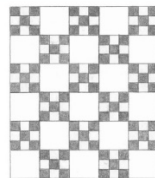
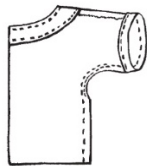




All About Discovery!
 College of Agricultural, Consumer
 and Environmental Sciences
 Cooperative Extension Service
 Extension 4-H Youth Development

Home Economics



4-H Quick Meals – Greentop

400. E-20 (R-18)



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.

4-H members will:

- 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.

What can be done:

- Club:
 - Give a demonstration on how to prepare quick and nutritious meals.
- County:
 - Enter Spicy Granola Cereal, Breakfast Bars, or Oatmeal Applesauce Cookies at the County Fair.
 - Enter a mounted “Menu for a Day” at the County Fair.
 - Enter a completed project workbook at the County Fair.
 - Give a presentation at County Contests.
 - Enter Favorite Goods at County Contests.
- District/State:
 - Enter Spicy Granola Cereal, Breakfast Bars, or Oatmeal Applesauce Cookies at the State Fair.
 - Enter a mounted “Menu for a Day” at the State Fair.
 - Enter a completed project workbook at the State Fair.
 - Give a presentation at District or State Contests.
 - Enter Favorite Goods at District or State Contests.

Resources:

- Quick Meals Project Book – 100.E-92
- Food Guide Pyramid 100.E-98
- Foods Record Sheet 300.A-20 (R-18)

Citizenship and Leadership Activities:

- Design a poster about meal planning and display at school or a local library.
- Volunteer to prepare meals at a soup kitchen/feeding site.
- Plan and prepare a luncheon for teachers or other community members using the crock pot, microwave, or quantity recipes.
- Encourage your friends to join 4-H.
- Serve on a committee in your 4-H club.
- Help other 4-H members with their food projects.
- 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.

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