

371.42  
Or31cm  
no.62  
c.3

OREGON STATE LIBRARY  
Documents Section

FEB 28 1957

DOCUMENT  
COLLECTION  
OREGON  
COLLECTION

## *Leader Guide*

# Oregon 4-H Foods Projects



~~DISCARD~~

### *Supplementary Guide for Foods Projects*

M-54 Mealtime Fun	Project 1
M-56 Easy Meals	Project 2
M-60 Main Dish Meals	Project 3

FEDERAL COOPERATIVE EXTENSION SERVICE    OREGON STATE COLLEGE    CORVALLIS

Cooperative Extension work in Agriculture and Home Economics, F. E. Price, director. Oregon State College, the United States Department of Agriculture, and the State Department of Education cooperating. Printed and distributed in furtherance of the Acts of Congress of May 8 and June 30, 1914.

Club Series M-62

4-M:2-57

## TABLE OF CONTENTS

	<u>Page</u>
Part A. Suggestions Applying to All Foods Projects-----	3
What You Can Accomplish Through the Projects-----	3
How Projects Were Planned-----	3
Planning Your Club Program-----	4
Planning the First Project Meeting of the Club-----	4
Roll Call-----	6
Ways of Preparing Food at Meetings-----	6
Showing Others How to Do Something-----	7
Part B. Suggestions for Sections in Foods Project 1, Mealtime Fun-----	7
Part C. Suggestions for Sections in Foods Project 2, Easy Meals-----	16
Part D. Suggestions for Sections in Foods Project 3, Main Dish Meals-----	22
Part E. Exhibits for the Projects-----	31

# Part A. Suggestions Applying To All Foods Projects

## WHAT YOU CAN ACCOMPLISH THROUGH THE PROJECTS

As a leader you have a chance to help girls and boys to:

- \*Learn to work with others in the club or at home.
- \*Enjoy preparing foods.
- \*Have a happy attitude toward helping with meals.
- \*Have confidence and satisfaction in doing some mealtime tasks alone.
- \*Enjoy eating fruits, vegetables, cereals, eggs, milk, and other important foods.
- \*Learn how to prepare some foods.
- \*Develop skill in using utensils.
- \*Practice some safety precautions in meal preparation.
- \*Develop good habits of work in food preparation, dishwashing, and table setting.
- \*Form good habits of conduct at the table.
- \*Learn to understand and follow directions in written recipes.
- \*Plan meals by learning how to combine the foods which they prepare for simple breakfasts, lunches, or entertaining.
- \*Help in entertaining in the home or club.
- \*Do something for others.
- \*Show others how to do something which they have learned.

See "Needs of 4-H Club Members" in 4-H Leader's Handbook for Oregon.

## HOW PROJECTS WERE PLANNED

Suggestions for the projects were given by 4-H Foods club leaders, club members, and Extension staff members. Names of the advisory committee members are found in each project book.

Projects 2 and 3 may be taken by qualified club members without having taken the previous projects. Each project, however, is planned as a next step for those club members who have taken the previous project. Each successive project provides for:

- \*Taking more part in preparing food to fit into family meals.
- \*More planning of simple meals with mother.
- \*More opportunity to prepare some of the meals alone.

The following points were kept in mind in planning the projects:

The club member will enjoy preparing the foods because--

- \*They will have satisfaction of success.
- \*Recipes are simple to follow.

\*The food fits into various family meals.

\*Recipes are made from ingredients families usually have on hand.

Members will be helped in forming good eating habits because--

\*Their interest is increased when they prepare these foods.

\*They see the importance of eating some foods daily from each of the basic 7 food groups.

\*They help plan some of the family meals with mother.

#### PLANNING YOUR CLUB PROGRAM

Each of you leaders will try to have the plan that's best for your club members and the conditions under which you meet.

In the project book the club member finds the minimum requirements under the heading, "What You Will Do." You'll think of many ways to make a happy, worthwhile club year. See "Planning the Yearly Program," 4-H Leader's Handbook for Oregon.

It isn't necessary to follow the topics in the order in which they are given in the project book. Some of the sections such as "Table Setting," "Washing Dishes," "Modern Ways at the Table," and "Food and Fun with Others" were put toward the back of the project books. This was done for two reasons:

1. You'll use portions of these sections wherever they fit best in your meetings.
2. Club members will be eager to see what foods they will prepare-- so we didn't want many pages before the sections on food preparation.

#### Combine Topics if You Like

Sometimes you may wish to combine parts of two or more sections on food preparation in one meeting. For example:

In Mealtime Fun, prepare some raw vegetables in the same meeting when you make hamburgers or sandwiches.

In Easy Meals, prepare cinnamon toast in the same meeting when you cook fruit; or prepare deviled eggs when you make potato salad.

In Main Dish Meals, prepare a salad or biscuits with a main dish.

#### PLANNING THE FIRST PROJECT MEETING OF THE CLUB

The first meeting is very important. It's a chance to get enthusiasm for a happy, helpful club.

To have a good first meeting it is advisable for you to go over the entire project book and this guide before the meeting.

### Mothers and Club Members Enjoy Meeting Together

Perhaps you will invite the mothers to the first meeting. This would be a good time to acquaint both mothers and girls with the new foods project. Look over the project book together. Discuss what club members will do, and what they can learn. Mothers will be glad to have this chance to better understand the future of their daughters in 4-H.

Before the meeting make a list of some activities for the project. Get additional ideas from members and mothers. Decide on a plan for the year at this or the next meeting. It may be desirable to make some changes in this plan during the year.

### Other Decisions to Make at the First Meeting

Meet often enough so members do not lose interest. Young boys and girls do not hold interest long. Usually they need to meet more than once a month to hold interest.

Meet regularly.

Have at least 10 meetings.

How long will your meetings be? They should be long enough to include time for:

- \*Some fun, such as games or serving the food which they prepared. Some food may be served first if members come to the meeting directly from school. Use fruit or other simple food that is a good example of suitable between-meal food.

- \*Instruction.

- \*Participation by members.

- \*Examining the finished food and deciding how product or method of work can be improved.

- \*Establishing pride in leaving work space clean.

- \*Discussing the project work that members are doing at home.

- \*Discussing the next meeting.

When will you meet?

Where will you meet? You will want to give each club member an opportunity to be a host or hostess regardless of where you meet. Perhaps you can develop a schedule for this at the meeting when the mothers are present.

How will the ingredients be provided for preparing food in the club meetings?

### Discuss the Record Keeping

Simple records that are easy to keep have been planned for these projects. These records can be a source of pride to the club member.

A club member's record may indicate to you where the club member needs help.

Encourage club members to keep records up-to-date. You can help the club member by looking at the records frequently. Record keeping may well be used as a subject for one or more meetings or parts of meetings.

See "Record Keeping is Important," 4-H Leader's Handbook for Oregon.

#### Do You Wish to Serve Refreshments at the First Meeting?

If you have refreshments, wouldn't it be a good idea to serve something which is included in the projects? One of these would be good:

Milk and berry drink  
Hot cocoa  
Lemonade

Some fresh fruit  
Fruit dessert such as baked crispy pears  
Fruit salad with cooked fruit juice  
dressing

There may not be time to prepare even these simple refreshments during the meeting. Even if you prepare them ahead of time, give the club members a chance to help serve.

Let's keep in mind that we wish to help the club members to enjoy using milk, fruits, and other simple foods for refreshments.

#### ROLL CALL

Perhaps your club will enjoy some variety in the way attendance is checked. Roll call topics give each member a chance to take part in the meeting.

If you have some special roll call response at meetings, don't you think it is a good idea to:

- \*Select topics that can be responded to in a word or a very few words.
- \*Select topics that add interest to the meeting.
- \*Avoid topics which may lead to misstatement that you cannot correct very briefly. (For example, do not get into statements of nutritive value that are beyond the information of the group.)

#### WAYS OF PREPARING FOOD AT MEETINGS

As you know, there are several ways in which the food preparation part of the club meeting can be carried out. In most meetings you probably will use a combination of several of the methods listed below.

- \*Usually you will show the club members how to do something before they undertake it.
- \*You will plan that from time to time each of the club members shows how something is done.

\*At times you and the club members will work together in preparing one of the recipes. In this case, each one or several of the club members will do part of the preparation while others are watching. It will be easy to do this with the recipes in the project books. The directions for these recipes are given in simple, numbered steps. At this age there is a strong desire to work together as a group.

\*At some meetings, each club member will work alone or in a small group. Lack of enough working space or utensils often makes this method impossible for some of the meetings. In some sections of these projects, however, so little space and equipment are needed that members can probably work alone during part of the club meeting. Will that be possible in your club for such sections as salads, toast, preparing fruit for cooking or baking?

In each of the meetings you will want to give each member the satisfaction of having taken an active part.

See also "Suggested Methods of Teaching" in the 4-H Leader's Handbook for Oregon.

#### SHOWING OTHERS HOW TO DO SOMETHING

##### When You Show How

You will frequently show club members how to do something. Don't you think that often it will be best to show these young members only a few steps in the process at a time? Let them do what you have shown, and then show the next step in the process.

##### Encourage Each Member to Show How Something is Done

Club members begin this experience in Mealtime Fun. Encourage them to continue. Club meetings are valued times for this. Here is where the club member begins to obtain "balance" in appearing before people. Poise is developed. Clear thinking results. Confidence is found. Value of simplicity is learned.

Keep it simple.

Plan for members to take a small part frequently.

Make this a natural part of the main topic for the meeting.

## **Part B. Suggestions For Sections In Mealtime Fun**

On the following pages committee members and authors have given a few suggestions for using the project book. You will add your ideas and suggestions from the club members and mothers.

To help beginning club members learn to select the necessary utensils, a list of utensils is given for each recipe in Mealtime Fun. This doesn't mean that it is incorrect to make changes in the list.

Mealtime Fun was planned to fit the interest and ability of 9-year-old boys and girls.

#### MEASURE FOR SUCCESS--PAGE 7

This section includes methods of measuring ingredients that are used in some of the first sections of Mealtime Fun.

Do you think that the most interesting way to use this section on measuring would be to refer to it when you are going to use the ingredient in a recipe? For example, show how and practice measuring sugar, cocoa, and milk when the club is getting ready to prepare cocoa?

Let's try to develop skill in measuring. That means to measure quickly as well as accurately.

Perhaps some club members will not have good measuring equipment. In one club, the members enthusiastically adopted the leader's suggestion that members ask for equipment as Christmas gifts. What ideas do you have for encouraging members to get good measuring equipment?

At present the metal measuring cups and spoons are more accurate and hold shape better than some of the plastic.

To show how to measure an ingredient in the recipe is an easy, natural way for club members to learn to do something when others are watching. This is one of the ways that members can frequently take part in the meeting.

See pages 19 and 20 for measuring flour and some other ingredients.

#### COLD MILK AND FRUIT DRINKS--PAGE 9

Use more than one meeting for this topic if you have time.

This section gives you an opportunity to encourage the use of milk and fruit drinks for snacks and food to enjoy with friends. Although most girls and boys drink milk with meals, there is a tendency to use less desirable foods for snacks and refreshments.

The recipes in this section are simple. They are made from foods that are available almost any time of the year. Directions are set up in definite steps which are easy to follow.



At this age most boys and girls do not hold interest very long. They are more apt to make a complete job of clearing up and putting away utensils and supplies, if the whole preparation doesn't take long.

The recipes are for about 2 servings. Therefore, the recipes are convenient for the children to make and use. Show the club members how to figure a larger recipe. Perhaps older club members or family members will help those who have difficulty with figuring the amount that is needed in a larger recipe.

You and the club members may wish to show how to make other milk and fruit drinks. You will want to be sure that they are simple drinks and not rich, elaborate refreshments.

Of course you will be sure you are using safe, wholesome milk for these fresh milk drinks.

#### Suggestions for Showing How

How to measure the liquid for a milk or fruit drink.

How to measure sugar.

How to pass cold milk and fruit drinks on a tray.

How to rinse and stack the dishes used in making the drink.

How to make one of the milk and fruit drinks.

#### HOT COCOA--PAGE 12

Two methods of preparation are given: saucepan and double boiler.

When club members make a small amount to serve immediately, they will probably find it easy to use the saucepan. If they make cocoa for entertaining, it is easier to keep it hot in a double boiler. Or they can make it in a saucepan and set the pan in another pan of hot water.

#### Top-of-the-Stove Cookery

This section on cocoa gives an opportunity to bring out points about top-of-the-stove cookery. It is suggested that you discuss such points as--

Safety precaution in turning handle of saucepan to prevent knocking off the pan.

Selection of suitable size and shape of saucepan.

How to use a double boiler.

How to do top-of-the-stove cooking with whatever kind of fuel the club members use at home.

### Why is Cocoa and Water Cooked to a Smooth Paste?

This is done when regular (not instant) cocoa is used to develop a pleasant flavor, and prevent much settling of cocoa in the bottom of the cup. Water is used instead of milk in this part of the recipe because milk would burn more easily.

### Use of Evaporated or Dried Milk

Is it desirable to discuss the use of evaporated or powdered milk with your club members?

If powdered milk is used, prepare the milk as suggested below for use in cocoa. Use  $1/4$  to  $1/3$  cup dry milk and 1 cup water in place of 1 cup of fresh milk.

Read the label on the package for directions for mixing dry milk with water.

To blend dry milk marked "instant," put dry milk in bowl or pitcher. Add cold water and stir lightly.

If milk is not the instant type blend dry milk and water by one of these methods:

1. Put about  $1/4$  of the water in a bowl. Sprinkle the milk over it. Beat or stir it. Beating slowly will cut down foaming. Add the remaining water.
2. Put about  $1/4$  of the water in a glass canning jar. Sprinkle the milk over it. Cover it tightly and shake until well mixed. Add remaining water.

### Suggestions for Showing How

How to use a double boiler.

How to regulate the heat on a gas or electric stove.

How to place a saucepan for slow and fast cooking on a wood stove.

Safety precaution in cooking cocoa.

Making cocoa by saucepan or double boiler method.

SANDWICHES AND HAMBURGERS--PAGE 14

Use one or several meetings for this topic.

## Sandwiches

In preparing a filling for one or two sandwiches it is often more practical to estimate some of the ingredients than to measure them. Therefore, general directions are given in this section instead of specific recipes. Example-- chopped hard cooked eggs moistened with salad dressing.

Do you think the best way to present this section would be for you to show how to make a few kinds of sandwiches? Then if there is time club members can make some that day, or at the next meeting.

### Types of Bread

You can add much interest to this section by using or discussing different types of bread that are used in sandwiches.

### Suggestions for Roll Call

What is your favorite kind of sandwich?

Mention some time when sandwiches are used in your family.

## Hamburgers

These can be used for an outdoor or indoor meeting.

### Additional Points You Can Include

Toasting buns or bread.

Preparing vegetables to eat with hamburgers.

Making a fire for outdoor cookery.

Planning a picnic meal in which hamburgers are used.

## RAW VEGETABLE SNACKS - FRESH FRUIT TREATS--PAGES 16-18

These sections give an opportunity to encourage the use of fruits and vegetables.

Club members will develop some skill in using knives or peelers.

Safety in the use and storage of sharp knives should be included in these meetings.

Perhaps you'll come back to these sections at different times during the year as various fruits and vegetables are in season.

Show some simple cutting boards. The end from a box, or other piece of board may be used.

These sections give an excellent opportunity for members to show others how to prepare a fruit or vegetable.

Preparing fruits and vegetables for eating raw, or for cooking, is a way children can help with home meals any time of the year.

#### Roll Call Suggestions

Raw vegetable snack section:

Mention a vegetable that you have seen grow.

Mention one of your favorite vegetables.

Fresh fruit section:

Mention a fruit that grows in your county.

Mention one of your favorite fruits.

#### Suggestions for Showing How

Wash some kind of vegetable or fruit.

Peel a vegetable with floating blade peeler.

Slice a vegetable on a board.

Arrange a raw vegetable relish plate.

Prepare and wrap a fruit for a carried lunch.

#### EASY COOKIES--PAGE 19

The recipes in this section have been selected with these points in mind:

1. The recipes are for three kinds of simple cookies that girls and boys like.
2. Each recipe shows some different method of handling dough.  
Oatmeal cookies--drop type  
Peanut butter cookies--rolled in the hand and pressed with a fork  
Brownies--spread in a pan and cut in the pan
3. Each recipe includes additional experience in measuring some different ingredients, and in manipulation.

To help club members learn to follow directions, the method of combining ingredients is written in definite, simple steps. The methods used for

mixing do not require as much hand strength as when more of the ingredients are beaten together at one time. Sometimes an adult's favorite method of mixing a recipe is not easy for a 9-year-old child.

Electric mixer method was omitted in the first project because:

1. One of the purposes of the project is to learn the use of simple equipment, and to learn to use the hands in stirring, etc.
2. If the girls and boys have an electric mixer they will have the opportunity to use it in other recipes which the mother has found satisfactory with her mixer.

### Measuring for Cookies

Here is a chance to explain why careful measuring is desirable in a recipe such as cookies. Otherwise, one really uses different amounts of ingredients each time.

Explain that it is impossible to state the amount of liquids that will be just right for all flour. Sacks of flour, even the same type of flour, differ in just how much liquid the flour will take up. Therefore, the dough may be a little thinner or stiffer at one time than the other.

The most important points a young cooky maker can learn are to--

Measure carefully to know how much flour and liquid was used.

Notice just how the raw cooky dough looks.

Examine the baked cookies.

Decide how much more or less liquid or flour should be used next time.

Keep in mind how the dough should look.

### Using the Oven

Learning to bake is an important part of cooky making.

Although all ovens do not bake equally well, you can help the club members to get the best possible results from their ovens. When you look at their cookies help them to decide if they could improve the cookies by changing the position of the pan in the oven either at the beginning or during baking.

### Oatmeal Raisin Cookies

Heating the raisins in water makes the raisins plump and moist. This step can be done any time before mixing.

Chopped nuts may be added to the recipe.

### Peanut Butter Cookies

Recipes for peanut butter cookies usually do not include liquid. Sometimes the dough is too stiff to form smooth balls. The balls tend to crack around the edge. In step 9 of the directions a suggestion is made for addition of liquid in this case.

Caution members about overbaking peanut butter cookies.

### Brownies

Explain that chocolate is melted over hot water because much care must be taken not to scorch it when heated without the hot water.

Caution members about overbaking Brownies. The Brownies may be slightly moist on top when they are removed from the oven.

## TASTY DESSERTS--PAGE 24

These points were kept in mind in selecting the dessert recipes:

Desserts which will be suitable with many of the meals served in the club members' homes.

Desserts that can be prepared any season of the year.

Desserts which are generally liked by all members of the family.

The number of servings is an estimate. In some households the recipe will be used for more or less servings.

The baking time for the recipes is approximate.

### Fruit Crisp

Step 4 in the directions suggests that the fruit should be about an inch deep in the baking dish. Then some of the topping mixture will blend with the fruit and make a pleasing, well-flavored dessert.

This recipe uses a moderate amount of sugar and small amount of water so it usually gives a satisfactory dessert although raw apples, pears, and peaches differ in sweetness and juiciness.

Fruit crisp usually is preferred warm. Therefore, the young cook can serve it immediately. The cold leftover is tasty, too.

### Baked Custard

Two cups of milk may be used instead of 1 3/4 cups. However, it will take longer to bake.

The recipe suggests surrounding the custard with water during baking. If this method is used, the custard does not get too hot before the center is cooked.

Children may need help in getting the custard out of the oven if the custard is surrounded with water.

### Lemon Sponge Pudding

Some of the club members and mothers may not know this pudding. It will be well to make it at a club meeting before members make it at home.

This recipe gives a chance to show club members how to hold the eggbeater in beating egg whites, and how to test whether the egg is beaten sufficiently.

The statements concerning surrounding baked custard with water also apply to lemon sponge pudding.

### TABLE SETTING--PAGE 27

Table setting is a way in which each of the club members can help with meals. This section has been kept so simple that it can be applied to any meal, anywhere.

Making this a part of the project may increase interest and pride in doing it neatly and quickly.

Here is a chance to show that using a small tray saves steps when the cupboards for dishes, glasses, or silver are not near the table.

You may wish to add a discussion and demonstration of some simple table centerpieces. At different seasons of the year you and the club members could make a few simple, timely arrangements of greens or flowers or fruits.

### WASHING DISHES--PAGE 28

Children spend so much time washing dishes! Let's give them all the help we can to make it as easy and satisfying as possible!

Perhaps the place where boys and girls need the most help is in getting the dishes ready for washing. In many present-day kitchens the table or counter space for dishwashing is small. Good scraping and suitable stacking of dishes makes the dishwashing easier. If the children do not start to wash until all the dishes are ready, the job will be finished in cleaner, hotter water.

You'll be sure, of course, that good methods are used whenever dishes are washed at meetings. At the club meetings there will be much chance for members to get the dishes ready and wash them thoroughly. Encourage them to do it as quickly as is practical for them to do a good job.

Here are ideas that can be worked in through the year.

You have the opportunity to help the club members learn to plan and organize fun together. Instead of making all the plans for the entertaining yourself, it will be more helpful if the members take part in the planning.

In your program of work for the year, allow time for meetings at which the club members make the plans for entertaining. For club members at this age, there is a need for understanding and guidance from adults so that they may be free to "decide" things for themselves.

## Part C. Suggestions For Sections In Easy Meals

On the following pages the committee members and the author have given a few suggestions for using the project book. Add your ideas and the suggestions from the club members and mothers.

### WHAT YOU CAN LEARN--PAGE 3

A discussion of this section will help club members and the mothers to understand that the project includes more than preparation of recipes--although that is very important. No doubt you will also refer to this section frequently during the club year.

### WHAT YOU WILL DO--PAGE 3

The statement is made that club members will prepare several foods in each group. This gives an opportunity to select food from the group that fits into the family meal.

To be most worthwhile, club members need to follow the suggestions under "Each time you prepare food you will-----."

Your interest and enthusiasm will encourage club members to repeat the preparation of some of the favorite foods. There is much benefit in repeating the preparation if the club member has decided how the product or the way of working can be improved. Then club members not only improve the product but learn to work more quickly, neatly, and skillfully.

It will be very helpful if both the club member and the mother understand the importance of planning together for:

What food in each section the club member will prepare to fit into the family meal.



When the club member can plan and prepare some very simple meals alone.

#### EAT FOR HEALTH AND PEP--PAGE 4

You'll think of many ways of making this an interesting section. If you have several clubs meeting together, include all of them.

#### Basic 7 Food Group

Get participation by club members in such ways as naming green vegetables and yellow vegetables. Give each one a chance to answer the questions asked on page 4 and page 5, column 1.

Use of a Basic 7 chart, and pictures or cutouts of vegetables and fruits, makes an effective way of showing the Basic 7 food groups. Or show some actual foods in each group.

Would you like to suggest that each club member go over this section with the mother or father?

#### Food Records

Use the practice menu on page 5 of Easy Meals to show how to keep a food record on page 6. For this, use a large sheet of paper or a blackboard to fill in column 1, page 6 of Easy Meals, as club members pick out foods from the practice menu in this manner:

<u>Food Group</u>	<u>Food</u>	<u>Food Group</u>	<u>Food</u>
Group 1	Green beans Carrots	Group 5	Egg Meat balls
Group 2	Tomato juice	Group 6	Toast Bread
Group 3	Potatoes Peaches Apple	Group 7	Butter
Group 4	Milk	Other food*	Crackers

Allow time for club members to fill in column 1, page 6, in their books.

Explain how they will keep a record of their meals in columns 2 and 3.

Suggest that each club member go over this section with mother.

\*Under the heading "Other Foods" would be listed foods that do not fall in the Basic 7 groups. These foods may be eaten in addition to the Basic 7 foods, but not in place of them. In the menu, you would write under "Other Foods" salad dressing, jam, candy, soft drinks, cake, pie, white rice, and other cereal or flour that is not wholegrain or enriched.

This topic gives an opportunity to learn more about the use of milk in meals. Mealtime Fun included cold milk drinks and hot cocoa.

As the title indicates these are easy recipes. They do not require the use of graters or other means of fine shredding. These methods were avoided to prevent cut fingers. Here is a chance to get more experience in cutting vegetables on a cutting board, as shown in Mealtime Fun.

For simplicity a Potato Soup recipe was chosen that is made without a white sauce and without putting the potatoes through a sieve.

The Potato and Frankfurter Soup is a hearty soup, suitable as a main dish for lunch or supper.

There are many different recipes for Clam Chowder. They vary in ingredients, seasonings, and thickness. The recipe in Easy Meals is one that is generally liked and requires only one cooking kettle.

Chowder is an excellent main dish for lunch or supper using a menu such as--

Clam Chowder	
Toast	Raw Turnip Slices
Applesauce	Cookies

### Buying Soup

You may want to discuss buying soups. Space did not permit including the following in the bulletin:

If mother asks you to buy soup, listen carefully. Be sure you know what type to buy.

Read the can label in the store and at home. The label tells you the type of soup and how to prepare it.

You'll find these types of canned soup in stores.

Condensed soups. To these you add milk or water before heating. Use milk for the most nutritious soup.

Soup which you heat without adding milk or water.

Clear soups. These can be chilled in the refrigerator and served jellied.

Frozen condensed soup is a newer type.

There are many kinds of packaged, dried soup.

Beef and chicken bouillon cubes or powder are dissolved in boiling water.

Suggested activity:

Ask some members who use canned soup at home to bring some labels to the club meeting. Discuss the label information.

EGGS FOR ANY MEAL--PAGE 9

You will want to come back to this topic several times instead of trying to cover the different methods in one lesson.

Here is a suggestion for one meeting:

Discuss keeping eggs in high quality.

Prepare scrambled eggs.

Use scrambled eggs as filling for sandwiches. Sandwich making is included in Mealtime Fun.

Keeping Eggs in High Quality

Would you like to illustrate the difference between eggs kept under refrigeration for a week and eggs kept in a warm room the same length of time? For this:

Use 4 high-quality eggs.

Put 2 in a refrigerator.

Leave 2 where they will be kitchen temperature.

After a week, open each egg carefully on a separate small plate.

In which eggs is the yolk more upstanding?

Which have the most thick white?

Buying Eggs

Suggested activities:

Ask some of the club members to bring an egg carton. Discuss the label information.

Ask some club members to clip grocery store advertisements for eggs. Discuss size and grade information.

This section contains a wide choice of recipes. You will find cereal grain recipes suitable for breakfast, and others to use in lunch or dinner.

Wheat Bulgor or Pilof

Wheat bulgor or pilof is found in stores under such trade names as Ala, and Sunnyland.

Suggested activity:

Ask each club member to bring an empty cereal box or sack. Discuss label information. Is the cereal wholegrain or enriched?

DIFFERENT KINDS OF MUFFINS--PAGE 16

It is advisable to review measuring of the ingredients used in muffins. See project book Mealtime Fun. Explain purpose of measuring. Encourage members to try to develop skill in measuring accurately but quickly.

It is important that mothers and club members understand that different types of flour absorb different amounts of liquid. The amount of liquid in a muffin recipe may need to be modified in some households.

Suggested activity:

The purpose of this activity is to help club members understand that there may be a difference in the amount of liquid absorbed by different flour.

At the meeting you and each club member will need:

1. A cup of flour from home (sifted and measured at home). If you have different types of flour, measure 1 cup of each.
2. A measuring cup for liquid.
3. A medium sized bowl.
4. A stirring spoon.

How to carry out the activity at the club meeting.

1. Ask each club member to put the flour into the mixing bowl.
2. Measure 1/2 cup cold water.
3. Ask each member to pour the half-cup water into flour and stir until all flour is wet.
4. Compare the consistency of the flour-water mixture.
5. Make application of this information.

Another activity:

Ask members to bring an empty flour sack, or copy the label information from the sack. Discuss the label information.

#### COOKED FRUIT--PAGE 21

Recipes are included which make it possible for club members to use some of the cooked fruit in the desserts in this section, or in the salads in next section.

For example:

Cooked pears may be used--

As a sauce.

In making baked crispy pear dessert, page 22.

In a fruit torte, page 23.

In a salad, page 27.

Applesauce may be used in applesauce cereal pudding, page 4.

Cooked or steamed dried prunes may be used in prune nut salad, page 26.

#### SALADS IN YOUR MEALS--PAGE 24

Instead of making many salads at one meeting you can use one of the salads along with the food from another section. For example:

Make a fruit salad to serve with muffin variation.

Prepare and serve prune nut salad when you are discussing the section on planning Easy Meals, page 30.

Take the lunch or supper salad bowl when you discuss "Modern Ways at the Table," page 28.

#### MODERN WAYS AT THE TABLE--PAGE 28

Parts of this section will fit in well with other sections from time to time.

For the most part each club member is already off to a good start. However, this simple review will help those who are not always considerate of others at mealtime.

It is suggested that this section be presented by showing only the accepted way, rather than spending any time showing incorrect table manners.

Tactful discussion and illustration should make the club member thoughtful of his own table customs--not critical of others.

#### PLANNING EASY MEALS--PAGE 30

Planning how to use the food in meals is an important part of 4-H foods projects.

It is suggested that at each club meeting you help members plan a simple meal in which they could use the food they prepare. Reference to the menu in this section will also develop interest in learning to prepare the other foods in the menu.

#### FOOD AND FUN WITH OTHERS--PAGE 31

You and your club members will have additional ideas for Food and Fun with Others. Be sure the club members take part in planning, preparing, serving, and cleaning up.

## Part D. Suggestions For Sections In Main Dish Meals

#### WHAT YOU WILL DO--PAGE 3

A discussion of the points on page 3 of the project book will give the club members a clear understanding of the minimum requirements for 4-H Foods Project 3. It will also show the opportunities for a wide variety of interesting activities. As in the other projects, you will add your ideas and the suggestions from club members and their families.

#### Making A Plan of Work

It is stated that at one of the club meetings the leader will help members to make a plan of work for a meal. The purpose of a plan of work is to form good habits of work in preparing successful meals. Encourage club members to start with very simple meals which they can get ready on time, with each food well prepared. Success encourages further endeavor.

The most helpful plan of work shows the main steps, and an estimate of how long it will take. It also shows when each step is started and finished. An example of a simple plan of work is given on the next page of this guide.

The menu used to illustrate a form for the plan of work is the one suggested on the bottom of page 5 in the Main Dish Meals project book. If you wish to refer

to the recipes in the menu, you will find them in the Main Dish Meals project book as follows:

- Eggs and peas in cheese sauce, page 5.
- Baking powder biscuits, page 15.
- Orange and canned fruit salad, page 14.

Illustration of Form for Simple Plan of Work

Menu

Eggs and Peas in Cheese Sauce  
Baking Powder Biscuits      Orange and Canned Fruit Salad

Chief steps in preparation	Estimate of minutes needed	Time by the clock when this part of preparation is--	
		Begun	Finished
Cook eggs-----	15	4:30	4:45
Set table-----	10	4:35	4:45
(Decide when to heat the oven, depending on the fuel you use.) Mix and cut biscuits. Set aside in baking pan until time to bake -----	20	4:45	5:05
Prepare fruit for salad and put in cool place -----	10	5:05	5:15
Finish eggs and peas in cheese sauce as directed in steps 2 to 5 on page 5 in bulletin-----	20	5:10	5:35
Finish fruit salad-----	10	5:35	5:45
Bake biscuits-----	10	5:45	5:55
Finish putting food on table-----	5	5:55	6:00
Eat meal-----	?	6:00	
Dishwashing-----	?		

### Discussing A Plan of Work With Club Members

The time needed for each step in the preparation would differ according to:

1. The amount of experience the club member has had.
2. The quantity of food to be prepared, as for example the amount of fruit salad.
3. The method of cooking, as whether eggs are started in cold or boiling water.
4. The convenience of arrangement of kitchen and dining room.

The important point is that the club members use a simple form such as the one used as an illustration.

1. Write the main items in preparation in the order they will do them.
2. Write what time they expect to serve the meal.
3. Estimate how long it will take them for each item in preparation.
4. Figure back to the clock time at which they need to begin the meal.

The form included here illustrates a plan of work. Perhaps you would like to put it on a large piece of paper as a chart and discuss it with your club members. Discuss such points as:

1. Would this be an easy way for you to prepare this meal?
2. In your home, would you need more time to do any of the preparation?
3. Could you do some of it in less time?
4. What kind of fuel do you use for baking? At what time would you need to start the oven?
5. There are other good ways of preparing this meal. Would you like to do it in a different order?

### Making a Plan of Work for Other Meals

After you have discussed this plan of work with the club members it is suggested that:

1. You and the club members together make a plan for another menu which includes one of the main dishes the members have prepared.
2. During the year, you or the mother help each club member to make a plan of work for at least three simple, one-dish meals which the club member will prepare.

### The Exhibit

See also Section E of this guide, page 31.

MEALS YOU'LL ENJOY--PAGE 4

Meal planning is one of the most important phases of this project. Throughout the year you will have opportunity to help club members plan suitable meals. Help them to make simple meals attractive and tasty. Encourage them to



undertake meals that are suited to their ability and the amount of time they have.

Whenever club members prepare food, discuss how to use the food in meals. Menu suggestions are included in the sections on Main Dishes. Give members an opportunity to suggest other combinations. Help them to judge their menus according to the points included in this section on "Meals You'll Enjoy."

#### PREPARING THE MAIN DISH--PAGE 4

The main dishes were selected on this basis:

1. To use methods of food preparation which club members can apply to other main dishes.
2. Foods that are generally well liked by families.
3. Methods that are short enough so club members can complete the main dish in a relatively short time.

As is pointed out in the project book, the main dish recipes may be modified in seasoning, amount of liquid, or other ingredients to fit the situation.

#### Reasons For Preheating Home-Canned Meat, Fish, and Vegetables (Except Tomatoes)

Home canning methods are planned to produce safe food. However, there is the possibility that some harmful bacteria may not be destroyed. One type of bacteria would produce a poison. This poison is sometimes called botulinus toxin.

To be safe, boil home-canned meat, fish, and vegetables (except tomatoes) before you taste them. Boiling changes the poison to a harmless substance.

The heat in cooking the main dish may not be enough to make the home-canned food safe. So it is wise to follow the directions on page 5 of Main Dish Meals and canning bulletins.

#### TOP-OF-THE-STOVE MAIN DISHES--PAGE 5

Since the title of this project is Main Dish Meals, it is logical to place the main dish recipes toward the beginning of the bulletin. However, you may prefer to start with the section on baking powder biscuits, page 15. The biscuits will be suitable in many of the meals.

This section on top-of-the-stove main dishes will give a good opportunity for further discussion of such topics as--

Managing heat for top of stove cooking.

Selecting utensils.

Time required for cooking various types of food on top of the stove.

How to use the type of stove the 4-H member has in her home.  
How to care for the stove.

### Eggs and Peas in Cheese Sauce

This recipe introduces the preparation of white sauce, and of cheese cookery.

White sauce may be made in top of a double boiler or in a saucepan. For the saucepan method use low heat under pan to prevent scorching. How to use a double boiler is discussed in Mealtime Fun, page 13.

For a review of the principles of egg cookery and methods of cooking egg in the shell see Easy Meals, pages 8 to 11.

### Menu Suggestions

Allow enough time to discuss such questions as:

1. Why is the menu on the bottom of page 5 a good one?
2. Would this menu be suitable in your home for lunch or supper?
3. If you wished to make a heartier meal by serving dessert, what would you serve? (Cake or cookies would be good with the fruit salad.)

### Creamed Beef Goldenrod and Meat in Creole Sauce

These recipes show a simple method of thickening the white sauce or creole sauce by sprinkling the flour and seasoning over the meat mixture. This will require care in sprinkling the flour over the mixture, and in stirring the mixture from the bottom of the pan.

### Facts About Cheese Cookery

Sometimes there is a tendency for cheese to become stringy when it is heated. For that reason the recipe suggests adding it after the white sauce has been completely cooked.

### Cheese and Tomato Rabbit

This recipe is large enough for 8 or more servings depending on the group, the occasion for which it is used, and what other foods are included in the meal. It's usually popular with girls and boys.

The amount of cheese may be reduced to 1 cup.

## OVEN OR BROILED MAIN DISHES--PAGE 7

This section gives club members additional opportunity for experience in placing foods in the best position in the oven. Four-H members have used the oven enough in previous 4-H Foods Clubs so they should be able to take much of the responsibility of the baking of foods in this project.

Many 4-H members will not have stoves with broilers. They can complete the work in this section by using oven main dishes. For those who have stoves with

broilers it will be helpful to learn to get the benefit from this equipment. Recipes such as the two on page 10 are an easy way to learn to use a broiler.

### Hamburger Spanish Rice

For a review of cooking rice and other cereals, see Easy Meals, pages 13 and 14.

Many oven main dishes may be baked without a cover on the baking dishes. If a cover is used to prevent drying during baking, it is usually removed for the last 10 or 15 minutes of baking. Sometimes the baking dish is then set on the upper rack of the oven to get an attractive, lightly browned top on the food.

### Chicken or Meat Roll

The illustration shows the roll ready to be sliced. Slices are put on baking pan in the same way as cinnamon rolls.

## MAIN DISH SALADS--PAGE 11

These main dish salads include some protein food such as cottage cheese, hard cooked eggs, meat, fish, or chicken. They also include some vegetables. When salad greens are available these salads will be more attractive and nutritious when served with such greens.

The 4-H members will profit from a discussion of how main dish salads differ from other salads. You might bring out such points as:

1. The main dish salad replaces other main dishes in the meal.
2. Other salads are a supplement to the main dish.
3. Due to these differences in purpose in the meal, the main dish salad should include enough protein.
4. Servings of main dish salads are often larger than for some of the salads that accompany other main dishes.

### Suggestions for Activity

You may wish to ask club members to save the package from plain gelatin or a flavored gelatin and bring to the meeting. Discuss directions on the package or on folders enclosed in the package.

## OTHER SALADS--PAGE 13

As is mentioned in the first paragraphs on page 13 the salads included in this section are made from foods that are rather readily available. Four-H members living where they do not have a wide choice of ingredients for salads during some seasons will find these recipes helpful.

There is an excellent opportunity to widen this section by making salads from local fruits and vegetables at different times during the year.

This would be a good time to review the section on raw vegetables in Foods Project 1, Mealtime Fun and the section on Salads in your Meals, in Foods Project 2, Easy Meals.

#### BAKING POWDER BISCUITS AND VARIATIONS--PAGE 15

You may wish to start your 4-H club work in Foods 3 with this section on baking powder biscuits. It is suggested that you use several club meetings for this section.

In the first lesson on biscuits, club members could demonstrate the measuring of these ingredients as a review of methods for accurate, quick measuring. By this time dexterity in measuring can be achieved as well as accuracy. It is important that club members understand when measuring accuracy is important. This is a good time to review the material on pages 7-8 and 19-20 in the Mealtime Fun bulletin.

There are other recipes such as some of the salads and some of the main dishes where the quantity of ingredients does not require exact measurement. See, for example, tossed meat and fish salad, page 11, and broiled frankfurter special, page 10. Quantities are given in these recipes as a guide rather than exact measurements.

See page 20 of this guide for the description of suggested activity to help club members understand that there may be a difference in the amount of liquid absorbed by different flour. For the lesson on biscuits it would be helpful to ask each club member to bring a certain amount of flour such as 1 or 2 cups of sifted flour. If club members mix biscuits using this flour they may see that for some flour a little more or less milk is needed.

If there is not enough time to examine the biscuits carefully in the first lesson, make them again. Page 17 of the bulletin is planned to help each club member check her biscuits and decide how she can improve them.

The toppings can be prepared at a meeting and baked on a baking sheet, or they may be used on a casserole.

The quick cinnamon or plain rolls will fit very well with the salads, at club meeting or when you plan for "food and fun with others."

#### CAKES--PAGE 18

It seemed advisable to the committee to limit this section on cakes in Foods 3 to a few recipes and methods of mixing. Some club members will probably also make other types of cakes using their mothers' favorite recipes.

The cakes given in this section are similar to recipes found in many cookbooks and on cake flour boxes. They have been well tested and give excellent results.

So that all cakes entered in exhibit will be of about the same type, it is stated on page 3 of the Main Dish project book that for exhibit "You may use a plain cake recipe in this bulletin, or another plain cake recipe. Use a recipe that is not richer than 1/4 cup shortening in proportion to 1 cup flour."

The characteristics of a cake are influenced by the proportion of the other ingredients to the flour, and by the relation between fat, sugar and eggs. This is explained more fully in the following paragraphs.

### Effect of Proportion of Ingredients

Flour and eggs give the chief framework to cakes. The amount of sugar and fat in relation to flour and eggs influences the texture of cake.

#### 1. Effect of flour

It is advisable to use the type of flour that is designated in a cake recipe. Cake flour differs from all-purpose flour in that it absorbs less liquid (thus making a softer batter), and it contains less gluten, therefore making a more delicate framework. If you substitute all-purpose for cake flour, use two tablespoons per cup less. That is, use 1 cup minus 2 tablespoons of all-purpose flour in place of 1 cup of cake flour.

#### 2. Effect of fat

Fat gives tenderness and fineness of grain to cake. Too much fat in proportion to flour and eggs causes the cake to fall in the center, and to crumble when cut.

#### 3. Effect of sugar

Increasing sugar gives looseness of texture. Too much sugar in proportion to flour and eggs causes a cake with sticky, gummy crust and loose grain.

#### 4. Effect of egg

Eggs aid in giving the framework to hold up the fat and sugar. When the proportion of fat and sugar to flour is increased to make a richer cake, the amount of egg is usually increased to prevent the cake from falling. You will find that a 3-egg cake usually differs from a 2-egg cake in having more fat and sugar in proportion to the flour. A recipe that is well balanced with 2 eggs is not improved by adding an extra egg. A cake that is so delicate that it tends to fall in the center is improved with more egg or flour. It is well to keep in mind that some small, 2-egg cake recipes are really one-half of a 4-egg cake. In that case they are half of a rich cake. That is why we state that the plain cake for exhibit should not have a high proportion of fat to flour.

## Cakes at High Altitude

As the altitude increases, the air pressure becomes less, and changes must be made in some cake recipes. The usual modification in a cake containing fat is to reduce the baking powder for each 2 cups of flour approximately  $1/4$  to  $1/2$  teaspoon for every rise in altitude of 2,500 feet. A reduction in sugar and an increase in liquid as the altitude increases may also improve the cake. The modifications depend on the amounts and relationships between the various ingredients in the original recipe. Therefore it is advisable to use a recipe that has been designed for a specific altitude. High altitude recipes may be obtained from your County Extension Agent. These are for 5,000 feet or more.

### ATTRACTIVE WAYS WITH CAKES

This section is included in the bulletin to give members ideas for serving the cakes they make.

Exhibit cake is without frosting or topping.

An undue amount of the project time should not be given to this section.

Only simple frostings are included here. They are the type that club members can easily learn to make alone.

### MORE DESSERTS--PAGE 26

As is stated in the Main Dish Meal project book, fruit often will be a suitable dessert with the meals. The recipes in the section on "Tasty Desserts" on pages 25-26 in Mealtime Fun would also be very satisfactory.

Care must be taken in using the desserts in this section. They would be a very satisfactory dessert with some main dishes such as with the main dish salads or a main dish chowder. They would not be desirable desserts with some of the other main dishes such as Chicken or Meat Rolls, page 9. See suggestions for desserts with each main dish.

One of the reasons for selecting the desserts in this project is that the shortcake and cobbler are variations of biscuit method, and the chocolate sundae pudding of cake making. Four-H members will find them well liked for dessert with a meal or for a separate dessert to serve for "Food and Fun with Others."

### SERVING FOOD--PAGE 28

Boys and girls of this age often help to put the food on the table for home or community meals.

These simple rules, established by custom, apply to any type of table service.

These points can be illustrated without food in the dishes. Four-H members can apply these rules whenever they pass refreshments at club meeting. Also when they set the table and place food on the family table.

It is suggested that emphasis be put on showing the "right" method rather than spending time showing the "wrong" way.

Help the club members to understand that these rules developed because they make serving convenient for all.

#### FOOD AND FUN WITH OTHERS--PAGE 29

Four-H members now have a wide choice of activities for Food and Fun with Others.

They will have more enjoyment and benefit if they can take much of the initiative in planning and the responsibility of following out the plans. However, your help will be of much value in encouragement and in making plans that are workable.

### Part E. Exhibits For The Projects

What is the purpose of the exhibit?

The exhibit can be a learning experience for club members.

They will find satisfaction in their achievement.

They can see what the other girls and boys have done.

They will learn some of the important points in exhibiting, through selecting the food for display, getting it to the exhibit place in good condition, and perhaps arranging it for display.

If constructive comments can be given, it will encourage the members to improve their work.

#### EXHIBIT FOR FOODS PROJECT 1, MEALTIME FUN

Four cookies of a favorite cookie recipe.

Club members may use recipes in Mealtime Fun project book or other simple cookie recipes.

They will exhibit at some occasion in the community or the county.

There will not be a State Fair exhibit in Foods 1 projects.

The exhibit will not be scored by a judge.

#### EXHIBIT FOR FOODS PROJECT 2, EASY MEALS

Four muffins, either

Plain, all-purpose flour muffins or

Plain pastry flour muffins or

Whole wheat muffins using half whole wheat and half white flour.

Club members may use recipes in Easy Meals project book or other plain muffin recipes.

Statement giving type of flour used in muffins must accompany the exhibit. Otherwise exhibit will not be entered.

There will be a State Fair exhibit in the Foods 2 projects.

#### EXHIBIT FOR FOODS PROJECT 3, MAIN DISH MEALS

A shortened, plain cake without frosting or topping.

Exhibit only one round or square layer of approximately these dimensions:

Round, 8- or 9-inch diameter

Square, 8- or 9-inch square

Club members may use a plain cake recipe in the project bulletin or another plain cake recipe. The recipe should not be richer than 1/4 cup shortening in proportion to 1 cup flour..

The exhibit will be scored by a judge.

There will be State Fair exhibits in Foods 3 projects.