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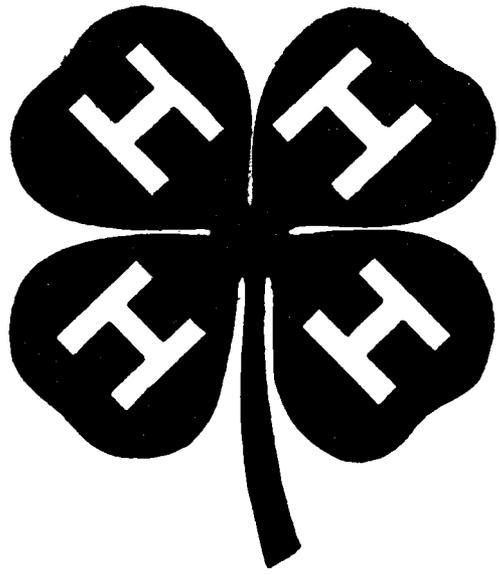
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Oregon 4-H Foods Projects - - Leaders' Guide

Supplementary Guide for Foods Projects 1 and 2

M-54 Mealtime Fun Project 1
M-56 Easy Meals Project 2

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Cooperative Extension Service / Oregon State University / Corvallis

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Club Series M-62

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Part A. Suggestions Applying to Both Foods Projects

What You Can Accomplish

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.

How Projects Were Planned

Suggestions for the projects were given by 4-H foods club leaders, club members, and Extension staff members.

Project 2 may be taken by qualified club members without having taken the previous project. 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:

Club members 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 four 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 is 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" or "Requirements." You will think of many ways to make a happy, worthwhile club year. See leaders' guide *4-H Meetings—Democracy in Action*, A-63, and *Planning a 4-H Club Program*, a guide for new leaders, A-66.

It is not 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 will 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 did not 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.

Planning the First Project Meeting

The first meeting is very important. It is a chance to arouse 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.

Perhaps you will want to invite the mothers to the first meeting. This would be a good time to acquaint both mothers and members 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 children 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 meeting or at the next meeting. It may be desirable to make some changes in this plan during the year.

First meeting decisions

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.

Decide how long your meetings will be. They should be long enough to include time for:

- Some fun, such as games or serving the food which the members 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.

Decide when you will meet and where. 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 at the meeting when the mothers are present.

Decide how the ingredients will be provided for preparing food in the club meetings.

Discuss 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 he needs help.

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

Refreshments

If you have refreshments, it would be a good idea to serve something which is included in the projects. One of these would be good:

Milk and berry drink	Fresh fruit
Hot cocoa	Fruit dessert such as baked crispy pears
Lemonade	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. Keep in mind that we want to help club members 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, the following suggestions will be helpful:

- 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 will show 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 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 meetings. In some sections of these projects, however, so little space and equip-

ment 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.

Showing Others How To Do Something

When you show how

You will frequently show club members how to do something. Often it will be best to show 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

Club members begin this “showing how” experience in *Mealtime Fun*. Encourage them to continue. In club meetings the club members begin to obtain “balance” in appearing before people and to develop poise. Clear thinking results, confidence is found, and the value of simplicity is learned.

Keep your “showing how” simple, and plan for members to take a small part frequently. Make showing how to do things 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 you receive from 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 does not 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 3

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

The most interesting way to use this section on measuring might be to refer to it when you are going to use the ingredients in a recipe. For example, show how and practice measuring sugar, cocoa, and milk when the club is getting ready to prepare cocoa.

Try to develop skill in measuring. That means measuring *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, metal measuring cups and spoons are more accurate and hold shape better than some of the plastic ones.

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 page 10 for measuring flour and some other ingredients.

Cold Milk and Fruit Drinks—Page 5

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 does not take long.

Recipes are for about two servings. Therefore, the recipes are convenient for the children to use. Show club members how to figure out 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 to use 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.

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

When club members make a small amount to serve immediately, they will probably find it easier 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-range cookery

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

- Safety precaution in turning the saucepan handle 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-range cooking with whatever kind of fuel the club members use at home.

Why cocoa and water are cooked to a smooth paste

This is done when regular (not instant) cocoa is used to develop a pleasant flavor, and to help prevent 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 $\frac{1}{4}$ to $\frac{1}{2}$ 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 a 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 $\frac{1}{4}$ of the water in a bowl. Sprinkle the milk over it. Beat or stir (beating slowly will cut down foaming). Add the remaining water.
2. Put about $\frac{1}{4}$ 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 range.
- How to place a saucepan on a range.
- Safety precaution in cooking cocoa.
- Making cocoa by saucepan or double boiler method.

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. (1) What is your favorite kind of sandwich? *or* (2) Mention a time when sandwiches are served for your family.

Hamburgers

Making hamburgers can be used for either an outdoor or an indoor meeting. You can include some of the following additional points:

- Toasting buns or bread.
- Preparing vegetables to eat with hamburgers.
- Making a fire for outdoor cookery.
- Planning a picnic meal serving hamburgers.

Raw Vegetable Snacks and Fresh Fruit Treats—Pages 8-9

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 will 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 of a box or a piece of heavy board may be used.

These sections provide an excellent opportunity to show others how to prepare fruits or vegetables.

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 a 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 10

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

1. They 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. 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.

The 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 electric mixers in their homes, they will have an opportunity to use them in other recipes which their mothers have found to be satisfactory.

Measuring for cookies

Here is a chance to explain why very 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 of the same type, 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 at another.

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

- Measure carefully in order to know exactly 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 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 them 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 so much care must be taken not to scorch it when heated without the hot water.

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

Tasty Desserts—Page 12

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 a 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 left-over is tasty, too.

Baked custard

Two cups of milk may be used instead of $1\frac{3}{4}$ cups. However, it will take longer to bake the custard.

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 is a good idea 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 13

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 table setting 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 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 14

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 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.

Be sure, of course, that good methods are used whenever dishes are washed at meetings. At the club meetings there will be many chances 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.

Food and Fun With Others—Page 29

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

You have an opportunity to help club members learn to plan and have 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 a few suggestions are given for using the project book. Add your ideas and suggestions from the club members and mothers.

What You Can Learn—Page 3

A discussion of this section will help club members and their mothers 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 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 their favorite foods. It is beneficial to repeat the preparation if the club member has decided how the food product or the way of preparing it 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 members and the mothers 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 will think of many ways of making this an interesting section. If you have several clubs meeting together, include all of them.

Basic four food group

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

Use of a Basic Four chart and pictures or cutouts of vegetables and fruits makes an effective way of showing the basic four food groups. Or show some actual foods in each group. USDA Leaflet 424, *Food for Fitness*, is available from county Extension offices. This is a good guide to the basic four food groups.

You may want to suggest that each club member go over this section with his mother or father.

Food records

Use the practice menu on page 5 of *Easy Meals* to show how to keep a food record (page 6). 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:

Food Group	Food	Food Group	Food
Group 1	Glass of milk	Group 4— Vitamin A	
Group 2	Scrambled eggs	Group 4— Other vegetables or fruits	
Group 3	Two slices whole wheat toast	Other foods*	Butter (on toast)
Group 4— Vitamin C	Grapefruit		

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.

Easy Soups and Chowders—Page 7

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

*Under the heading "Other foods" would be listed foods that do not fall in the basic four groups. These foods may be eaten in addition to the basic four 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.

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 this topic in *Easy Meals*. You could base your discussion on the following suggestions:

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.

Types of canned soups found in stores are:

1. Condensed soups. To these you add milk or water before heating. Use milk for the most nutritious soup.
2. Soup which you heat without adding milk or water.
3. Clear soups. These can be chilled in the refrigerator and served jellied.
4. Frozen condensed soups—a newer type.
5. Packaged, dried soups. There are many kinds.
6. Beef and chicken bouillon cubes or powder. These 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 are suggestions 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 four high-quality eggs.

Put two in a refrigerator.

Leave two at room temperature.

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

In which eggs are the yolks more upstanding?

Which have the thickest whites?

Buying eggs

Suggested activities:

- Ask some club members to bring egg cartons. Discuss the information given on them.
- Ask some club members to clip grocery store advertisements for eggs. Discuss size and grade information.

Tasty Foods From Cereal Grains—Page 11

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

Wheat bulgur or pilof

Wheat bulgur or pilof is found in stores under such trade names as Ala, Sunnyland, and Sun-Dry.

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 the measuring of the ingredients used in muffins. See the project book *Mealtime Fun*. Explain the 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 $\frac{1}{2}$ cup cold water.
3. Ask each member to pour the half-cup of 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 the 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 14.

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 muffins.

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

Make 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 sec-

tion 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.

You may want to arrange a club tour to the homes of members or a tour to a business related to the foods projects. See *Tours—A Teaching Tool*, A-66, for ideas.

You can find helpful information concerning members judging their own products in *Let's Teach Club Members to Make Decisions Through Judging*, A-62.

Part D. Exhibits for the Projects

What is the purpose of exhibits?

Exhibits are a learning experience for club members.

They will find satisfaction in their achievement.

They will 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, they will encourage members to improve their work.

Exhibit for Foods Project 1—Mealtime Fun

- Exhibit four cookies made from a favorite cookie recipe.

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

They may exhibit in their community and at county fairs. Foods 1 cookies are not judged. They are not exhibited at the State Fair.

Exhibit for Foods Project 2—Easy Meals

- Exhibit 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* or other plain muffin recipes.

A statement giving the type of flour used must accompany the exhibit.

County winners may exhibit at the State Fair.

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**COOPERATIVE EXTENSION PROGRAMS ADD TO THE
GROWTH AND STABILITY OF THE STATE'S ECONOMY**