



## QUICK MEALS

### Project Overview

The Quick Meals project is designed to teach the 4-H member how to plan, prepare, and serve a variety of easy-to-prepare, time-saving meals.

### Key Learning Topics

- Learn time management, to keep mealtime preparation quick.
- Gain useful shopping tips.
- Apply nutrition principles in making meals.
- Perform food experiments.
- Learn fitness facts.
- Understand the importance of food safety.

### Expanding the Project

- Design a poster about meal planning and display at school or a local library.
- Volunteer to prepare meals at a soup kitchen/feeding site.
- Ask someone to give a presentation on quick food preparation for your club or project meetings.
- Present nutrition information at summer meal sites or youth centers

### Resources

- Quick Meals Project Book – 100.E-92
- Foods Record Sheet 300.A-20 (R-18)

### Exhibit Guidelines

1. Spicy granola cereal (1/2 pint jar)
2. Breakfast bars (3)
3. Oatmeal applesauce cookies (3)
4. Menu for a day (mounted on firm paper 8 1/2" x 11")

Refer to project book for recipes.

### Targeting Life Skills:

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

