



# DAIRY FOODS

## Unit II: Ice Cream

# Project Overview

The 4-H Dairy Foods II project is designed to further the 4-Her's experience with dairy by introducing them to the discovery of ice cream and its place in a healthy diet. This project is appropriate for 4-H members who have completed Baking I and II and Dairy I.

## Key Learning Topics

- The importance of dairy products in a healthy diet and ice cream's place in MyPlate.
- How to read and understand information on ice cream labels.
- Compare cost, taste and nutritional values of different ice creams.
- Make homemade ice cream.
- Judge ice cream products according to standards

## Expanding the Project

- Help with National Dairy Month (June).
- Help with Agricultural Field Days.
- Prepare milk recipes and serve at community functions.
- Lead a project meeting.
- Enter presentations or public speaking, favorite foods, or FCS Bowl at county contest

## Resources

- Dairy I: Milk R -09
- Dairy II: Ice Cream
- Food Project Record Sheet 300.A-20 (R-18)

## Exhibit Guidelines

1. Granola Cookies (3)
2. Unit II - Ice Cream Exhibit (No actual food items will be accepted as an Exhibit.)

Note: if entering posters or display boards in #3 listed above, ensure that they meet the following guidelines:

- Posters may be no larger than 14 X 22 inches. Posters are defined as any flat paper, foam board, cardboard, or other backing appropriate for hanging on the wall.
- Display Boards may be no larger than 18 x 48 inches. Display boards are defined as scored, freestanding science boards.
- Exhibits: Exhibit bases for three dimensional vertical displays may be no larger than 24 x 24 inches

## Targeting Life Skills:

- Disease Prevention
- Self-discipline
- Concern for Others
- Wise use of Resources
- Critical thinking
- Problem solving
- Decision Making
- Healthy Lifestyle Choices
- Self-esteem

