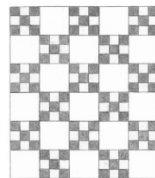
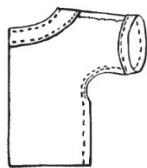




All About Discovery™
College of Agricultural, Consumer
and Environmental Sciences
Cooperative Extension Service
Extension 4-H Youth Development

Home Economics



4-H Adventures with Food – Greentop

400.A-10 (New-2005)



The beginning level “Adventures with Food” is a one-time experience for members 9-11 years old and older youth having no experience with cooking. There is no time limit to complete the project. Members are reminded to check county project guidelines if they choose to exhibit projects at the county fair or 4-H Achievement Days.

What 4-H members will learn:

- To measure and follow recipes in this book.
- To make simple, nutritious drinks and snacks and learn how they fit into a healthy lifestyle.
- How to make healthy choices while grocery shopping.
- How to follow kitchen safety rules.
- Table manners and table-time tips.

Steps to complete the project:

- Complete the “Planning Your Project” section.
- Explore all the lessons listed for this project.
- Within each lesson perform the required “Things to Do”.
- Take part in at least two (2) project learning experiences.
- Become involved in at least two (2) leadership/citizenship activities.
- Complete the report of learning experiences on page 6.

Resources:

- Adventures with Food Project Book – 100.E-90
- General Project Record Sheet 300.A-20 (R-18)

Citizenship and Leadership Activities:

- Teach club members something you learned in your projects.
- Help other members with their project.
- Arrange to have someone speak to your club about jobs in the food and nutrition area such as school cook, fast food restaurant manager or waiter/waitress.
- Help an elderly or disabled person with food shopping.
- Tour a grocery store or restaurant.
- Take food you prepared to a neighbor or shut-in.
- Help someone clean up the kitchen after a meal.
- Serve a snack at a 4-H club meeting

Demonstration Suggestions:

- Measure correctly for successful baking by showing and demonstrating the standard measuring equipment.
- Share safety tips in the kitchen.
- Prepare a nutritious snack by showing how to make a relish tray or fruit tray.
- Show how to make the best buy at the grocery store.
- How to make no-bake cookies.

Beam, 2005