

"Bag of Tricks"

FOR 4-H FOOD FUN



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**EXTENSION
SERVICE**

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"Bag of Tricks"

CAPTAIN, WHICH WAY?

Purpose: to help children name different things which affect health.

Copy the information in the boxes onto slips of paper. Fold each slip in half and scramble in a bag or box.

You ate a carrot for a snack. Go forward.	You stayed up too late last night. Go backward.	You played games outside. Go forward.
You did not wash your hands before lunch. Go backward.	You look for good things in people. Go forward.	You brush your teeth after eating. Go forward.
You left toys on the steps. Go backward.	You skipped breakfast. Go backward.	You obey the rules of a game. Go forward.
You rode when you could have walked. Go backward.	You cover your nose and mouth before sneezing. Go forward.	You wash your hair when it gets dirty. Go forward.
You got 9 hours of sleep. Go forward.	You like to gripe about people. Go backward.	You tasted a new vegetable. Go forward.
You obey traffic lights. Go forward.	You do homework early so you will have enough time to sleep. Go forward.	You wiped up spilled water so no one would fall. Go forward.
You ran carrying a sharp knife. Go backward.	You drink about 6 glasses of water each day. Go forward.	You gladly helped someone. Go forward.

Players line up across middle of large room. The "captain" commands a player to take one giant step,
or two giant steps,
or one baby step,
or two baby steps.

The player asks, "Captain, which way?" The captain then draws a paper from the bag and reads. (Or the leader can read it.) The player moves.

The captain calls on each player in turn. The first person to reach the front wall wins. If all the papers are drawn, they can be mixed up and used again.



"Bag of Tricks"

WHERE DOES FOOD COME FROM?

Purpose: to help youth appreciate the many steps in the production of food. (For 4 to 20 players)

Team 1 - Where milk comes from

Feed cow.

Milk cow.

Take milk to dairy.

Test milk for cleanliness.

Separate cream from milk.

Quickly heat milk to kill bacteria.
(Pasteurize milk)

Dry milk by spraying it into a hot,
dry place.

Seal instant milk in a box.

Put instant milk on grocery shelf.

Make "Sunshine Shake."

Team 2 - Where bread comes from

Plant wheat.

Harvest wheat,
(Cut ripe wheat and thresh)

Grind wheat

Sift and bleach flour

Take flour to bakery.

Sift flour and add sugar, salt,
fat, nutrients and preservatives.

Knead dough.

Let dough rise.

Bake bread.

Make a sandwich.

Listed above are some of the steps needed to make foods that can be used for snacks and meals. Write these steps on slips of paper. Mix up the slips for each team. Each team lines up the steps in order. Each team checks the order of the other team's line-up. Help them if some steps are out of order. Ask if they would like to learn more about some of the steps. If so, your Extension worker can probably help you get information or arrange a field trip.



"Bag of Tricks"

WHY DOES IT TASTE GOOD?

Purpose: to help youth relate the appeal of food to the five senses.

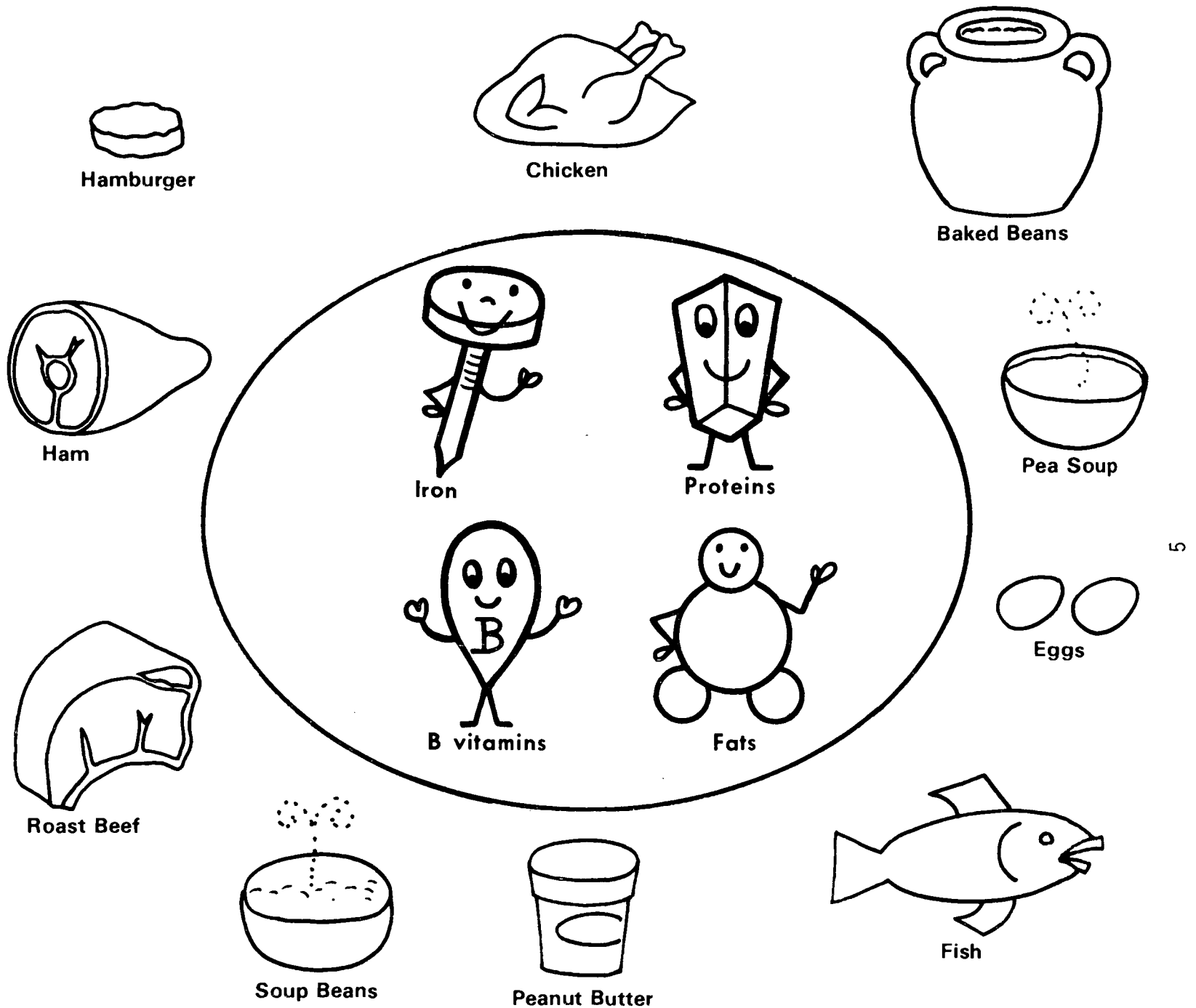
All five senses--taste, sight, feel, smell, and sound tell us about food. You can use these activities or make up others to teach children about each sense.

1. Taste The tongue can sense 4 basic tastes. Let everyone taste these.
 bitter - small pieces of unsweetened chocolate
 sour - lemon juice or wedges
 salt - salt on a clean spoon for each person
 sweet - sugar cubes
2. Look Color affects how we think food tastes. Make up a batch of instant mashed potatoes or bring some cold milk. Using food coloring, color half of the food blue. Let everyone taste food of both colors. Which tastes better? Why?
 Before the meeting you might make up 2 batches of unflavored gelatin. Add 1/4 cup sugar for each envelope of gelatin. Using food coloring, color one batch red, another yellow. Let everyone taste. What flavors do they think the gelatins are?
3. Feel Feel affects how we think food tastes. Serve some canned peach slices and some strained peaches. Do they taste the same? Do members like one better than the other?
4. Smell Flavor of food depends on smell as well as taste. Blindfold a person. Have him hold his nose. Serve him slices of 2 or 3 of these: apples, onion, cucumber, raw potato. (The slices should be about the same size and shape.) Can he tell what the foods are if he can't smell them?
5. Sound Sounds suggest how foods will taste or feel. Stand behind a blindfolded person and break some of these: a cracker, carrot stick, celery stick, cold cereal, toast, lettuce leaf. Can the child tell what the foods are and how they taste?

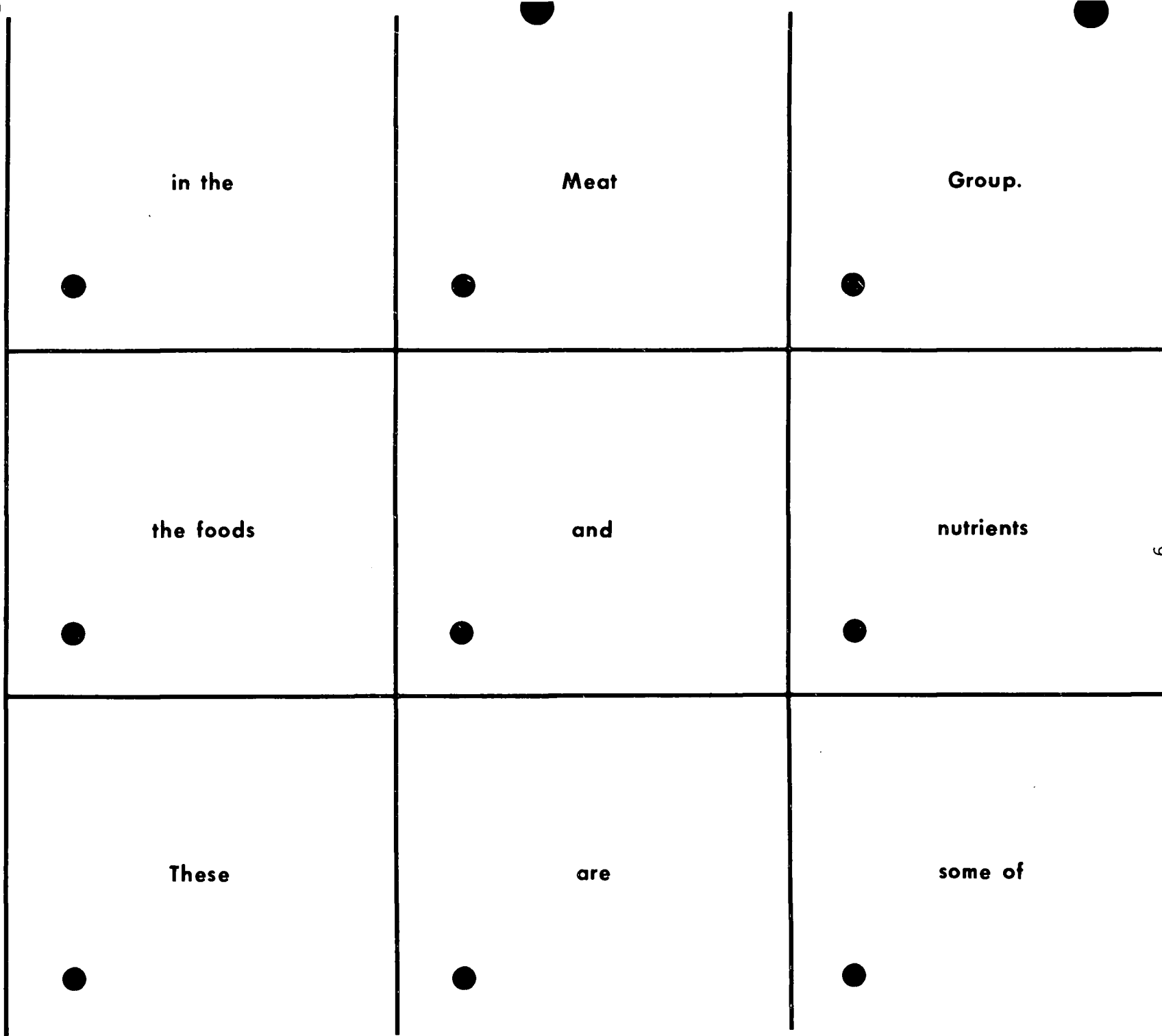


Meat Group Puzzle

Purpose: to help youth review foods and nutrients in the Meat Group.



Directions: Cut paper along lines. Place puzzle pieces with dots underneath.
After the puzzle is put together, turn over each piece in its place. You will get a message on the back.

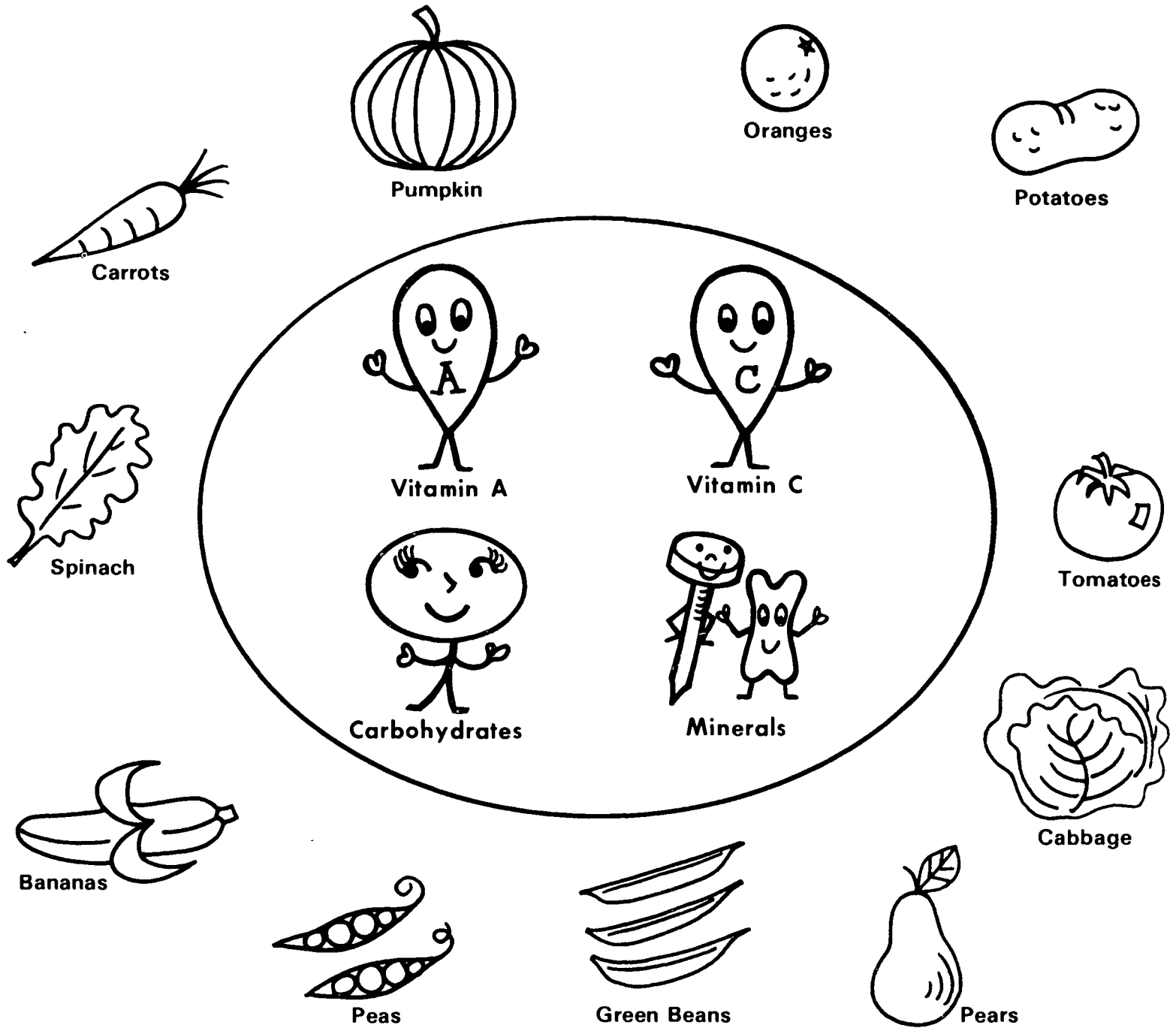




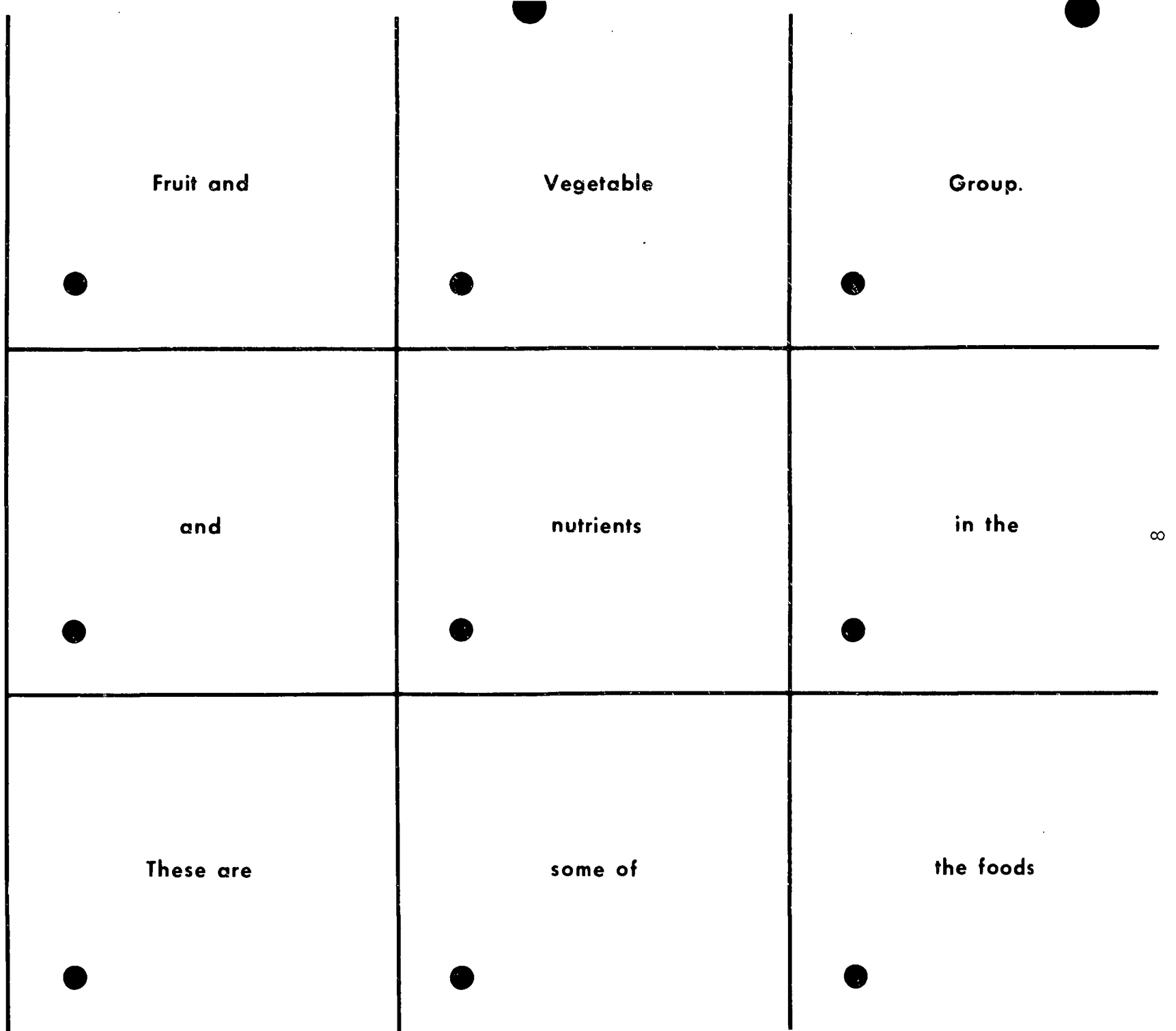
"Bag of Tricks"

Fruit and Vegetable Group Puzzle

Purpose: to help youth review foods and nutrients in the Fruit and Vegetable Group.



Directions: Cut paper along lines. Place puzzle pieces with dots underneath.
After the puzzle is put together, turn over each piece in its place. You will get a message on the back.

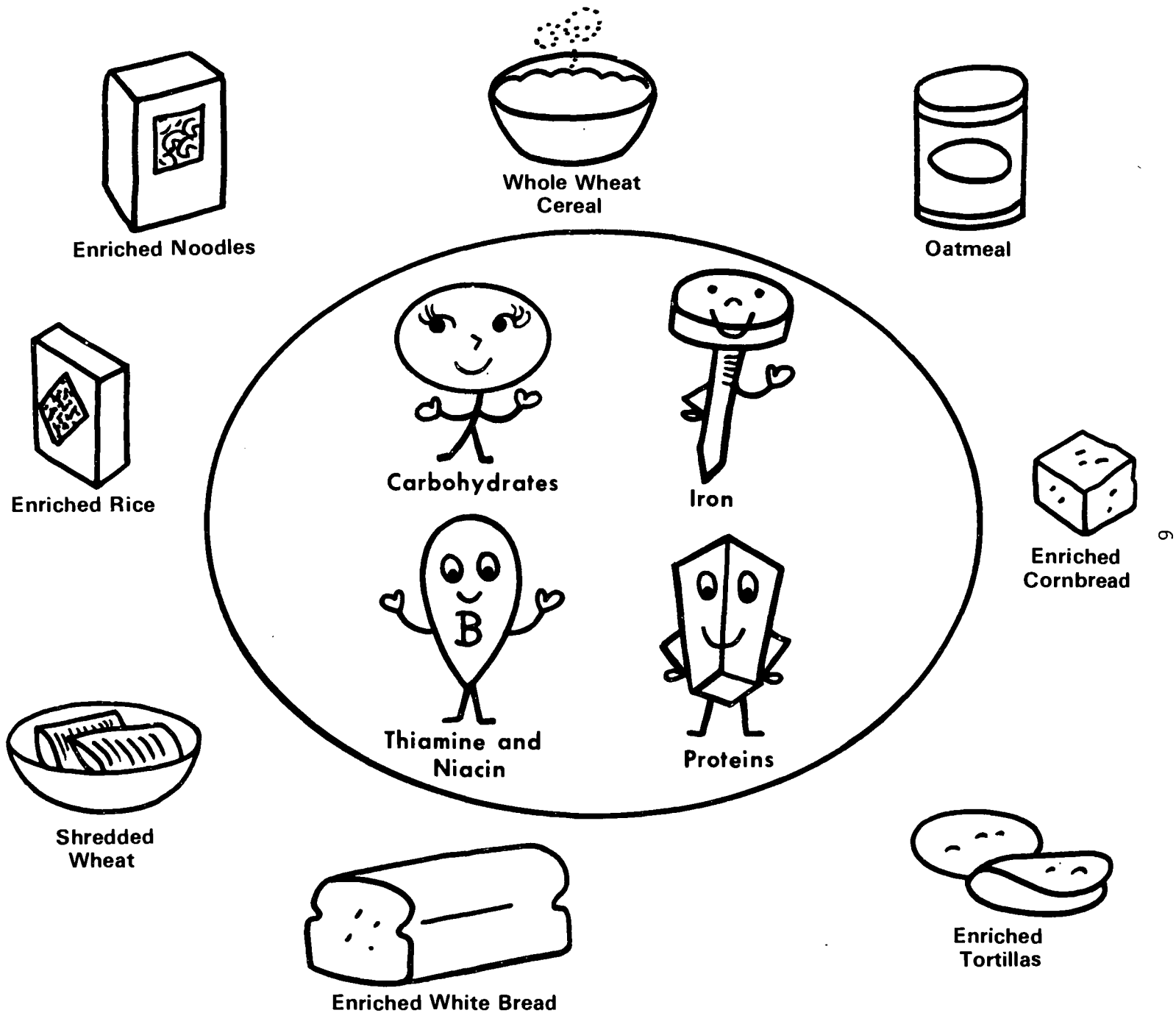




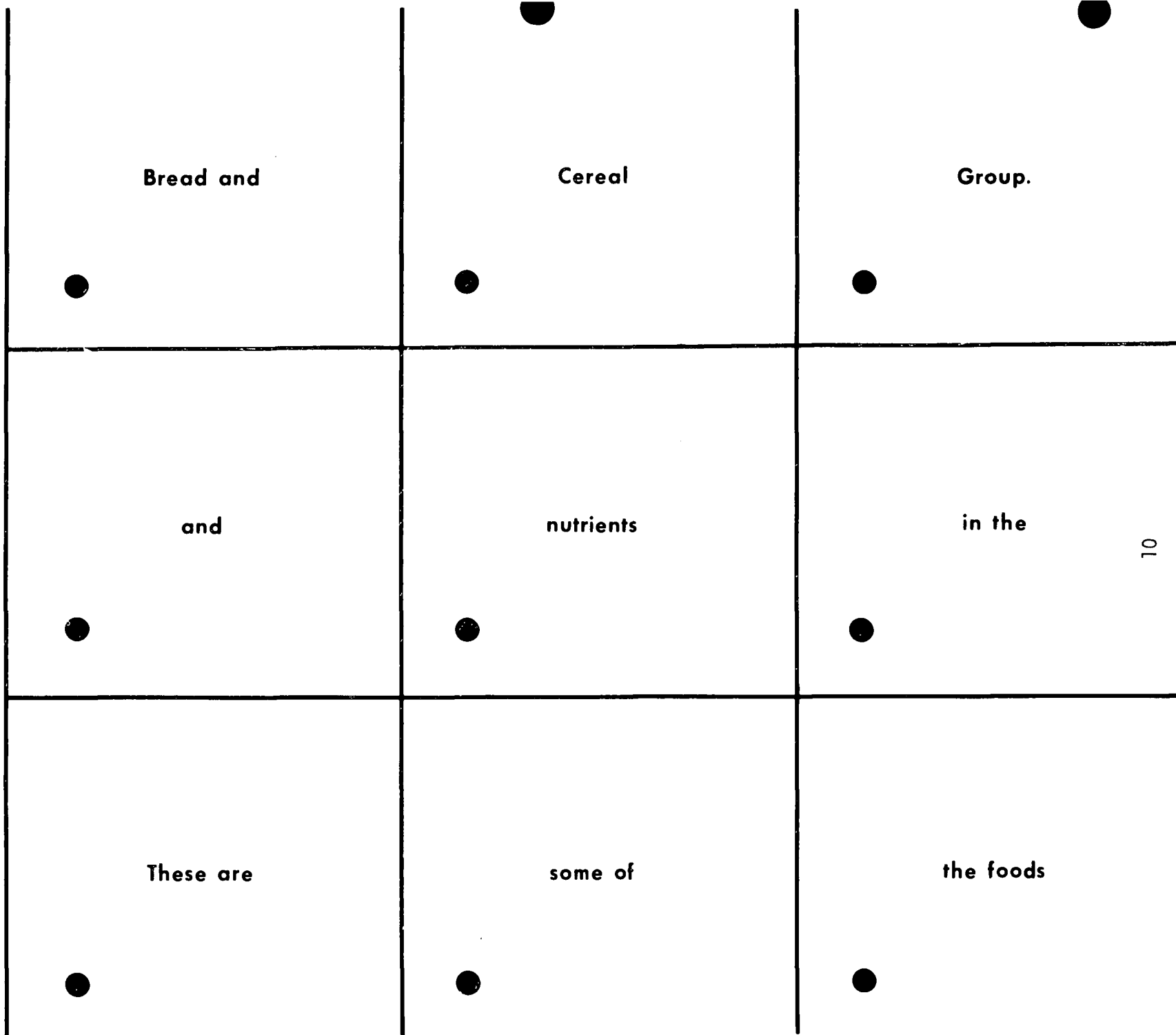
"Bag of Tricks"

Bread and Cereal Group Puzzle

Purpose: to help youth review foods and nutrients in the Bread and Cereal Group.



Directions: Cut paper along lines. Place puzzle pieces with dots underneath.
After the puzzle is put together, turn over each piece in its place. You will get a
message on the back.





Milk Group Puzzle

Purpose: to help youth review foods and nutrients in the Milk Group.



Milk



Cottage
Cheese



Ice Cream



Cheese



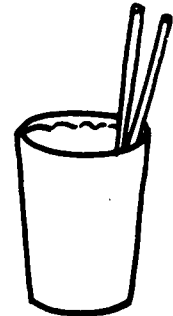
Pudding



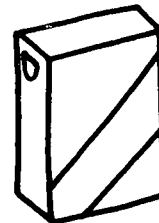
Cream Soup



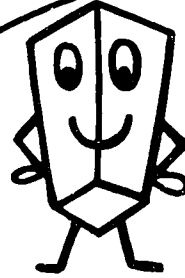
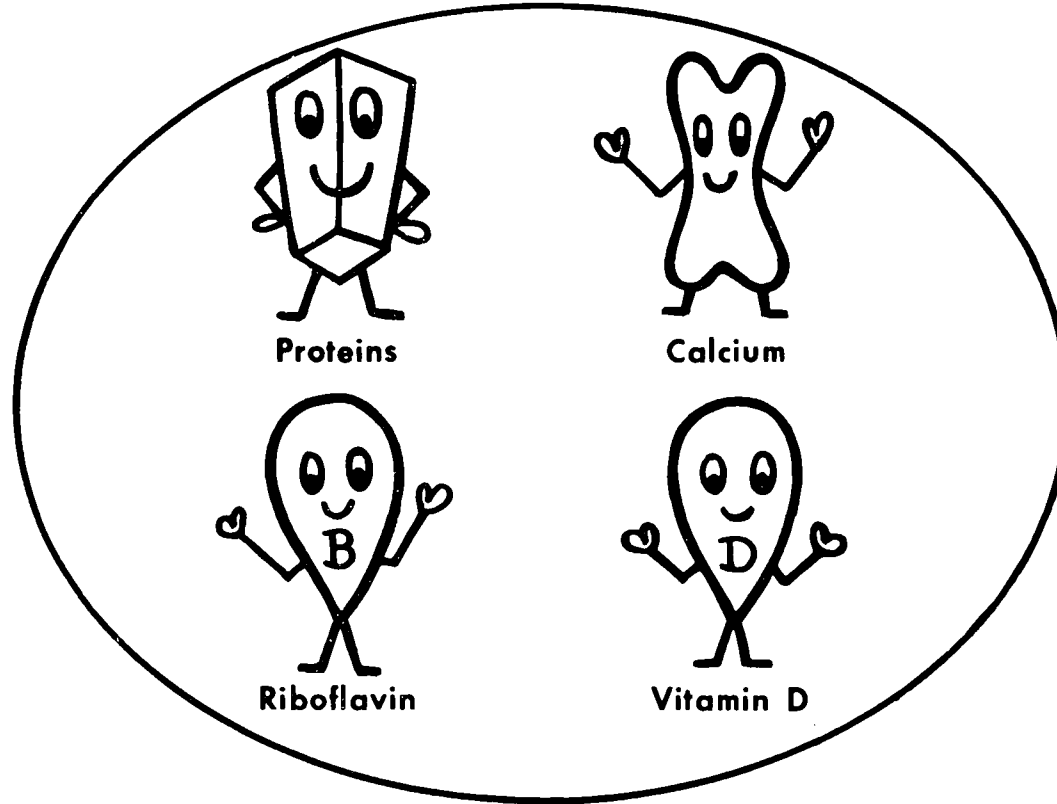
Evaporated
Milk



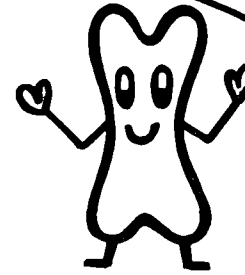
Milkshake



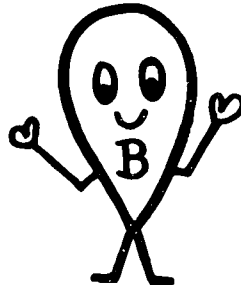
Instant Dry Milk



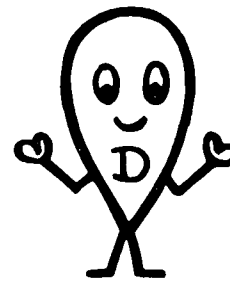
Proteins



Calcium



Riboflavin



Vitamin D

Directions: Cut paper along lines. Place puzzle pieces with dots underneath.
After the puzzle is put together, turn over each piece in its place. You will get a
message on the back.

These

are

some of

the foods

and

nutrients

in the

Milk

Group.

"Bag of Tricks"



CELEBRATION, PEOPLE OR SHARING

Purpose: to help youth realize food has many meanings.

Ask someone to give one example of a food used to celebrate a special day (for example birthdays). Caution others to keep their ideas secret so they can use them in the game.

What is one example of a favorite food of people who live in a certain area? (For example, spaghetti and Italians).

Ask someone to name a food he would like to share with a friend. Explain that sharing food with a friend is one way to show you care about the friend.

Play "Celebration, People or Sharing" (20 questions)

"It" thinks of a food and tells whether it means "celebration, people, or sharing." He writes this on a paper or tells the leader. Members ask him questions which can be answered by "yes" or "no". (For example, Is it in the Food Guide? Is it eaten at Christmas? Is it green? Etc.) If the group cannot guess the food with 20 questions or fewer, they give up and ask "It" to name the food. Let members take turns being "It". If a member who is "It" cannot think of a food, you might suggest one of these:

<u>Sharing</u>	<u>Celebration</u>	<u>People</u>
orange	turkey	rice (Oriental)
popcorn	cranberries	tortillas (Spanish-American)
anything the child would like to eat with a friend	Easter eggs	a favorite food of an ethnic group in your area



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"BUILD A MAN"

Purpose: to help youth relate people's food likes to where they live and foods they can get.

Copy the names of these foods on pieces of paper:

R I C E People in China like to eat this at each meal. They grow it in flooded fields.

O A T M E A L People in Scotland like to eat this for breakfast. The grain grows well in their cool climate.

C O R N B R E A D People in the southern States especially like this bread. The grain for this bread needs hot summers to grow.

N O O D L E S People in many parts of the world like to cook this with soup. It is made from wheat. Wheat grows in many countries.

P A N C A K E S Many Americans like this for breakfast, especially if the weather is cold.

Give the player who is "It" a paper with the name of one of these foods on it. At the bottom of the board or a large paper he draws a blank for each letter in the word. Then you read the clue. The group is to guess the letters in the word.

If someone guesses a letter which is in the word, "It" puts the letter in the proper space. Each time the group guesses a wrong letter he writes it at the top of the board and draws part of a man in this order:

- | | | | |
|--------------|---------------|----------------|-----------|
| 1. head | 5. one leg | 9. one foot | 13. nose |
| 2. body | 6. other leg | 10. other foot | 14. mouth |
| 3. one arm | 7. one hand | 11. one eye | |
| 4. other arm | 8. other hand | 12. other eye | |



If the group doesn't guess all the letters before the man is built, "It" wins and tells the word.

Let players think of other foods for the game and tell who likes them.



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FOOD GROUP HOPSCOTCH

Purpose: to help youth review a food group.

With chalk draw a hopscotch game on a sidewalk. See patterns below. Use paper clips or rocks for markers. Children can use local rules for playing hopscotch except that they must hop only on squares which are about the food group of nutrient being reviewed.

If there is no place to jump, make a toss game. Draw the squares on a paper no longer than six feet. Give each person one marker (kernel of corn or paper clip) for each correct square. The player tries to toss a marker onto each correct square. For children who can't read, paste pictures of food to the squares. Have one game for about every five players.

MILK GROUP

MEAT GROUP

FRUIT AND VEGETABLE GROUP

VITAMIN A FOODS

iron	calcium
iron	calcium
vitamin C	proteins
vitamin C	proteins
3 servings	2
3	2
3 servings	
ice cream	carrots
ice cream	carrots
meat	cheese
meat	cheese
milk	eggs
milk	eggs

iron	calcium
iron	calcium
vitamin C	proteins
vitamin C	proteins
3 servings	2
3	2
3 servings	
peanut butter	cheese
peanut butter	cheese
baked beans	eggs
baked beans	eggs
milk	fish
milk	fish

4 servings	4
3	4
3 servings	
orange	squash
orange	squash
grape juice	apple
grape juice	apple
broccoli	grape
broccoli	grape
potato chips	cabbage
potato chips	cabbage
orange cake	potato
orange cake	potato

liver	orange
liver	orange
apricots	bread
apricots	bread
pumpkin	banana
pumpkin	banana
kale	broccoli
kale	broccoli
potato	spinach
potato	spinach
carrot	apple
carrot	apple

CORRECT ANSWERS

Milk, cheese
ice cream, 3,
proteins, and
calcium

Fish, eggs,
baked beans,
peanut butter, 2,
proteins, and
iron

Potato, cabbage,
broccoli, grape
juice, apple, orange,
squash, and 4

Carrot, spinach,
kale, broccoli,
pumpkin, apricots,
and liver



"Bag of Tricks"

Mulligan Stew

4-6 Servings

Everybody likes it! It's easy and fun to make! Here's how:

Use a heavy pan or skillet, with lid.

MELT



1 tablespoon shortening

ADD



1 pound beef, cut into small pieces

BROWN OVER MEDIUM HEAT

ADD



1 teaspoon salt



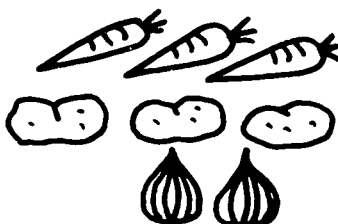
1 can tomato soup (10-1/2 ounces)



2 soup cans water

COVER TIGHTLY and let cook slowly until tender, about one hour.

ADD



3 carrots, sliced

3 potatoes, cut into 4 pieces

2 onions, cut into 4 pieces

COVER and continue cooking slowly, about 30 minutes. If there is not enough liquid, add more water during cooking. If stew is too thin, remove lid and cook until thickened.

SAFETY TIP:

Stir with a long handled spoon.

If you cook outdoors:
Before cooking, rub soap on outside of pan. This makes your clean-up job easy.

If you cook in a can, use more water.

