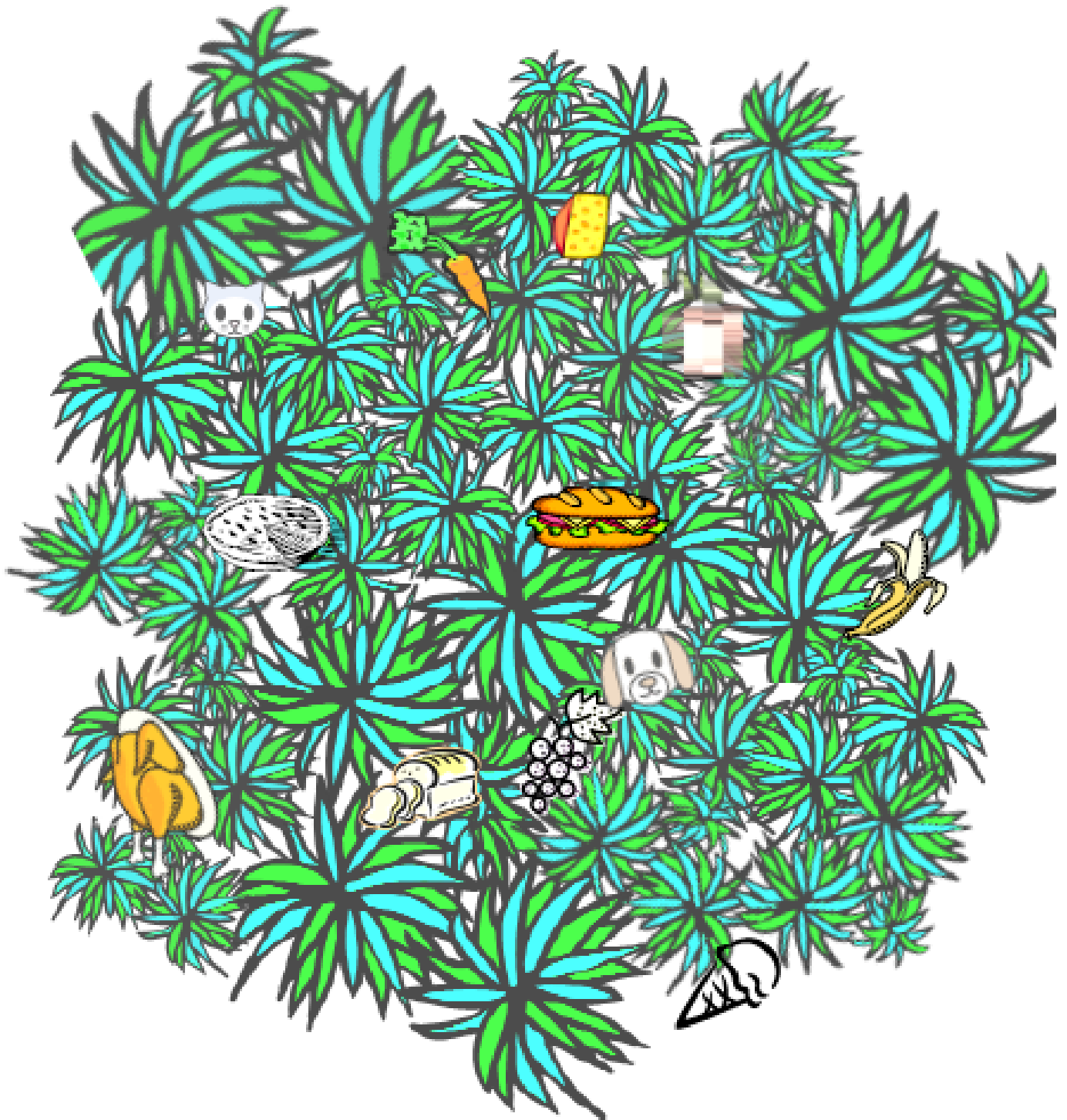
Needed Materials:

- 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 (optional)
- Decorating Bag, Tips, & Coupler (optional)
 - 8" professional decorating bag
 - Coupler
 - Tips: #4 printing, writing or lines or tip of your choice
- 9" throw away plate
- Clear plastic wrap
- Spatula or kitchen knife

Directions:

- Wash your hands with soap and water and make sure your work area is clean.
- If baking cookies, make sure you have all of your ingredients before starting. Have an adult help you put in and take out your baking pan from the oven.
- Let the cookies completely cool before you start to frost
- Frost and decorate your cookies. Try different things. Be creative. Have fun!
- Your cookies must have frosting. Smooth the top of the icing using a spatula dipped in hot water. Dip your spatula in hot water and shake off the water before putting it on your cookie.
- Make a design on your cookie that includes writing or picture.. You may also decorate with candy or sprinkles if you would like.
- Do not refrigerate decorated cookies. If you do, when you take them out, they will sweat, fade, or sometimes the frosting will run off. Their 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.
- Complete your record sheet

Find 10 things you can eat. Circle them.



Apple

Turkey

Sandwich

Ice Cream Cone

Bread

Pie

Banana

Apple

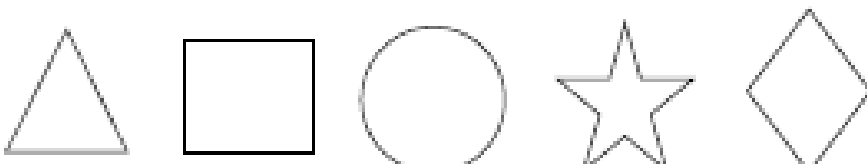
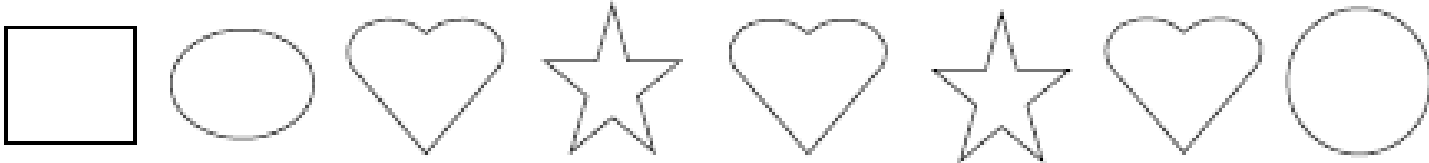
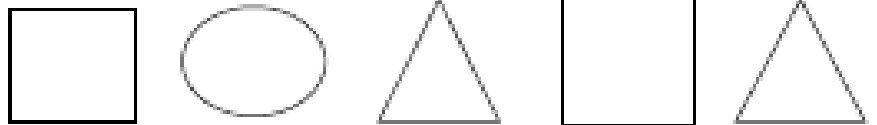
Grapes

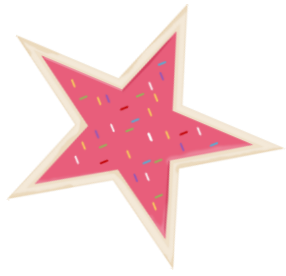
Carrot

Chef is cooking something that smells really good! Draw a line along the path that shows stars and hearts to get to the healthy snack.



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Boone County Mini 4-H Cookie Decorating 2016 Record Sheet

Please complete and bring with 4-H exhibit.

Name: _____ Grade: _____

I chose to exhibit _____

I liked making

I learned

My favorite part of Mini 4-H this year was

List who helped you with the project.

