



MINI 4-H FOODS

Welcome to Mini 4-H!

You are now a member of the 4-H family. You are a special person.

Mini 4-H'ers have lots of fun! There are lots of 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 Mini 4-H'ers.

Here are some things to know about 4-H.

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

4-H Colors: Green and White

4-H Motto: To make the best, better.

4-H Pledge: I pledge my Head to clearer thinking
My Heart to greater loyalty
My Hands to larger service, and
My Health to better living, for my club, my
community, my country, and my world.

Display at the Fair:

A picture of you in the kitchen making one of the recipes included in the packet or another favorite. Attach it to this book and bring to display. Don't forget to write your name on the front!

Some of the items you may need for Foods, include:

- Pencil
- Crayons, colored pencils
- Measuring cups for dry and liquid ingredients
- Measuring spoons
- Bowls, pans, etc.
- Various ingredients
- Kitchen appliances: Refrigerator, microwave, stove, oven (depends on recipes you decide to try 😊)

Remember Kitchen Safety

Do not play around the stove.

Make sure all handles on pots and pans are turned toward the back of the stove.

Turn off stove and oven when done cooking.

Kitchen Safety Chart

Use clean hands.

No licking utensils or fingers.

No sharp knives for small children. Keep them out of reach and out of sight.

Always use supervision

Always clean items that were in contact with raw meats and eggs immediately after using.

Put items away after using them.

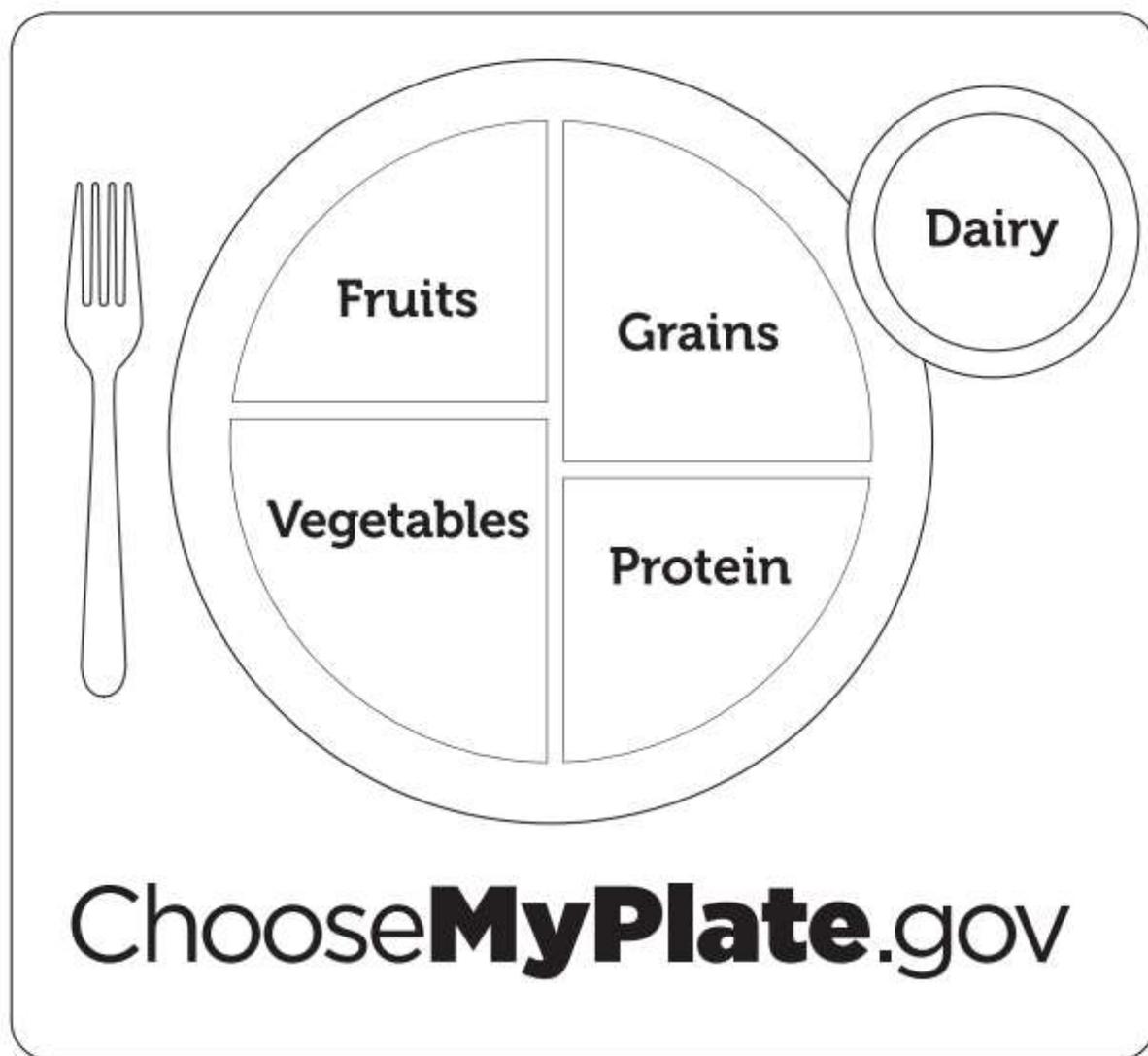
Clean counter tops and dishes well after cooking.

Keep appliances away from Water.

www.kids-cooking-activities.com

Become a My Plate Champion!

- **Eat more fruits and veggies.** Make half your plate fruits and vegetables everyday!
- **Try whole grains.** Ask for oatmeal, whole-wheat breads, or brown rice at meals.
- **Re-think your drink.** Drink fat-free or low-fat milk or water instead of sugary drinks.
- **Focus on lean protein.** Choose protein foods like beans, fish, lean meats, and nuts.
- **Slow down on sweets.** Eat sweets, like cakes or cookies, once in a while and in small amounts.
- **Be active your way.** Find ways to exercise and be active for at least 1 hour a day like walking to school, riding your bike, or playing a sport with friends.



Make ½ your Plate Fruits & Vegetables

Have Fun With Fruits and Vegetables



Find the hidden fruits and vegetables in the puzzle. Words can read up, down or across; from left to right or right to left.

Find:

- Apple
- Banana
- Broccoli
- Carrots
- Celery
- Eggplant
- Grapes
- Kiwi
- Orange
- Papaya
- Pear
- Peas
- Squash
- Yams

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

Fruit and Vegetable Goals

Name a fruit you would like to try:

How will you eat this fruit? (On cereal, as a snack, for dessert, with dinner or on pancakes.)

Name a vegetable you would like to try:

How will you eat this vegetable? (As a snack, with dip, or for lunch.)



Adapted from
Team Up At Home Team Nutrition Activity Book

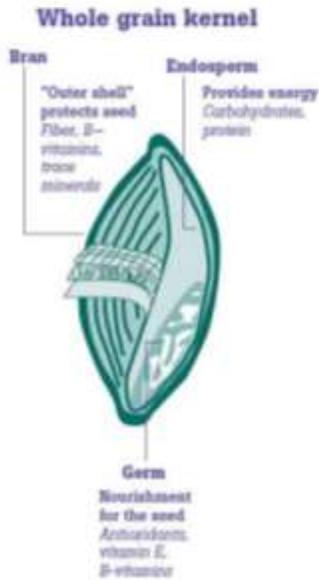


Learn more about Whole Grains

½ your Grains should be Whole Grains

Make Half of Your Grains Whole

Whole grains contain the entire grain kernel: the bran, germ, and endosperm.



Some Examples of Whole Grains:

brown rice 

buckwheat 

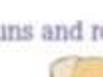
bulgur (cracked wheat) 

oatmeal 

popcorn 

whole-wheat cereal 

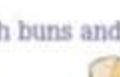
muesli 

whole-grain barley 

whole-grain cornmeal 

whole rye 

whole-wheat bread 

whole-wheat crackers 

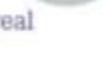
whole-wheat pasta 

whole-wheat sandwich buns and rolls 

whole-wheat tortillas 

wild rice 

whole cornmeal 

shredded wheat cereal 

Whole Grain Tips-- Check the ones you already do:

- Choose a whole grain, such as oatmeal, when you have hot cereal.
- Read the label on a cereal box to find the word "whole" listed with the first ingredient.
- For a change, try brown rice or whole-wheat pasta.
- When baking, substitute whole-wheat or oat flour for at least half of the flour in a recipe.
- Eat whole-grain crackers.
- Serve and eat whole grains every day with meals or as snacks. Popcorn, a whole grain, can be a healthy snack.

Don't Forget your Dairy



Name _____

Dairy Worksheets Dairy Matching

Draw a line from each dairy food name on the left side of the page to the matching dairy food picture.

Butter



Yogurt



Cheese



Pudding



Ice Cream



Milk



How to Measure

How to Measure



You need to learn the common abbreviations for measuring terms.

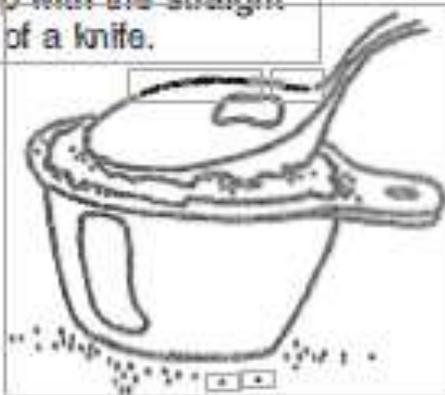
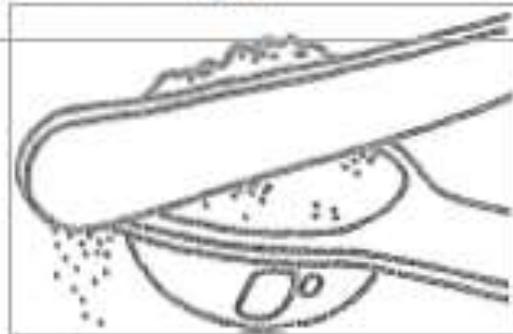
Cup	=	c.
Tablespoon	=	T. or tbs.
Teaspoon	=	t. or tsp.

Measure liquid in a glass measuring cup. Set the cup on a table so that it will be level when you are measuring. Bend down so that your eyes are even with the mark the recipe calls for. Fill the cup to that mark.



Measure dry ingredients in cups or spoons that come in sets. Measure flour, sugar, shredded cheese, raisins and similar items in these cups or spoons. Measure small amounts (1 T. or less) in measuring spoons. Measure larger amounts in measuring cups.

Pick the cup or spoon for the amount the recipe calls for. Fill the cup to heaping full and level off the top with the straight edge of a knife.



Flour and powdered sugar should be sifted before gently spooning it into the measuring cup. Brown sugar and shortening should be packed tightly in the measuring cup.

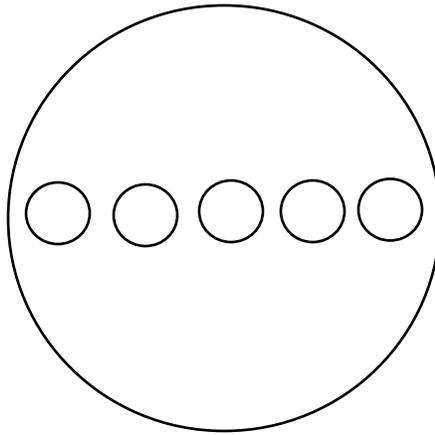
Measure small amounts of dry or liquid ingredients (1T or smaller) in measuring spoons. Heap dry ingredient into the spoon and use a straight edge of a knife to level off. Fill the spoon with liquid ingredient so it is level with the top.

RECIPES to TRY

Peanut Butter (or alternative) and Banana Tortilla:

- Peanut Butter (1-2 Tbsp)
- 1 Tortilla
- ½ Banana

Using a table knife, carefully spread the peanut butter on one side of the tortilla. Spread all the way to the edges and make it as smooth as possible. Slice ½ banana into small pieces and lay in the tortilla. Try to make a line from one edge to the other (see below). Roll up the tortilla. Slice in 4 pieces.



Yogurt Berry Bites

Ingredients:

- 1/2 cup chopped berries (you can use frozen if fresh is unavailable)
- 1 cup plain Greek yogurt
- 2 tablespoons honey

Directions:

- Mix yogurt, berries, and honey in a bowl.
- Dip the mixture into the ice cube tray – should make 12 servings.
- Place in freezer for 2-3 hours.
- Remove from tray and serve. (Extras may be kept in a freezer bag in the freezer).

Trail Mix

Be “Hunters and Gatherers” of ingredients to make your own cup of trail mix. You can use almost anything you like in the trail mix – including:

Pretzels, raisins, banana chips, nuts of any kind, cereal of any kind, chocolate chips or other chips, fruit snack bites, gummy bears, mini marshmallows, popcorn, yogurt covered bites, dried cranberries (or other dried fruits), cheesy bites, goldfish, coconut, m&m’s, animal crackers, sunflower or other seeds

Marshmallow Crispy Treat Bars

Ingredients:

- ¼ cup butter
- 4 cups miniature marshmallows
- 5 cups crisp rice cereal

Directions:

- Melt butter in large sauce pan over low heat. Add marshmallows and stir until melted and well-blended. Cook 2 minutes longer, stirring constantly. Remove from heat
- Add cereal. Stir until well coated.
- Using buttered spatula or waxed paper, press mixture evenly and firmly in buttered 13 x 9 inch pan. Cut into 2 x 2 inch squares when cool.

Scrambled Eggs in A Jar

A quick and easy scrambled eggs breakfast, topped with your choice of ingredients. It may taste even better in a mason jar.

Yields: 1 serving

Ingredients:

- 2 large eggs
- 1 tbsp. milk
- salt and pepper
- Try some additional items in your eggs: bacon, baby spinach, cheese, diced ham pieces, green peppers, onions, tomatoes, mushrooms...

Directions:

- Place eggs, milk and a pinch each salt and pepper in the jar or container with lid. Screw the top on tightly and shake vigorously until well mixed, about 20 seconds. Add any additional ingredients (make sure bacon, ham, etc. pre-cooked)
- Remove the top and microwave for 60 seconds, then in 15-second intervals until just set. Top with additional toppings: cheese, salsa, etc.)