

Mini 4-H

Foods

Divisions I & II

Dear Parents,

We welcome you and your child to the Mini 4-H program. Mini 4-H is designed for boys and girls, who are in either first or second grade during this calendar year.

Your job as a Mini 4-H parent is to guide your child in any way that you can, we suggest assisting your child in completing the projects, but not completing the projects for them. It is your child's project and will be an important teaching and learning experience for him. So guide your child, but let him do as much of it by himself as he can.

Your child will need to exhibit something in each of the project areas which he has signed up for. Please see that your child gets the exhibit to the fair during the scheduled time. Your child will receive a ribbon for completing the project. You need to pick up the project after the 4-H Fair or make arrangements for someone else to get the project if you can not.

If you have any questions, you may call the Extension Office at 736-3724. We hope you and your child will enjoy the Mini 4-H program and we will be looking forward to seeing you at the Johnson County 4-H and Agricultural Fair.

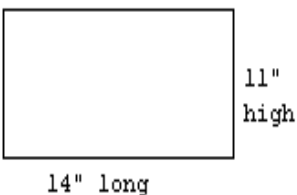
Johnson County 4-H Council

Mini 4-H Program Rules

The Mini 4-H program is designed to supplement and introduce both 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 either the first or second grade on January 1st of the current 4-H year.
2. 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 participants do not enroll in a 4-H club, but do the project at home.
4. Mini 4-H projects include: Arts & Crafts, Bugs, Clothing, Collections, Flowers, Foods, Forestry, Horse & Pony, Livestock, Models, Small Animals, and Wildlife.
5. Enrollment of Mini 4-H is done in April by distributing enrollment information to all first and second grade classes in each Johnson County elementary school.
6. **ALL POSTER EXHIBITS MUST:**
 - A. Have a solid, stiff backing, which is 11" high by 14" wide (half standard poster size). 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: DIVISION I

1. Make the different recipes listed in this booklet.
2. Exhibit at the 4-H fair, six of the same kind of your favorite no-bake cookies 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 record sheet with your exhibit to the fair.

WHAT TO EXHIBIT: DIVISION II

1. Make the different recipes listed in this book.
2. Exhibit at the 4-H fair, six of the same kind of breakfast treats you have baked.
3. Attach a name tag to your exhibit. You may use the tag printed at the bottom of this page.
4. Bring your record sheet with your exhibit to the fair.

NAME _____
GRADE (as of Jan. 1) _____
PROJECT _____
DIVISION _____
SCHOOL ATTENDING _____

Mini 4-H Helper's Page

Welcome to the 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. Some children may 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.

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 your local Extension office.

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: The symbol is a four-leaf clover with an "H" in each leaf. Clover is a plant that grows in fields, yards, and along roadsides. Most clovers only have three leaves. Sometimes, if you look closely you may get lucky and find a clover with four leaves. A four leaf clover is used as the symbol for 4-H to let everyone know 4-H is a special kind of group.



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.

A group motto is a saying that tells people what is important to the group.

The 4-H Motto: "To make the best better." When something is better than all of the others it is the best. Think about a time when you did your best. Maybe you threw a ball farther than you have ever thrown it before. Now think about some ways you could do better. You may be able to throw farther by practicing for a while or by watching someone who can throw farther than you, to see how they throw so far. Even if you throw the ball farther than you have ever thrown it before there are still ways that you can do better the next time. 4-H encourages you to always try to do better, even if you are doing the best you have ever done.

The 4-H Pledge

A pledge is a promise you make to yourself and to the people around you. The 4-H pledge is in bold print below. Under each line of the pledge there are words telling what the pledge means.



I pledge my head **to clearer thinking.**

I promise to use my head to make good choices.



my heart **to greater loyalty.**

to use my heart to be a good friend.



my hands **to larger service, and**

to use my hands to do helpful things for others.



my health **to better living.**

to take care of my body and to show others how to live in a healthy way.



for my club, my community, **my country, and my world.**

to help my group, my community, my country, and my world be happy and safe for everyone.

Food

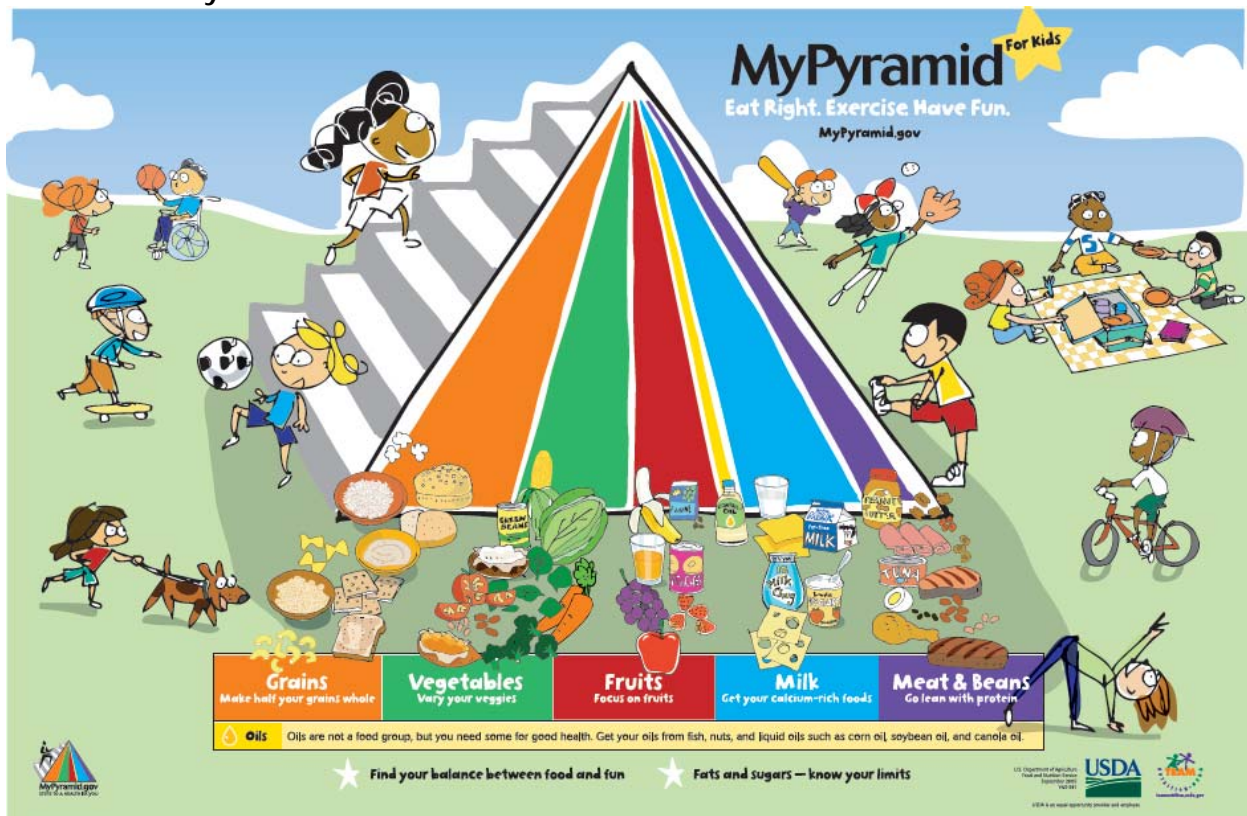
Let's talk about food! Besides knowing how to cook, what utensils to use, and what tastes good to you, it is important to know what your body needs each day to stay healthy. Food does a lot for you. It helps you grow, builds your bones, and gives you lots of energy to play.

FOOD GUIDE PYRAMID:

What does the food guide pyramid look like? It looks like six triangles of different widths leaning up against one another until the points meet at the top. The food guide pyramid is a shape which is used to help us make smart food choices. The five food groups are arranged so that if we eat more foods from the widest parts of the pyramid and fewer foods from the groups that are narrower, we can be the healthiest. Foods at the lower wider parts of the pyramid would include whole wheat grains, fresh vegetables, fresh fruits, calcium rich dairy products, and lean proteins. Foods at the higher, narrower parts would be foods of higher fat and sugar content. The thin sections of the pyramid are still important to have but you should not eat a lot of them.

We can be strong and healthy too, if we eat foods from all of the different food groups and get plenty of physical activity. Set aside time each day as activity time, walk, jog, skate, cycle or swim. Children need 60 minutes every day or most days, above the normal day to day activities!

Food Guide Pyramid



FOOD GROUPS:

Look at the pyramid on page 6. Study each food group. It is all right to have some of the foods from the top, narrower groups, but you should be careful. These foods have more sugar, fat, and salt in them. If you eat too much of these foods your body could become unhealthy.

To be healthy we need a variety of foods. That means some of each group. There is no one food that gives you all of the things that your body needs, that is why you need to eat a variety. Make half your grains whole, vary your veggies, focus on fruits, get your calcium-rich foods, and go lean with protein.

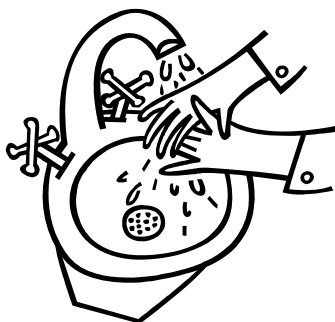
FOOD SOURCES:

All of our food comes from plants or animals. Do you have a garden? If so what do you grow there? If you do not have a garden maybe you live on a farm, or have an apple tree? If you do you might be growing some of your own food. However, most people get their food from the grocery store.

Some foods are chopped, cooked, or mixed with other foods, like chicken soup. What would that be, plant or animal? Maybe both? The answer is BOTH!! They are sometimes called "combination foods".

FOOD SANITATION:

Before you make or eat a snack that includes foods from several food groups, there is something you need to do first so the food you eat is safe and will not make you sick. It is very important to wash your hands before you eat. This will remove any germs you might have on your hands and keep you from putting those germs on your food.



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!!

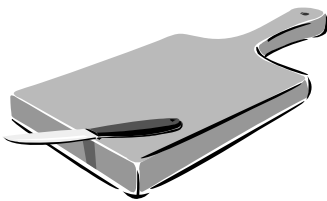
1. Find an adult to help you. This is important because they can help you read recipes, answer any questions, show you how to use kitchen tools, and help with any hot pots and pans.
2. Wash your hands. (Count to ten while washing your hands to remove dirt and germs.)
3. If you have long hair tie it back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



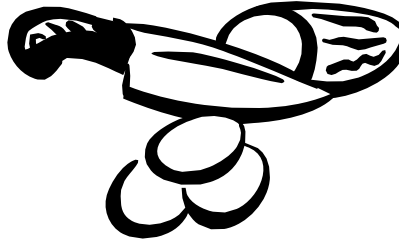
SAFTEY PRECAUTIONS:

1. Always use hot pads or oven mitts whenever you are handling anything that could be hot.
2. Turn handles on pots toward the middle of the stove so they do not get bumped off.
3. Wipe up spills as soon as they happen. Spilled food can be slippery, and you do not want to slip and fall.
4. Sharp knives are EXTREMELY dangerous. Always be careful when handling them and NEVER hold a knife by the blade.
5. Cut on a cutting board, ALWAYS with your fingers out of the way.
6. NEVER hold your food in your hand while you are trying to cut it.
7. "SAW" back and forth through the food rather than trying to chop it.

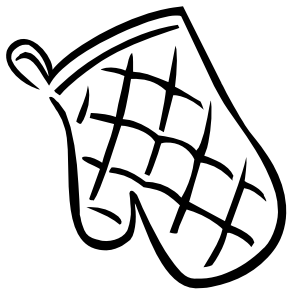
Cutting Board



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 scrapper. That makes sure you are measuring shortening not air!

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 a knife.

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



Wooden spoon



Slotted Spoon



Measuring Spoons



Ladle



Dinner Spoon

TERMS:

MEASURING TERMS:

1. C= Cup
2. t or tsp.= teaspoon

3. T or Tbsp= Tablespoon

4. 3t= One Tablespoon

5. 8T= 1/2 Cup

COOKING TERMS:

1. Bake: To cook in the oven.

2. Beat: Mix fast with a beater or a spoon.

3. Blend: Mix thoroughly so that you cannot tell one ingredient from another.

4. Boil: Heat up liquid so hot that it bubbles and steams.

5. Chop: Cut into small pieces with knife, scissors, or chopper.

6. Combine: To mix the ingredients.

7. Cream: To beat until soft and fluffy.

8. 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.

9. Ingredients: Food items in a recipe.

10. Melt: To change a solid ingredient to a liquid using heat.

11. Simmer: Cook liquid over very low heat- bubble are lazy, not rolling as in boiling.

12. Stir: Mix in a circular motion.

Recipes

PEANUT BUTTER TREATS:

- 1/2 c (cup) peanut butter
- 3 1/2 Tbsp (tablespoon) non-fat dry milk
- 1/3 c (cup) honey

1. Mix all of the ingredients together in a bowl.
2. Shape into balls.
3. EAT!

You might also try adding: raisins, nuts, coconut, wheat germ, or sunflower seeds.

RED GELATIN HEARTS:

- 1 c (cup) apple juice concentrate
- 2 c (cups) water
- 2 envelopes of plain gelatin
- 1 tsp. (teaspoon) raspberry unsweetened Kool-Aid Mix

1. Bring apple juice concentrate and 1 cup of water to a boil in a pan.
2. Sprinkle contents from two envelopes of plain gelatin into a bowl.
3. Add Kool-Aid mix.
4. Pour in heated liquid
5. Stir until gelatin is dissolved.
6. Add 1 cup cold water.
7. Pour the mixture into a rectangle cake pan, which has been sprayed with a vegetable spray.
8. Chill.
9. When set, cut out hearts with a cookie cutter.
10. Carefully lift the hearts out with a small pancake turner and place them on a salad plate. Hearts can be served plain, or placed on a lettuce leaf, spread with mayonnaise and topped with chopped walnuts.

Makes Approximately 12 hearts

PEANUT BUTTER SHAKE:

- 1 c (cup) milk
- 1 ripe banana
- 1 Tbsp. (tablespoon) creamy peanut butter

1. Blend together for delicious high protein shake.

ORANGE JULIUS:

- 1/3 c (cup) non-fat dry milk
- 1 c (cup) water
- 6 oz. (ounce) can frozen orange juice
- 1/2 c (cup) crushed ice

1. Blend together for a delicious drink.

SNACK ON A HANDLE:

- Cheese
- Meat
- Fruit
- Straight Pretzels

1. Spear either cheese, meat, or fruit on a pretzel.
Or you can spear them all!

BREAD HEADS:

- 1 slice of bread
- Reduced fat margarine or cream cheese

1. Spread a thin layer of reduced fat margarine OR cream cheese on the bread.
2. Add assortment of foods to form a face: raisin eyes, nose and mouth: sprouts, coconut, or celery tops for hair, sliced stuffed olives for eyes, small sweet pickle spear for mouth, celery sticks for whiskers, etc.

PEANUT RICE FACES:

rice cakes
peanut butter
bananas
raisins

1. Spread peanut butter on rice cake.
2. Use 2 slices of banana to form eyes, and shape a smiling mouth with raisins.

CROWDED CANOE:

Celery stalks
Spreadable cheese OR peanut butter
Corn puff cereal OR raisins

1. Wash and cut celery into 4 inch pieces.
2. Spread cheese or peanut butter in the curve of the celery.
3. Decorate with puffed cereal or raisins.

SNACK MIX:

1 c (cup) unsalted pretzels
1 c (cup) raisins
1 c (cup) unsalted roasted peanuts
1/2 c (cup) unsalted sunflower seeds

1. Break pretzels into bite size pieces.
2. Mix ingredients together
3. Store in airtight container.

BANANA MILKSHAKE:

1 c (cup) milk
1 sliced banana

1. Blend milk and banana together for a delicious milkshake.

Makes three 4 oz. (ounce) servings.

ORANGE DELIGHT:

- 1/4 c (cup) orange juice concentrate
- 1/2 c (cup) milk
- 1/2 c (cup) plain yogurt

1. Blend ingredients together in blender. A banana can be substituted for the yogurt.

YOGURT POPSICLES:

- 1 c (cup) plain yogurt
- 1 tsp. (teaspoon) vanilla
- 1 sliced banana
- 1 cup fruit juice or fruit chunks
(Favorites: orange juice or peach)

1. Blend ingredients together
2. Pour into small paper cups
3. Freeze
4. Place a plastic spoon or Popsicle stick in each cup when yogurt mixture is half frozen.
5. To serve turn upside down and run hot water over the outside of the cup until the Popsicle slides out.

SANDWICH ROLL-UPS:

- Piece of bread
- Sandwich spread (peanut butter, smashed banana, cream Cheese and pineapple bits, deviled ham etc.)

1. Roll a rolling pin over a piece of bread to flatten it out.
2. Spread on a sandwich spread of your choice
3. Roll up the bread and eat.



CRUNCHY RAISIN TREATS:

- 1/2 c (cup) peanut butter
- 3/4 c (cup) non-fat dry milk powder
- 1/2 c (cup) raisins
- 1/2 c (cup) honey
- 1/2 c (cup) Rice Krispies Cereal

1. Place all ingredients into a large bowl.
2. Stir well with wooden spoon.
3. Roll small amounts into small balls.
4. Place balls on clean waxed paper
5. Place in refrigerator to chill for at least an hour

Makes about 20 treats.

PEANUT BUTTER BANANAS:

- 2 bananas
- 1/3 c (cup) orange juice
- 1/2 c (cup) peanut butter
- 3/4 c (cup) chopped nuts

1. Peel and slice bananas in half lengthwise.
2. Spread cut side of each half of banana with peanut butter.
3. Press two halves together to reassemble bananas
4. Brush outside with juice
5. Roll in chopped nuts.
6. Slice into 1 inch long pieces.

Serves 2

The combination of bananas and peanut butter is a favorite with kids. The orange juice keeps the bananas from turning brown.

WALKING SANDWICH:

- apple
- cream cheese or peanut butter

1. Core an apple
2. Fill it with cream cheese or peanut butter

Great for taking on a long walk.

NO-BAKE PEANUT BUTTER COOKIES:

Utensils Needed:

saucepan
spoon
waxed paper
measuring cups

Ingredients:

1 c (cup) corn syrup
1 1/2 c (cup) crunchy peanut butter
1 c (cup) sugar
4 c (cups) dry cereal (Rice Krispies)

1. Pour sugar and corn syrup into saucepan.
2. Bring to a boil.
3. Add peanut butter and cereal
4. Mix well
5. Drop mixture by teaspoonful on wax paper

CHOCOLATE NO-BAKE COOKIES:

Utensils Needed:

saucepan
spoon
waxed paper
measuring cups
measuring spoons

Ingredients:

2 c (cups) sugar
3 Tbsp. (tablespoons) cocoa
1/2 c (cup) peanut butter
1/2 c (cup) milk
1 stick butter/ margarine
3 c (cups) quick oats

1. Put sugar, milk, and cocoa into saucepan
2. Mix well and bring to a rolling boil
3. Add margarine and peanut butter
4. Remove from heat
5. Fold in oats
6. Drop by teaspoonful onto waxed paper

CHOCOLATE PEANUT DREAMS:

Utensils Needed:

double boiler	measuring spoons
spoon	waxed paper
measuring cups	

INGREDIENTS:

16 large marshmallows
2 Tbsp. (tablespoons) butter/ margarine
2 Tbsp. (tablespoons) milk
1 c (cup) flaked/ shredded coconut
6 oz. (ounce) package semi-sweet chocolate bits
1/3 c (cup) creamy peanut butter
1 c (cup) quick oats
2/3 c (cup) salted peanuts

1. Melt marshmallows, chocolate bits, peanut butter, and butter in the top of a double boiler over hot NOT boiling water.
2. Stir until smooth
3. Remove from heat and add milk
4. Stir until well mixed
5. Stir in coconut, oats and peanuts
6. Drop from teaspoon onto waxed paper.
7. Chill

NO-BAKE BROWNIES:

Utensils Needed:

saucepan	Flour Sifter
spoon	waxed paper
measuring cups	rolling pin
measuring spoons	square pan
3 quart bowl	

Ingredients:

12 oz. (ounce) package semi-sweet chocolate bits
3 c (cup) vanilla wafer crumbs
1 c (cup) broken nuts
1/2 tsp. (teaspoon) salt
1 c (cup) evaporated milk
2 c (cup) miniature marshmallows
1 c (cup) sifted powdered sugar
2 tsp. (teaspoons) evaporated milk

Continued on next page...

1. Crush vanilla wafers to make crumbs.
2. Place a sheet of waxed paper on counter or table.
3. Put 4-5 wafers on waxed paper and cover with another piece of waxed paper.
4. Crush with rolling pin
5. Continue this step until you have three cups of crushed wafers.
6. Place crumbs in three quart bowl.
7. Add marshmallows, nuts, powdered sugar, and salt to crumbs and set aside.
8. Pour one cup evaporated milk and chocolate bits into saucepan
9. Stir over low heat until the mixture is smooth.
10. Remove from heat and set aside 1/2 cup for glaze
11. Stir the rest of the mixture into the bowl of ingredients set aside earlier.
12. Mix until well blended.
13. Press mixture evenly into 9 inch pan.
14. Stir 2 teaspoons of evaporated milk into reserved 1/2 cup chocolate mixture until smooth.
15. Spread evenly over mixture in pan.
16. Chill until glaze is set, and cut into small squares.

MUNCHY CRUNCHY GRANOLA:

- 1 1/2 c (cup) oats
- 4 oz. (ounce) toasted sunflower seeds
- 1/4 c (cup) salad oil
- 1/4 tsp. (teaspoon) salt
- 1 c (cup) raisins
- 1/4 c (cup) brown sugar
- 2 Tbsp. (tablespoon) vanilla

1. Mix all of the ingredients into bowl
2. Spread mixture into a 15" x 10" pan or two 13" x 9" pans
3. Bake for 10 minutes at 350 degrees F.
4. Remove from oven and stir
5. Return pan to oven to bake for 10 minutes
6. Store granola in tightly covered container in the refrigerator.

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ANTS ON A LOG:

- 2 celery stalks
- Raisins
- Peanut Butter or Cheese spread

1. Wash celery
2. Cut stalks into 4 inch pieces
3. Spread center of celery with peanut butter or cheese spread
4. Put raisins (ants) on top

QUICK AMBROSIA:

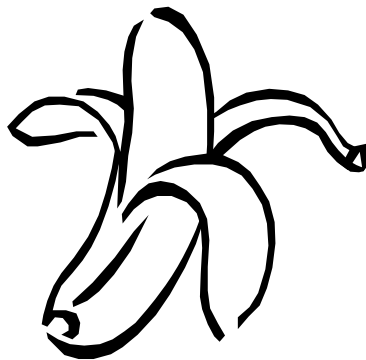
Utensils Needed:

paring knife
bowl
spoon

Ingredients:

1 c (cup) pineapple
1 sliced banana
1 tsp. (teaspoon) lemon juice
1/2 cup shredded coconut
1 pint fresh strawberries

1. Wash berries and take off stems and slice them in half.
2. Peel banana and slice it
3. Pour lemon juice over the banana slices and stir lightly (the lemon juice keeps banana from turning brown)
4. Toss strawberries with banana, pineapple, and coconuts
5. Spoon into four dessert dishes.



CHOCO-ALMOND VELVET:

Utensils Needed:

bowl	spoon
measuring cups	refrigerator tray
egg beater	desert dishes

Ingredients:

2/3 c (cup) canned chocolate syrup
2 c (cup) whipping cream
1/3 c (cup) chopped toasted almonds
2/3 c (cup) sweetened condensed milk
1/2 tsp. (teaspoon)vanilla

1. Combine chocolate syrup, condensed milk, cream and vanilla in bowl.
2. Chill until very cold
3. Using egg beater, whip until forms soft peaks and is fluffy
4. Fold in nuts
5. Pile into refrigerator tray and freeze until firm
6. Spoon into dessert dishes
7. Sprinkle with toasted almonds and serve.

Makes 8-10 servings

ROCKET SALAD:

2 bananas
4 lettuce leaves
4 pineapple rings

1. Peel bananas and cut lengthwise.
2. Place a lettuce leaf on each plate
3. Place pineapple ring on lettuce
4. Put banana half in hole of pineapple

Serves 4

CEREAL SUNDAE:

1 bowl of unsweetened cereal
Berries, sliced bananas or peaches, cantaloupe chunks
Topped with a scoop of vanilla ice cream

Enjoy this cereal sundae with a glass of milk!

MOON BEAMS:

1 c (cup) peanut butter
1/2 c (cup) dry milk
coconut
1/2 c (cup) wheat germ
1/2 c (cup) honey

1. Mix peanut butter, wheat germ, dry milk and honey
2. Roll into balls
3. Roll balls into coconut.

FRUIT SHAKE:

1 c (cup) milk
1 tsp. (teaspoon) honey
1/2 c (cup) fruit of your choice

1. Combine ingredients in blender
2. Beat

FROSTY ORANGE FLOAT:

Orange Sherbet
Chilled Orange Soda Pop

1. Mix spoonful of sherbet and some soda pop in a glass
2. Fill glass with orange soda pop.
3. Float sherbet on top.

SOME-MORES

(Make over charcoal or wood fire)

Big marshmallows
Hershey bar
Graham crackers

1. Toast two marshmallows on a stick till very hot and gooey
2. Have a cracker ready with chocolate bar.
3. Use a spoon to push marshmallow off the stick onto the chocolate topped cracker.
4. Put another cracker on top.
5. Squeeze together

YUMSICLES:

1 package Kool-Aid mix
2/3 c (cup) sugar
4 c (cup) water
Plastic spoons

1. Put flavored drink mix into pitcher
2. Add water and sugar
3. Stir well until dissolved
4. Pour into paper cups
5. Put in freezer
6. Check for the mixture to get mushy
7. When mushy, put plastic spoon in each cup
8. Freeze until firm
9. To eat tear off paper cup

ROOT BEER FLOAT:

Chilled root beer
Vanilla ice cream

1. Fill a glass 1/3 of the way full with root beer
2. Stir 1 or 2 spoonfuls of ice cream into root beer
3. Fill the rest of the glass with root beer
4. Float a scoop of ice cream on top

OLD FASHIONED LIMONADE:

1 c (cup) sugar
5 c (cup) water
1 c (cup) lemon juice

1. Dissolve one cup of sugar in one cup of water and one cup of lemon juice in pitcher
2. Add four cups of cold water
3. Mix and serve over ice



RICH CHOCOLATE SHAKE:

2 Tbsp. (tablespoons) chocolate syrup
1/2 c (cup) milk
Vanilla ice cream

1. Put five big spoonfuls of vanilla ice cream into a shaker or jar.
2. Add chocolate syrup
3. Mix with a spoon
4. Add milk
5. Cover shaker or jar tightly with lid, and shake hard
6. Pour in glass

FROSTED STRAWBERRY FLOAT:

1/2 pint box fresh strawberries
3 c (cup) cold milk
1/4 c (cup) sugar
1/2 pint strawberry ice cream

1. Gently wash berries in cold water, and remove stems
2. Save 8 berries
3. Put the rest into a bowl and mash them with a potato masher.
4. Stir in the sugar
5. Gradually add milk while beating with a mixer
6. Spoon in ice cream and stir until it starts to melt
7. Pour into four tall glasses and top with two strawberries each.

OLD FASHIONED HOT CHOCOLATE:

2 squares of unsweetened chocolate
3 c (cup) milk
3 Tbsp. (tablespoons) sugar
Whipped cream or marshmallows

1. In a saucepan over very low heat, melt chocolate in one cup water, stirring constantly until blended.
2. Stir in sugar, bring to a boil and keep stirring
3. Reduce heat and simmer three minutes
4. Gradually add milk, heat thoroughly
5. Just before serving, beat with a rotary beater
6. Top with marshmallows or whipped cream

BREAKFAST TREATS:

GOOEY ROLLS:

2 Tbsp. (tablespoons) sugar
2 Tbsp. (tablespoons) all purpose flour
2 Tbsp. (tablespoons) softened butter
2 Tbsp. (tablespoons) honey
6 brown and serve rolls
Nut Halves

1. Preheat oven to 375 degrees
2. Put sugar, flour, butter, and honey in a small bowl
3. Mix ingredients until blended
4. Put rolls on baking sheet
5. Spread honey mixture on top of the rolls
6. Arrange nut halves on top of each roll
7. Place baking sheet in the oven and bake about 15 minutes
8. Serve rolls while hot

CHERRY FILL-UPS:

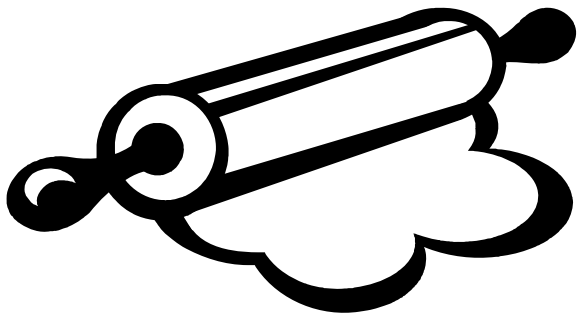
1 package of refrigerated biscuits
2 Tbsp. (tablespoons)sugar
Cherry jam
1 egg
2 Tbsp. (tablespoons) milk

1. Preheat the oven to 425 degrees
2. Arrange biscuits in a round pan so that they barely touch
3. Press a tiny dent in the center of each biscuit with your fingertips
4. Fill dent carefully with 1 teaspoon jam
5. Break egg into a bowl and beat smooth with rotary egg beater
6. Beat in sugar and milk
7. Brush egg mixture on biscuits with pastry brush
8. Put in oven and bake 10 minutes
9. Remove pan from oven with pot holder and use a pancake turner to remove biscuits from pan.

CINNAMON TWISTS:

- 2 Tbsp. (tablespoons) margarine
- 1 Tsp. (teaspoon) cinnamon
- 1 Tbsp. (tablespoon) chopped walnuts
- 1/4 c (cup) sugar
- 1 package refrigerated biscuits

1. Preheat oven to 425 degrees
2. Melt butter in saucepan
3. Remove from heat
4. Combine sugar and cinnamon in bowl
5. Roll each biscuit into a nine inch rope (use ruler to measure)
6. Pinch ends of rope together with fingers to make a circle.
7. Dip biscuit circles in melted butter, then in sugar cinnamon mixture
8. Twist each biscuit to form a figure 8
9. Place biscuits on baking sheet.
10. Sprinkle with nuts
11. Bake for 8-10 minutes
12. Remove twists from baking sheet with pancake turner



RECORD SHEET

MINI 4-H FOODS

Name _____ Grade _____

Address _____ Division _____

City _____ Zip Code _____

School Attending _____

Please answer the following questions. Attach this completed record sheet to your exhibit.

What did you learn from this project? _____

List the different items you made for this project:

Item

Amount Made

Item	Amount Made
_____	_____
_____	_____
_____	_____
_____	_____
_____	_____
_____	_____

List the people who helped you with this project: _____

We hope you enjoyed working with your Mini 4-H Foods project. Keep up the enthusiasm and when you are in the third grade you can have more fun by joining a 4-H club, and continue with the Foods project and/or enroll in other projects.

If you have any questions with your Mini 4-H project you can call or stop in the Extension Office. Our phone number is 736-3724 and we are located in the Wright Building, 80 S. Jackson Street, in Franklin.