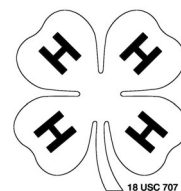




Foods

Hendricks County Mini 4-H



Developed by: Karla Smith, Program Assistant-Purdue Extension Hendricks County



United States
Department of Agriculture
Center for Nutrition

www.ChooseMyPlate.gov for more information
www.fsis.usda.gov for food safety information

DG TipSheets No 11, 13, & 23

June 2011 /October 2012

USDA is an equal opportunity

Purdue University is an equal opportunity/equal access/affirmative action institution

11/2022

Mini 4-H Parent's Page

We welcome you and your child to the Mini 4-H program. Mini 4-H is for youth who are in either 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 Hendricks 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

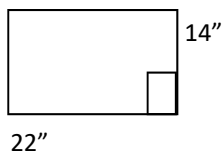
1. Mini 4-H is open to any youth who is enrolled in either the first or second grade on January 1st of the current year.
2. Any Mini 4-H participant may enroll in one (1) or two (2) projects. There are 16 projects to choose from. **Participants may exhibit only one (1) activity from a project book at the Hendricks County 4-H Fair (up to 2 projects total).** Additional activities can be done at home, but will not be exhibited.
3. It is encouraged that Mini 4-H participants enroll in the County Mini 4-H club, and their projects are done at home.

4. **ALL POSTER EXHIBITS MUST (NOTE: Not all Mini 4-H exhibits will be on a poster board):**

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.

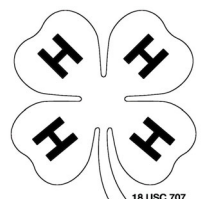
And my **HEALTH** to better living,

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



Foods Activities

If you like food and love to help in the kitchen, then this is the project for you! You will learn some fun and important food facts by doing the activities in this book. You will learn how to measure and cook simple recipes. You will also learn about basic kitchen safety and good nutrition.

Before you get started:

- Look over information pages with an adult.
 - Pick an activity.
 - 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.
 - ENJOY!

Exhibit:

First Grade: - Display 6 no-bake cookies or Closed Bag of Trail Mix on a 9" disposable plate.
- Completed Record Sheet

Second Grade: - Display 3 Breadsticks, Cinnamon Twists, or Fruit Turn-overs on a 9" disposable plate.
- 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 in the measuring cups before leveling with a knife or spatula.

Common Measuring Terms:

C. = Cup

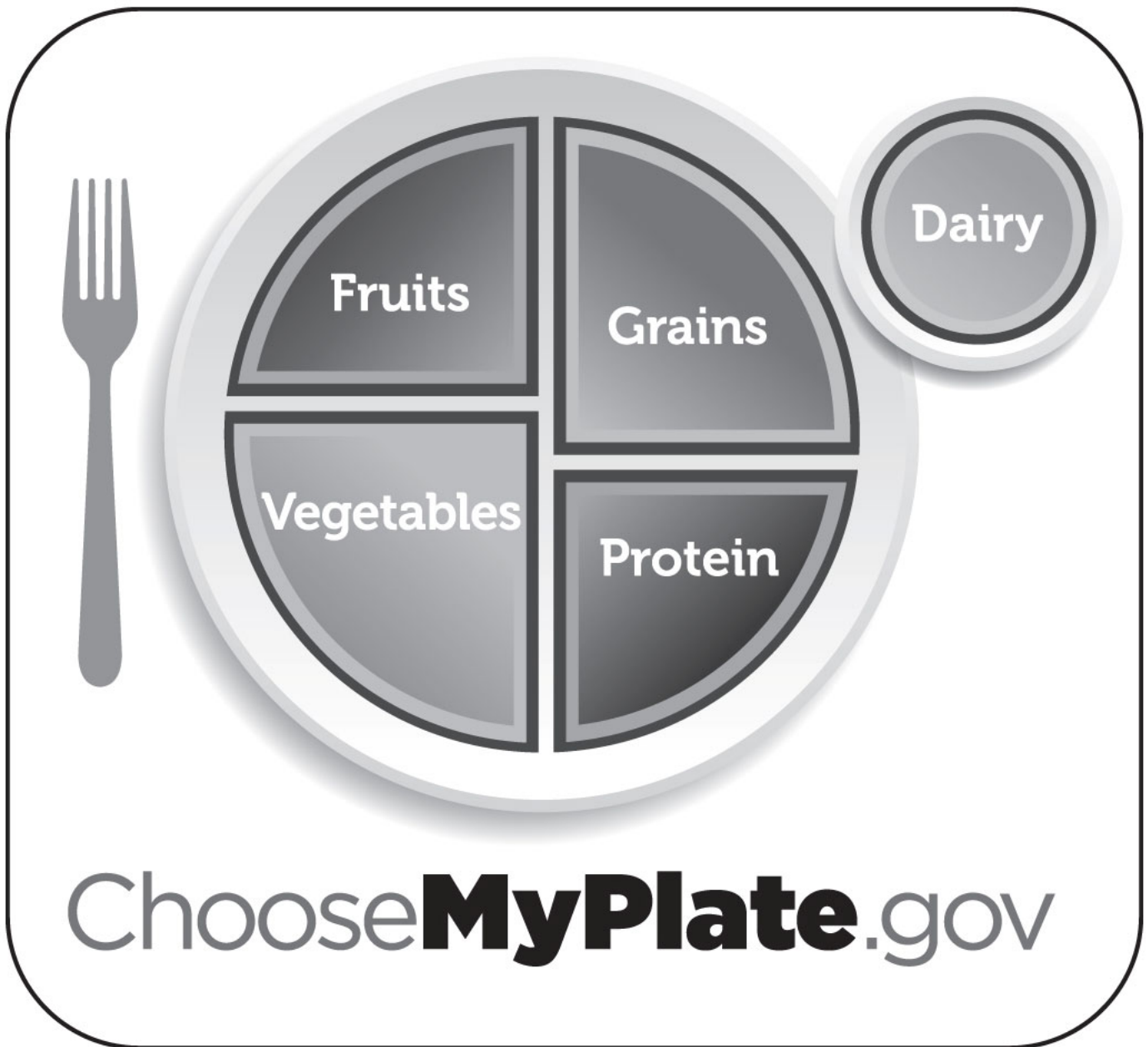
T. or tbs. = Tablespoon

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 ingredients and utensils away.
- ♦ Wash dirty items in hot soapy water or in dishwasher.

Eating Healthy

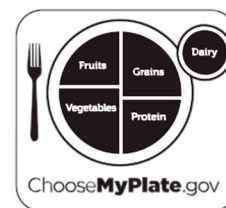


MyPlate, approved by the USDA, is a visual way to encourage families to eat healthier. It illustrates the five food groups using a familiar mealtime visual, a place setting.

The visual shows families that they should make half their plate fruits and vegetables. Make half the grains whole grains, and switch to fat-free or low-fat milk.

**10
tips**
*Nutrition
Education Series*

be a healthy role model for children



10 tips for setting good examples

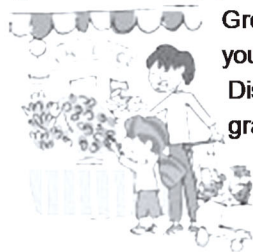
You are the most important influence on your child. You can do many things to help your children develop healthy eating habits for life. Offering a variety of foods helps your children get the nutrients they need from every food group. They will also be more likely to try new foods and to like more foods. When children develop a taste for many types of foods, it's easier to plan family meals. Cook together, eat together, talk together, and make mealtime a family time!

together, and make mealtime a family time!

1 show by example

Eat vegetables, fruits, and whole grains with meals or as snacks. Let your child see that you like to munch on raw vegetables.

2 go food shopping together



Grocery shopping can teach your child about food and nutrition. Discuss where vegetables, fruits, grains, dairy, and protein foods come from. Let your children make healthy choices.

3 get creative in the kitchen

Cut food into fun and easy shapes with cookie cutters. Name a food your child helps make. Serve "Janie's Salad" or "Jackie's Sweet Potatoes" for dinner. Encourage your child to invent new snacks. Make your own trail mixes from dry whole-grain, low-sugar cereal and dried fruit.

4 offer the same foods for everyone

Stop being a "short-order cook" by making different dishes to please

children. It's easier to plan family meals when everyone eats the same foods.



5 reward with attention, not food

Show your love with hugs and kisses. Comfort with hugs and talks. Choose not to offer sweets as rewards.

It lets your child think sweets or dessert foods are better than

6 focus on each other at the table

Talk about fun and happy things at mealtime. Turn off the television. Take phone calls later. Try to make eating meals a stress-free time.



7 listen to your child

If your child says he or she is hungry, offer a small, healthy snack—even if it is not a scheduled time to eat. Offer choices. Ask "Which would you like for dinner: broccoli or cauliflower?" instead of "Do you want broccoli for dinner?"

8 limit screen time

Allow no more than 2 hours a day of screen time like TV and computer games. Get up and move during commercials to get some physical activity.

9 encourage physical activity

Make physical activity fun for the whole family. Involve your children other foods. When meals are not eaten, kids do not need "extras"—such as candy or cookies—as replacement foods.



United States
Department of Agriculture
Center for Nutrition

kid-friendly veggies and fruits



10 tips for making healthy foods more fun for children

Encourage children to eat vegetables and fruits by making it fun. Provide healthy ingredients and let kids help with preparation, based on their age and skills. Kids may try foods they avoided in the past if they helped make them.

1 smoothie creations

Blend fat-free or low-fat yogurt or milk with fruit pieces and crushed ice. Use fresh, frozen, canned, and even overripe fruits. Try bananas, berries, peaches, and/or pineapple. If you freeze the fruit first, you can even skip the ice!



2 delicious dippers

Kids love to dip their foods. Whip up a quick dip for veggies with yogurt and seasonings such as herbs or garlic. Serve with raw vegetables like broccoli, carrots, or cauliflower. Fruit chunks go great with a yogurt and cinnamon or vanilla dip.



3 caterpillar kabobs

Assemble chunks of melon, apple, orange, and pear on skewers for a fruity kabob. For a raw veggie version, use vegetables like zucchini, cucumber, squash, sweet peppers, or tomatoes.

4 personalized pizzas

Set up a pizza-making station in the kitchen. Use whole-wheat English muffins, bagels, or pita bread as the crust. Have tomato sauce, low-fat cheese, and cut-up vegetables or fruits for toppings. Let kids choose their own favorites. Then pop the pizzas into the oven to warm.

5 fruity peanut butterfly

Start with carrot sticks or celery for the body. Attach wings made of thinly sliced apples with peanut butter and decorate with halved grapes or dried fruit.

6 frosty fruits

Frozen treats are bound to be popular in the warm months. Just put fresh fruits such as melon chunks in the freezer (rinse first). Make "popsicles" by inserting sticks into peeled bananas and freezing.

7 bugs on a log

Use celery, cucumber, or carrot sticks as the log and add peanut butter. Top with dried fruit such as raisins, cranberries, or cherries, depending on what bugs you want!

8 homemade trail mix

Skip the pre-made trail mix and make your own. Use your favorite nuts and dried fruits, such as unsalted peanuts, cashews, walnuts, or sunflower seeds mixed with dried apples, pineapple, cherries, apricots, or raisins. Add whole-grain cereals to the mix, too.



9 potato person

Decorate half a baked potato. Use sliced cherry tomatoes, peas, and low-fat cheese on the potato to make a funny face.

10 put kids in charge

Ask your child to name new veggie or fruit creations. Let them arrange raw veggies or fruits into a fun shape or design.



cut back on your kid's sweet treats



10 tips to decrease added sugars

Limit the amount of foods and beverages with added sugars your kids eat and drink. If you don't buy them, your kids won't get them very often. Sweet treats and sugary drinks have a lot of calories but few nutrients. Most added sugars come from sodas, sports drinks, energy drinks, juice drinks, cakes, cookies, ice cream, candy, and other desserts.

1 serve small portions

It's not necessary to get rid of all sweets and desserts. Show kids that a small amount of treats can go a long way. Use smaller bowls and plates for these foods. Have them share a candy bar or split a large cupcake.

2 sip smarter

Soda and other sweet drinks contain a lot of sugar and are high in calories. Offer water, 100% juice, or fat-free milk when kids are thirsty.



3 use the check-out lane that does not display candy

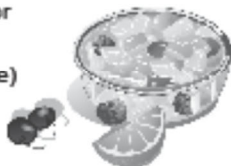
Most grocery stores will have a candy-free check-out lane to help moms out. Waiting in a store line makes it easy for children to ask for the candy that is right in front of their faces to tempt them.

4 choose not to offer sweets as rewards

By offering food as a reward for good behavior, children learn to think that some foods are better than other foods. Reward your child with kind words and comforting hugs, or give them non-food items, like stickers, to make them feel special.

5 make fruit the everyday dessert

Serve baked apples, pears, or enjoy a fruit salad. Or, serve yummy frozen juice bars (100% juice) instead of high-calorie desserts.



6 make food fun

Sugary foods that are marketed to kids are advertised as "fun foods." Make nutritious foods fun by preparing them with your child's help and being creative together. Create a smiley face with sliced bananas and raisins. Cut fruit into fun and easy shapes with cookie cutters.

7 encourage kids to invent new snacks

Make your own snack mixes from dry whole-grain cereal, dried fruit, and unsalted nuts or seeds. Provide the ingredients and allow kids to choose what they want in their "new" snack.



8 play detective in the cereal aisle

Show kids how to find the amount of total sugars in various cereals. Challenge them to compare cereals they like and select the one with the lowest amount of sugar.

9 make treats "treats," not everyday foods

Treats are great once in a while. Just don't make treat foods an everyday thing. Limit sweet treats to special occasions.

10 if kids don't eat their meal, they don't need sweet "extras"

Keep in mind that candy or cookies should not replace foods that are not eaten at meal time.

10 tips

Nutrition
Education Series

be food safe

10 tips to reduce the risk of foodborne illness



A critical part of healthy eating is keeping foods safe. Individuals in their own homes can reduce contaminants and keep food safe to eat by following safe food handling practices. Four basic food safety principles work together to reduce the risk of foodborne illness—Clean, Separate, Cook, and Chill. These four principles are the cornerstones of Fight BAC!®, a national public education campaign to promote food safety to consumers and educate them on how to handle and prepare food safely.

CLEAN

1 wash hands with soap and water

Wet hands with clean running water and apply soap. Use warm water if it is available. Rub hands together to make a lather and scrub all parts of the hand for 20 seconds. Rinse hands thoroughly and dry using a clean paper towel. If possible, use a paper towel to turn off the faucet.

2 sanitize surfaces

Surfaces should be washed with hot, soapy water. A solution of 1 tablespoon of unscented, liquid chlorine bleach per gallon of water can be used to sanitize surfaces.

3 clean sweep refrigerated foods once a week

At least once a week, throw out refrigerated foods that should no longer be eaten. Cooked leftovers should be discarded after 4 days; raw poultry and ground meats, 1 to 2 days.

4 keep appliances clean

Clean the inside and the outside of appliances. Pay particular attention to buttons and handles where cross-contamination to hands can occur.

5 rinse produce

Rinse fresh vegetables and fruits under running water just before eating, cutting, or cooking. Even if you plan to peel or cut the produce before eating, it is important to thoroughly rinse it first to prevent microbes from transferring from the outside to the inside of the produce.



SEPARATE

6 separate foods when shopping

Place raw seafood, meat, and poultry in plastic bags. Store them below ready-to-eat foods in your refrigerator.

7 separate foods when preparing and serving

Always use a clean cutting board for fresh produce and a separate one for raw seafood, meat, and poultry. Never place cooked food back on the same plate or cutting board that previously held raw food.

COOK AND CHILL

8 use a food thermometer when cooking

A food thermometer should be used to ensure that food is safely cooked and that cooked food is held at safe temperatures until eaten.



9 cook food to safe internal temperatures

One effective way to prevent illness is to check the internal temperature of seafood, meat, poultry, and egg dishes. Cook all raw beef, pork, lamb, and veal steaks, chops, and roasts to a safe minimum internal temperature of 145 °F. For safety and quality, allow meat to rest for at least 3 minutes before carving or eating. Cook all raw ground beef, pork, lamb, and veal to an internal temperature of 160 °F. Cook all poultry, including ground turkey and chicken, to an internal temperature of 165 °F (www.isitdoneyet.gov).

10 keep foods at safe temperatures

Hold cold foods at 40 °F or below. Keep hot foods at 140 °F or above. Foods are no longer safe to eat when they have been in the danger zone between 40-140 °F for more than 2 hours (1 hour if the temperature was above 90 °F).

First Grade

Trail Mixes

Trail mix is one of the best snack foods because it is good for you, it is easy to make, and there are so many different combinations of ingredients that can be used. These recipes will help you learn how to measure dry ingredients.

Crunchy Trail Mix

Needed Materials:

- Mixing Bowl
- Air tight Container/Sandwich Bags
- Spoon
- Measuring Cup (1 Cup)
- 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 ingredients; mix well. Store in air tight container or bag.

Clean up your area.

Display in a sealed bag on a 9" disposable plate.

If planning to exhibit this option at the fair, be sure to add the information to FairEntry once the system opens. This will be used to print your exhibit tag for display at the fair.

Fancy Trail Mix

Needed Materials:

- Mixing Bowl
- Air tight Container/Sandwich Bags
- Spoon
- 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 ingredients; mix well. Store in air tight container or bag.

Clean up your work area.

Display in a sealed bag on a 9" disposable plate.

Make My Own Mix

Needed Materials:

- Mixing Bowl
- Air tight Container/Sandwich Bags
- Spoon
- Any combination of Nuts, Seeds (sunflower, flax, pumpkin), Cereals (granola, puffed rice, toasted oat rings, etc.), Crackers, Pretzels, Popcorn, Dried Fruit, Mini- Marshmallows, or Sweet additions (candy coated chocolate pieces or chocolate chips).

Directions:

Choose the snack foods that you want to include in your mix. You can take these basic ingredients in any combination that sounds good and play around with them to make new types of trail mix. Be Creative!! Store in an air tight container or bag.

Clean up your work area.

Display in a sealed bag on a 9" disposable plate.

No-Bake Cookies

For your exhibit, pick a recipe below or make your own no-bake cookie recipe from home.

Chocolate Peanut Butter No-Bake Cookies

Needed Materials:

- Saucepan
- Spoon
- Waxed Paper
- Measuring Cups and Spoons
- Container with lid
- 2 cups sugar
- 1/2 cup butter or margarine
- 1/2 cup Milk
- 1/3 cup Unsweetened Cocoa Powder
- Pinch of Salt
- 1 teaspoon Vanilla Extract
- 3 Tablespoons Peanut Butter
- 3 cups Quick Oats
- 9" throw away plate

Directions:

In large saucepan, combine sugar, butter or margarine, milk, cocoa and salt. Bring to a boil over medium heat, stirring frequently. Continue boiling 3 minutes, stirring frequently.

Remove from heat. Stir in vanilla and peanut butter; stirring until peanut butter is melted. Add oats and blend well.

Drop by rounded teaspoonfuls onto waxed paper.

Keep in covered container.

If this is your exhibit, display 6 cookies on a 9" plate.

Clean up your work area.

If planning to exhibit this option at the fair, be sure to add the information to FairEntry once the system opens. This will be used to print your exhibit tag for display at the fair.

Chewy Chocolate No-Bakes

Needed Materials:

- Saucepan
- Spoon
- Waxed Paper
- Measuring Cups and Spoons
- Container with lid
- 1 cup Semi-Sweet Chocolate chips
- 5 Tablespoons Butter or Margarine
- 16 Large Marshmallows
- 1 teaspoon Vanilla Extract
- 2 cups Oats (quick or old fashioned)
- 1 cup Raisins, Diced Dried Fruit, Shredded Coconut, Nuts, Marshmallows, (any combination)
- 9" throw away plate

Directions:

In large saucepan, melt chocolate chips, butter or margarine, and marshmallows over low heat. Stir until smooth.

Remove from heat; cool slightly.

Stir in vanilla. Stir in oats and fruit, nuts etc.

Drop by rounded teaspoonfuls onto waxed paper. Let them stand at room temperature until firm.

Keep in covered container.

If this is your exhibit, display 6 cookies on a 9" plate.

Clean up your area and put all of your supplies away.

If planning to exhibit this option at the fair, be sure to add the information to FairEntry once the system opens. This will be used to print your exhibit tag for display at the fair.

Peanut Butter No-Bakes

Needed Materials:

- Saucepan
- Spoon
- Measuring Cups and Spoons
- Waxed paper
- Covered container with lid
- 1 cup Sugar
- 1 cup Light Corn Syrup
- 4 cups Corn Flakes
- 1 1/2 cups Creamy or Crunchy peanut butter
- 1 cup semi-sweet chocolate chips
- 1 cup mini-marshmallows
- 9" throw away plate (if displaying)

Directions:

Combine the sugar and corn syrup in a medium saucepan and bring to a boil. Cook 1 minute. Remove from heat and stir in vanilla and peanut butter until well blended. Stir in the cereal, mixing well.

Drop by tablespoonfuls on waxed paper. Cool completely.

Keep in covered container.

If this is your exhibit, display 6 cookies on a 9" plate.

Clean up your work area and put all of your supplies away.

If planning to exhibit this option at the fair, be sure to add the information to FairEntry once the system opens. This will be used to print your exhibit tag for display at the fair.

Second Grade

Finding Fatty Foods

Needed Materials:

- **Finding Fatty Foods** sheet—in this manual
- **Fat Facts** sheet—in this manual
- Pencil or Marker
- Brown Paper Bag
- Foods (1 each): Shelled Peanut, Apple, Avocado, Cooked Bacon, Bread, Raw Potato, Butter, Cheese, Chocolate Candy, Cooked Ground Beef or Sausage, Tomato, Lettuce
- Poster Board (see page 3)

Directions:

Rub the foods listed on a brown paper bag. If you rub food on the bag, it may leave a spot. If the food contains fat, the spot will not dry and go away. If you hold the bag up to the light, the spot looks bright.

After rubbing the foods on the bag, mark your chart to show if the foods are fatty.

Mount your chart on a poster board (see page 27) and add your own pictures (drawn or printed). Use Fat Facts to add to your poster. You may want to make some observations about the fat content found in different foods.

Clean up your work area and put supplies away.

If planning to exhibit this option at the fair, be sure to add the information to FairEntry once the system opens. This will be used to print your exhibit tag for display at the fair.

Baking with Biscuits

Use one of the recipes below to bake an item using refrigerated biscuit dough or crescent dough.

Cinnamon Twists

Needed Materials:

- Baking Sheet
- Cooling Rack
- Bowl
- Saucepan
- Spatula
- 2 Tablespoons Butter or Margarine
- 1 teaspoon Cinnamon
- 1/4 cup Sugar
- 1 package Refrigerated Biscuits or Crescent Rolls
- 9" throw away plate

Directions:

Preheat oven to 425 degrees.

Melt butter in saucepan and remove from heat.

Combine sugar and cinnamon in a bowl.

Roll each biscuit or crescent roll section into a 9 inch rope.

Pinch ends of rope together to make a circle.

Dip biscuit circles in melted butter, then dip into the cinnamon sugar mixture.

Twist each circle one time to make a figure 8.

Place on baking sheet and bake 8-10 minutes.

Remove twists with a spatula and place twists on a cooling rack.

If this is your exhibit, display 3 twists on a 9" disposable plate.

Clean up your work area and put all of your supplies away.

Breadsticks

Needed Materials:

- Baking Sheet
- Cooling Rack
- Pastry Brush or Plastic Ziploc Bag
- Spatula
- 1/4 cup Butter or margarine, softened
- 1 package Refrigerated Biscuits or Crescent Rolls
- Garlic or Onion Powder, Herbs, Garlic or Onion Salt, or a seasoning of your choice
- 9" throw away plate

Directions:

Preheat oven to 425 degrees.

Set butter or margarine out so it can soften.

Roll each biscuit or crescent roll section into a 9 inch rope and twist.

Place twisted rope on baking sheet and press the ends down on the baking sheet.

Brush butter on top of each rope (or place a Ziploc bag over your hand and rub the butter on top).

Sprinkle with your favorite seasoning.

Bake 8-10 minutes.

Remove breadsticks with a spatula and place twists on a cooling rack.

If this is your exhibit, display 3 twists on a 9" disposable plate.

Clean up your work area and put all of your supplies away.

NOTE: Do NOT use any cheese as a topping because the item will become "perishable" and should be stored in the refrigerator. ***ALL foods exhibits*** must be "non-perishable". If you have any questions, please call the Extension Office for clarification.

Fruit Turn-Overs

Needed Materials:

- Baking Sheet
- Cooling Rack
- Spatula
- 1 package Refrigerated Crescent Rolls
- 1 can of light fruit pie filling
- 1 c powdered sugar
- 1-2 t water
- 9" throw away plate

Directions:

Preheat oven to 400 degrees.

Place 2 crescent rolls together to form a square on a baking sheet.

Spoon 1 –2 T of fruit pie filling into one corner of the square.

Fold the square into a triangle.

Bake 10-12 minutes or until golden brown.

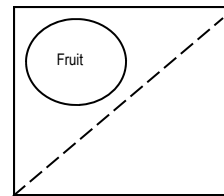
Mix together sugar and water to make a simple icing

Remove breadsticks with a spatula and place twists on a cooling rack.

If this is your exhibit, display 3 turn-overs on a 9" disposable plate.

Clean up your work area and put all of your supplies away.

If planning to exhibit this option at the fair, be sure to add the information to FairEntry once the system opens. This will be used to print your exhibit tag for display at the fair.



Finding Fatty Foods

Rub the foods listed on a brown paper bag. If you rub food on the bag, it may leave a spot. If the food contains fat, the spot will not dry and go away. If you hold the bag up to the light, the spot looks bright.

After rubbing the foods on the bag, mark your chart to show if the foods are fatty.

Food Item	Contains Fat	Fat Free
Peanut		
Apple		
Avocado		
Cooked Bacon		
Bread		
Raw Potato		
Butter/Margarine		
Cheese		
Chocolate Candy		
Cooked Ground Beef or Sausage		
Tomato		
Lettuce		

Fat Facts

What foods contain fat and why?

- All plants and animals contain fat.
- Because we are an animal, we make our own fat and we do not need a lot of extra added in our diet.

What does fat do for the body?

- Fat is needed by the human body.
- Fat in our body helps cushion our body and protect vital organs.
- Fat is used to insulate our body and keep it warm.
- Fat in our diet makes it possible for certain vitamins to work and keep us healthy.

Why do we need to limit the fat in our diet?

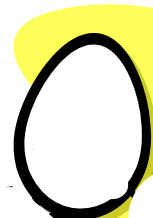
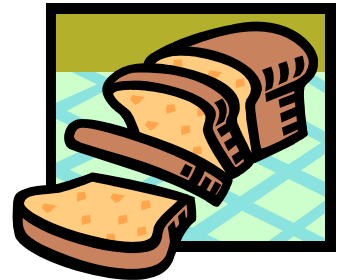
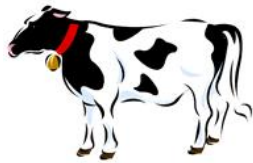
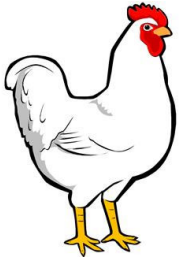
- Extra fat is hard on the body because it has more calories than anything else we eat.
- Extra fat is hard on our heart and blood, making it difficult for the blood to move throughout the body.
- Extra fat can cause certain diseases to grow in our body.

How do we avoid extra fat in our diet?

- Limit how many fried foods are eaten every day—Choose baked or broiled foods
- Limit the amount of margarine, butter, or gravy added to foods consumed.
- When the option is available, select low-fat or non-fat food items.
- Selecting skim milk is much healthier because it has no fat compared to 2% or whole milk, but the calcium content is the same. Tip: Humans drink milk and eat dairy foods for the calcium, not the fat; so, select the fat-free option!

On My Plate

Where does our food come from? Draw lines to match.





All Mixed Up!

Unscramble the cooking words and solve the mystery below.

koco _____ _____ _____

lobi _____ _____ _____

inarts _____ _____ _____ _____

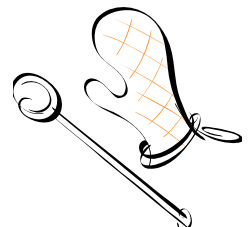
tcu _____ _____

whas _____ _____ _____

beak _____ _____ _____

andek _____ _____ _____ _____

Mystery word is: _____



Yummy Foods

*Advanced

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

Find the words below:

Bacon

Chicken

French fry

Sandwich

Bread

Corndog

Hotdog

Soup

Cereal

Eggs

Pizza

Spaghetti

Cheese

Fish

Rice

Steak

Cheeseburger

Food

Salad

Taco



4-H Fair Exhibit

Listed below are projects you can exhibit at the 4-H Fair judging. Check the fair book for the date and time it is due. The fair book may also list special exhibit rules. You may only exhibit 1 project from this book.

If you have any questions about your projects, please call your Mini 4-H Leader or the Extension Office.

INCLUDE completed Record Sheet with your exhibit.

First Grade

- Chocolate Peanut Butter Cookies
- Chewy Chocolate No-Bakes
- Peanut Butter No-Bakes
- Any No-Bake Cookie

Second Grade

- Finding Fatty Foods Poster
- Cinnamon Twists
- Breadsticks
- Fruit Turn-Overs

Mounting Your Pictures

Needed Materials:

- Rubber Cement or Double Sided Tape
- Scissors
- Poster Board
- Clear Plastic

Directions:

- An adult or teenager can help you cut the poster board. Cut a piece of poster board or foam board so it is 14" high by 22" wide or appropriate sized board available at the Extension Office.
- Use rubber cement or small pieces of double sided tape.
- Arrange the items neatly on your board. Be sure to include a title for your poster.
- Poster must be completely covered by a clear plastic material.

Good Luck at the 4-H Fair!



Mini 4-H Foods Record Sheet

I liked making _____.

I learned _____

_____.

List the people who helped you
with your project. _____

Name:

Date:
