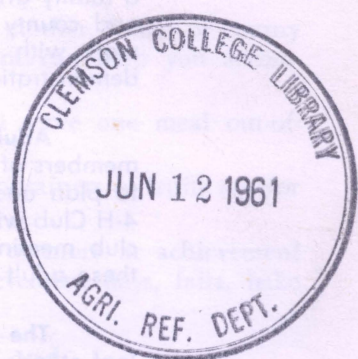


Member Guide

4-H Favorite Foods

Unit 2



What Is 4-H?

Did you know that as a 4-H member, you belong to an organization which has more than 100,000 members in Texas and more than 2 million in the United States?

4-H Club work is the youth phase of the Texas Agricultural Extension Service. 4-H Club work is voluntary. There are no dues and 4-H is not a school subject. To become a 4-H Club member, an individual must be between the ages of 9 and 21, must want to be a member, must know about 4-H work and what is expected. 4-H members learn improved practices in agriculture, home economics and related fields by carrying on 4-H result demonstrations. 4-H is a family affair in which you and your parents, with the advice of adult leaders and county extension agents, decide on your result demonstration. You will work with an adult leader in a subject-matter group to develop your result demonstration. You will learn useful and practical skills.

Adult leaders are the key persons in every 4-H Club. You and other members of your subject-matter group will work with your subject-matter leader to plan and carry out your group activities. The organization leader of your 4-H Club will help you and other club members plan and carry out the monthly club meetings and club activities. County extension agents train and advise these adult leaders.

The four-leaf clover is the accepted emblem. The letter "H" on each leaf stands for Head, Heart, Hands and Health. This emblem is protected by the United States Department of Agriculture copyright.

The 4-H colors are green and white.

The 4-H prayer is "Help me, O Lord, to live so that the world may be a little better, because Thou didst make me. Amen."

In support of the 4-H Club Motto, "To Make the Best Better,"

I Pledge:

My Head to clearer thinking
My Heart to greater loyalty
My Hands to larger service, and
My Health to better living
For my club, my community and my country.

4-H parents + adult leaders + county extension agents added to interested 4-H members = useful citizens. This is the 4-H Club team.

MEMBER BOOK, 4-H FAVORITE FOODS, UNIT 2

EXTENSION SERVICE FOODS AND NUTRITION SPECIALISTS

The Texas A. & M. College System

YOU AND YOUR FOODS AND NUTRITION group will work together in learning how to plan, prepare and serve meals for your family and friends, use equipment in food preparation and preservation, how to eat for good health, how to recognize a good food product and how to give method demonstrations. Twelve meetings have been planned which include carefully selected and tested recipes. The recipes are selected from each food group to give you an understanding of the importance a variety of foods plays in your general health. A thirteenth meeting, or achievement event, will be a food show where you can display the favorite food you learned to cook in this unit. Some extra recipes called "try me's" are in some meeting plans. You, other club members and your leader may decide to have more than 12 meetings and you will want to prepare foods at home. You might use some of the "try me's" at other meetings or for your food preparation at home. Your leader has a reference list from which she might work with you on preparing additional foods at home towards reaching your goals and learning more about food preparation.

Your Goals for This Unit

1. Learn to use equipment you did not learn to use in Unit I, such as mixers, home freezer, broilers and others as required in each meeting.
2. Learn how to give a method demonstration as outlined in D-510, "The 4-H Method Demonstration." Give one or more method demonstrations at subject-matter group meeting, club meeting, community meeting, county meeting or some other appropriate event.
3. Prepare and serve one food from each of these groups three times or more—cookies, cake, drink, vegetable, salad, bread, fruit, eggs, dairy food and meat. These may be served with meals your mother or other family members have prepared.
4. Learn how to plan and take part in a picnic with your foods and nutrition group.
5. Plan, prepare and serve refreshments or snacks to friends one time.
6. Prepare one Christmas food to serve at home or for a gift.
7. Set the table for family meals 10 times.

8. Plan, prepare and serve three complete breakfasts, dinners and suppers to your family. This cannot be counted toward completion of goal 3.

9. Eat a good breakfast, dinner and supper every day.

10. Continue to keep the 4-H Foods Record you began in Unit I.

11. Exhibit one food you learned to cook in this unit at the 4-H Favorite Food show.

12. Start a recipe file of foods you are learning to prepare.

Additional goals your mother, leader or county home demonstration agent can help you accomplish:

1. Plan, prepare and serve one meal out-of-doors.
2. Freeze or can 10 containers of fruits and/or vegetables.
3. Exhibit one food or more at achievement events, such as 4-H achievement days, fairs, bake shows or similar events.

Planning Your Foods and Nutrition Group Meetings

Before starting this unit you and your mother will need to attend a planning meeting with your adult subject-matter leader. At this meeting, the group members and leader will need to decide the following things:

1. Where the group will meet.
2. Time—day and hour of meetings.
3. Number of and length of meetings you will have.
4. How equipment and supplies for meetings will be provided.
5. Discuss goals for the unit.
6. Decide on the next meeting.

Annual Plans for Meetings of Your Subject Matter Group

So that you will know what group activities are being planned and when, your group should fill out this form at your preplanning meeting. It is not necessary to have meetings in the order given in your guide, so you will need to plan when you want to have each meeting and how many of the meetings you will have in one year.

14. To measure white sugar, put in measuring cup or spoon and level top with straight edge of knife or spatula.

15. To measure brown sugar, pack into cup or spoon firmly. If it is lumpy, roll and sift before measuring. If very dry, place in 250° F. oven for 10 minutes to soften.

16. To measure liquids, use glass standard measuring cup. Watch the marking that shows the amount in cup. Set the cup on a table so that it will be level when you measure.

17. Use safe habits when you cook.

a. Stir hot foods with a wooden spoon.
b. Be sure that saucepan handles are over the range so that the saucepans are not easily tipped over.

c. Use pot holders when you have to pick up a hot pan.

d. Put hot pans on a rack or a table top that won't burn.

e. Keep your hands dry.

f. When cutting, always cut away from yourself.

g. Always wipe spilled foods from the floor immediately.

Meeting 1—One-layer Cake

Do these things before you start:

1. Read recipe.
2. Get all the equipment and food together.

One-Layer Cake

EQUIPMENT

8"8"x2" cake pan

Waxed paper

Scissors

Electric food mixer with large bowl

or

Large size mixing bowl and wooden spoon

Sifter

Set of measuring spoons

Set of measuring cups

Liquid measuring cup

Rubber spatula

Metal spatula

Small mixing bowl

Sharp knife

Cake rack

Small saucepan

RECIPE

1¼ cups sifted cake flour

¾ cup sugar

2 teaspoons baking powder

½ teaspoon salt

⅓ cup soft shortening

½ cup milk

1 teaspoon vanilla

1 medium egg, unbeaten

1. Turn oven to 375° F.
2. Grease pan and line it with waxed paper.
3. Into large mixing bowl, sift flour, sugar, baking powder and salt.
4. Drop shortening into dry ingredients.
5. Pour in milk and vanilla.
6. With mixer at low-to-medium speed, beat 1½ minutes, scraping bowl and beaters as needed.*

*To mix with spoon, beat briskly for same times as above, allowing 100 full, round-the-bowl strokes per minute.

7. Add egg; beat 1½ minutes.
8. Turn into pan, scraping sides of bowl clean.
9. Bake 25 minutes or until cake top springs back when pressed lightly with the finger.
10. Spread top with broiler icing and brown.
11. Put pan on cake rack to cool.
12. Cut into squares for serving.

RECIPE FOR ICING

2 tablespoons butter or margarine, melted

2 tablespoons milk or canned milk

5 tablespoons brown sugar

½ cup coconut

1. Combine ingredients.
2. Spread on top of warm cake.
3. Broil 3 to 5 inches from source of heat until icing bubbles all over.

FOOD MAKES A DIFFERENCE

The food you eat makes a difference in how you look and feel. Food serves three purposes in your body: 1. Supplies energy 2. Regulates body processes and 3. Builds, maintains and repairs body tissues.

Food affects your rate of growth, size, pep, appearance and age in terms of physical condition. Therefore, food affects your attitudes, ability for achievement and happiness.

Nutrition is the science of food and its relation to health. Foods are divided into groups—vitamins, minerals, proteins, fats and carbohydrates. Each group plays an important part in how you look and feel or in your general well being.

Cake, other sweets and starches are carbohydrate foods. Carbohydrates supply energy to keep you alive and active. You should not eat an abundance of carbohydrate foods because you need only enough to supply your body with the energy you need for the work and play each day. Look in your mirror. If you are gaining weight too rapidly, you may be eating too many carbohydrate

foods. If you are losing weight, you may be using more energy than the food you eat is supplying your body. Cake may be eaten or served at the following times:

1. After a meal as dessert.
2. As refreshment for company, served with a fruit drink, punch or milk.
3. At teas with coffee or tea.
4. For get-togethers, served with milk, milk drinks or fruit juices.
5. Packed in lunches or for a picnic.

Are you proud of what you made?

1. Is cake of even thickness?
2. Is cake slightly moist?
3. Is cake even and unstreaked?
4. Is cake sweet with well-blended flavor?
5. Is cake light and fluffy?
6. Does cake have fine small holes that are evenly distributed?
7. Is icing golden brown but not overly browned

TRY ME'S

Pineapple Upside-down Cake

1¼ cups sifted all-purpose flour
 2 teaspoons baking powder
 ¼ teaspoon salt
 3 tablespoons butter or margarine
 ½ cup brown sugar, packed
 1 small can sliced pineapple
 ⅓ cup soft shortening
 ½ cup sugar
 1 egg, unbeaten
 1 teaspoon vanilla
 ½ cup syrup, drained from pineapple,
 Add milk to make ½ cup

1. Turn oven to 350° F.
2. Sift together flour, baking powder, salt.
3. Melt butter or margarine in 8"x8"x2" cake pan over low heat on top of range; remove from heat; sprinkle with brown sugar.
4. Drain pineapple, saving syrup. Arrange pineapple slices on brown-sugar mixture.

5. In large bowl with mixer at medium speed, mix shortening with sugar; then add egg and vanilla. Mix until light and fluffy—about 4 minutes. At low speed add one third of flour mixture and beat, just until smooth. Add one half of pineapple syrup; beat just until smooth. Add one third of flour mixture; beat until smooth. Then add rest of pineapple syrup, beating until smooth. Beat in rest of flour mixture until batter is smooth.*

6. Spread batter carefully over pineapple slices.
7. Bake cake 1 hour, or until top springs back when touched with finger.
8. Remove from oven; cool on cake rack for 10 minutes.
9. With spatula, loosen cake from sides of pan.
10. Place serving side of plate onto pan; then, with one hand under pan and other hand on the plate, turn both until cake rests, with fruit side up, on serving plate. Remove pan. If fruit sticks to pan, lift off with spatula and replace it on cake.

Brownie Cake

1 package brownie mix
 1 square unsweetened chocolate
 1 tablespoon butter or margarine
 1½ tablespoons water
 1 teaspoon corn syrup
 ½ teaspoon vanilla

1. Turn oven to 350° F.
2. Grease and line 8"x8"x2" cake pan with waxed paper.
3. Mix brownies according to directions on package.
4. Pour batter into cake pan.
5. Bake 20 to 25 minutes.
6. Place on cake rack to cool.
7. Melt chocolate in small pan over low heat.
8. Add butter or margarine, water, corn syrup and vanilla; mix until smooth.
9. Spread on cooled brownie cake; cut and serve.

*If you prefer to mix cake with a spoon, here is an easy way:

- a. To soft shortening, add sugar in thirds, beating with spoon after each addition until very light and fluffy.
- b. Then drop in egg and beat thoroughly until batter is very creamy.
- c. When adding flour mixture and syrup, stir only until batter is smooth. Do not overmix. Scrape down batter in bowl with rubber spatula often; scrape spoon.

Meeting 2—Muffins for Breakfast

Do these things before you start:

1. Read recipe.
2. Get equipment and food together.

Muffins

EQUIPMENT

Sifter
 Set of measuring cups
 Set of measuring spoons

Liquid measuring cup
 Small mixing bowl
 Large mixing bowl
 Egg beater
 Small saucepan
 Waxed paper
 12 cup muffin pan
 Metal spatula
 Rubber spatula
 Wooden spoon
 Tablespoon
 Basket or plate for serving
 Napkin

RECIPE

- 2 cups sifted flour
- 3 teaspoons baking powder
- ½ teaspoon salt
- 2 tablespoons sugar
- 1 egg, well beaten
- 1 cup milk
- ¼ cup shortening, melted

1. Turn oven to 425° F.
2. Grease muffin pans.
3. Melt shortening.
4. Sift flour, baking powder, salt and sugar together.
5. Combine egg, milk and melted shortening.
6. Add liquid ingredients to flour mixture, stirring only until mixed. Overmixing causes tunnels in muffins.
7. Dip batter with tablespoon into greased muffin pans, filling them two thirds full. Bake 20 to 30 minutes, or until nicely browned. Makes 12 medium-sized muffins.

Variations:

Bran muffins: Use only 1 cup of flour and add 1 cup of bran to dry ingredients after they have been sifted together; mix well. Use only ¼ cup milk and use 3½ teaspoons baking powder instead of 3 teaspoons.

Berry muffins: Add 1 cup berries to sifted dry ingredients. Use ¼ cup sugar instead of 2 tablespoons.

Cheese muffins: Add ½ cup grated cheese to dry ingredients.

FOOD MAKES A DIFFERENCE

Muffins are called a quick bread to distinguish them from yeast breads that require a longer time to prepare and bake. Quick breads may be served anytime but are especially good for breakfast. Bread baking smells so good that no one can turn down breakfast when it is prepared as part of the menu. Other quick breads good at breakfast are biscuits, waffles, pancakes and toasted slices of quick loaf breads.

Breakfast means what it says, to "break the fast." By morning, 12 to 14 hours have gone by since the body had any food or fuel to keep it going. By starting the day with a good breakfast, you will give the body food to change to fuel, for giving you pep. Quick breads are a carbohydrate food, as was the cake, so one of the parts it plays in the body is to supply energy. Without these

foods you have improper growth, loss of weight and energy.

Quick breads made from enriched flour and grains or whole grains, contain thiamin, riboflavin and niacin, which are B vitamins. Thiamin keeps you from tiring easily, being nervous, depressed and having a poor appetite. Everyone likes people with pep and a good disposition. Niacin prevents sores on the skin, a "let down" feeling, poor memory and sleeplessness. You will look better and feel better if your diet includes some of these B vitamins everyday.

It is almost impossible to get all the foods you need everyday without eating breakfast. You should get one fourth to one third of your food needs everyday at breakfast. "Skimping on" or "Skipping" breakfast causes loss of energy for work, fun and play, much ill health, accidents and a lot of bad manners. A good breakfast should be easy to prepare and serve. This is a good breakfast pattern to follow:

- Fruit or Fruit Juice
- Breakfast Cereal or Eggs and/or Meat
- Whole Wheat or Enriched Breads
- Butter or Margarine
- Milk

At the bottom of the page is a test to see if you are eating a good breakfast.

See that you and your family have breakfast bliss by preparing or helping prepare a good breakfast for them. You could make quick breads. Muffins look good served in a napkin placed in a bread basket or on a plate.

Are you proud of what you have made?

1. Do your muffins have a rounded top and pebbled surface?
2. Are they golden brown and the ingredients evenly mixed?
3. Are they slightly moist?
4. Are the holes in the muffins medium sized and all about the same size?
5. Are they light with a pleasing taste?

TEST YOURSELF AT 10 A.M.

Do you grouch?



Breakfast Blues

Do you grin?



Breakfast Bliss

Meeting 3—Fruit Salad

Do these things before you start:

1. Get out the equipment and food.
2. Wash salad greens and fruits.
3. Arrange on cabinet or working space.

Fruit Salad

EQUIPMENT

Sharp cutting or paring knife
Grater
Fruit juicer
Small mixing bowl
Large mixing bowl
Measuring spoons
Chop plate or platter
Waxed paper
Fork
Spoon
Chopping board
Soft towel or paper towels

RECIPE

1 apple
2 oranges
1 grapefruit -
2 bananas

Lettuce

4 tablespoons salad dressing
2 tablespoons lemon juice
 $\frac{1}{4}$ teaspoon grated orange rind

1. Cut core out of lettuce and pull leaves apart. Pat dry and place four leaves on a chop plate or platter.
2. Chop apples and place in large mixing bowl.
3. Grate rind from part of one orange.
4. Pare oranges by cutting round and round the orange with a slight sawing motion, cutting the peel away in a continuing spiral, Figure A. Cut orange in half lengthwise. Place half orange cut side down and cut lengthwise again. Slice crosswise, Figure B.
5. Peel bananas and cut crosswise into circles. Add to apples and oranges.
6. Pare grapefruit the same as you pared the orange. Make wedges by cutting down beside each white segment wall and slipping out the fruit section, Figure C. Add to other fruits.
7. In small mixing bowl, combine salad dressing, fruit juice and orange peel. Pour over fruit.
8. With a fork in one hand and a spoon in the other, gently lift the fruit over and over so each piece becomes coated with dressing.
9. Arrange one fourth of salad on each lettuce leaf. Serves 4.

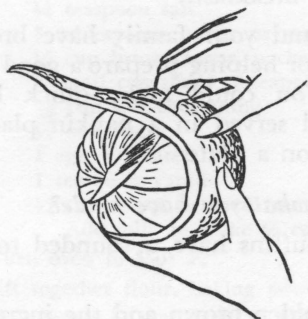


Figure A.

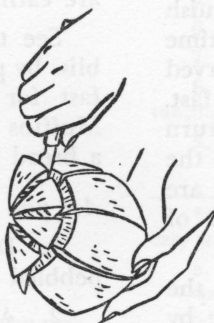


Figure B.

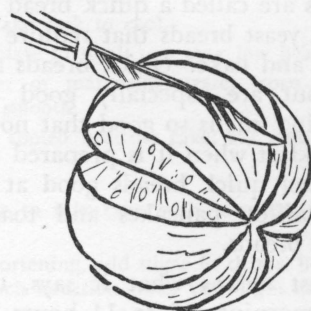


Figure C.

FOOD MAKES A DIFFERENCE

A fruit salad is always welcome at lunch or supper served with the meal. A good meal using this fruit salad would be:

	Salmon Loaf
English Peas	Buttered New Potatoes
	Fruit Salad
Cornbread	Butter or Margarine
	Cookies
	Milk

Salads have many uses in planning menus. This salad served in a compote without the lettuce and dressing, would also be a tasty dessert. The oranges

could be cut in circles, the apple in wedges, the bananas in fourths lengthwise and the grapefruit left in sections. All could be placed on lettuce leaves around a mound of cottage cheese to become a main dish fruit plate. Serve such a fruit plate with graham crackers or hot bran muffins and milk.

Whether fruits are served at breakfast, along with a meal, as a dessert or as a main dish, be sure that you have at least two $\frac{1}{2}$ cup servings of fruit each day. One serving of fruit should be a serving of a fruit rich in Vitamin C, or ascorbic acid. The other serving should be of other fruits that contain other essential vitamins and minerals. Raw cabbage is a Vitamin C rich vegetable good in salads.

Vitamin C rich fruits

Oranges
Lemons
Grapefruit
Limes
Tangerines
Tomatoes
Strawberries
Cantaloupe
Watermelon

Other fruits

Apricots
Peaches
Apples
Pears
Pineapple
Plums
Cherries
Grapes
Bananas
Berries
Prunes
Figs
Nectarines

Vitamin C rich fruits help prevent tooth decay, bone changes and sore gums. They also help keep your skin from bruising easily, prevent slow healing of wounds and pains and swelling in joints and limbs. If any of these things happen to you, your appearance and disposition will suffer.

Other fruits contain small amounts of many vitamins and minerals that help make your diet balanced every day. Without them, you probably will be short on foods that will make a difference in your health.

Are you proud of what you have made?

1. Are the pieces of the same kinds of fruit cut in uniform sizes?
2. Does your salad look good and taste good?
3. Are the fruit and lettuce well drained to keep the salad dressing from becoming watery?
4. Is the lettuce placed so none hangs off the plate?
5. Is it cold?

Meeting 4—Macaroni and Cheese

Do these things before you start:

1. Read recipe.
2. Arrange equipment and food on work table.

Macaroni and Cheese

EQUIPMENT

Large saucepan
Strainer
Measuring spoons
Measuring cups
Fork
Small saucepan
Wooden spoon
Grater
Paring knife
Shallow baking dish

RECIPE

4 cups hot water
2 cups uncooked macaroni
4 tablespoons butter or margarine
3 tablespoons flour
2½ cups milk
2 cups grated cheddar cheese
1 teaspoon salt
½ teaspoon pepper

1. Cook macaroni until tender; drain.
2. Make white sauce by melting butter or margarine in a saucepan; add the flour and mix well.
3. Add milk and stir constantly until it thickens.
4. Add 1½ cups of grated cheese, and stir until cheese is melted.
5. Reserve ½ cup cheese for the top of the casserole.
6. Arrange the hot macaroni in a greased baking dish and pour the cheese sauce over it.
7. Sprinkle remaining cheese over top.
8. Bake at 350° F. 15 minutes or until the casserole is hot and bubbly and the cheese is melted. Serves 4 to 6.

Supper Menu

Macaroni and Cheese
Tossed Vegetable Salad
Biscuit Butter or Margarine
Lemon Sherbet
Cookies

FOOD MAKES A DIFFERENCE

Milk is a good food because it contains many nutrients needed for good health. It contains calcium for building and maintaining good bones and teeth. It is almost impossible to get enough calcium each day unless a person drinks milk or eats foods containing milk. It also contains protein for building and repairing body tissues. It is a good source of riboflavin, one of the B vitamins and is necessary for proper growth, health of eyes, healthy skin and normal nerve structure.

Amount of milk needed daily for good nutrition:

Teenagers need 4 cups or more of milk. *Children* need 3 to 4 cups; *adults*, 2 cups; *pregnant women*, 4 cups; and *nursing mothers*, 6 cups or more of milk.

Milk may be included in the diet by cooking foods with milk, such as cereals cooked in milk, cream soups and sauces, custards, ice cream and milk sherbet. The easiest, quickest way to get your 4 cups of milk each day, is to drink milk, either plain or flavored with fruit juices.

There are several kinds of milk:

1. Pasteurized whole milk, homogenized and non-homogenized.
2. Buttermilk.

3. Skim milk.
4. Dry milk solids, generally called dry milk.
5. Canned evaporated milk.
6. Canned sweetened, condensed milk.
7. Chocolate-flavored milk.

You may find other kinds in the dairy section at your supermarket.

All kinds of cheeses are made from milk and have about the same food value as milk but in a more concentrated form. A person may choose to get part of his milk in the form of cheese. A 1-inch cube of cheddar-type cheese equals $\frac{3}{4}$ cup of milk in calcium value. Two third cup of cottage cheese equals $\frac{1}{2}$ cup of milk in calcium value.

Many kinds of cheeses are on the market. American cheese or cheddar cheese is the best cooking cheese; however, Swiss, brick, blue, cream, cottage and Parmesan also can be used. Cheese is rich in Vitamin A for clear healthy skin; in Vitamin B for good appetite and morale and in calcium and phosphorus for strong bones and teeth. Cheese is a source of animal protein.

Are you proud of what you have made?

1. Does the macaroni and cheese look good?
2. Does it taste good?
3. What could you do to improve it?
4. Plan a supper menu with macaroni and cheese.

Meeting 5—Squash Souffle

Do these things before you start:

1. Get out the equipment and food.
2. Wash squash, onion and celery.
3. Arrange on cabinet or working space.

Squash Souffle

EQUIPMENT

1½ quart saucepan with lid
Vegetable brush
Liquid measuring cup
Paring or cutting knife
Chopping board
Measuring spoons
8" x 8" x 2" cake pan
Mixing spoon
Mixing fork
Dinner plate
Small mixing bowl
Rolling pin
Waxed paper
Pot holder

TRY ME'S

Salmon Cottage Cheese Salad

1 1-pound can salmon, drained, boned and flaked
 $\frac{3}{4}$ cup chopped sweet pickle relish
 $\frac{1}{2}$ cup chopped celery
1 teaspoon salt
 $\frac{1}{4}$ cup cottage cheese
 $\frac{1}{2}$ cup cooked salad dressing

Lightly mix all ingredients. Chill. Serve on salad greens. Garnish with radish roses, carrot sticks or sliced hard-cooked eggs. Serves 6.

Luncheon Casserole

1 12-ounce can whole kernel corn, drained
2 cups tomatoes
1 cup cottage cheese
 $\frac{1}{2}$ cup bread or cracker crumbs
2 tablespoons melted butter or margarine

Place a layer of corn in a greased casserole; add a layer of tomatoes, then a layer of seasoned cottage cheese; this will take about half of the ingredients. Repeat layers. Sprinkle buttered crumbs on top. Bake at 350° F. for 30 minutes. Serves 4.

Spring Casserole

8 small new potatoes
8 small carrots
1 cup English peas
 $1\frac{1}{2}$ cups sliced onions
 $\frac{1}{2}$ pound quick process cheese, sliced
2 cups milk
4 tablespoons flour
4 tablespoons butter or margarine
1 teaspoon salt

Cook the vegetables until barely tender and drain. Make a cream sauce from milk, flour, butter or margarine and salt. Place vegetables in casserole. Add sliced cheese to the hot cream sauce, and stir until it is melted. Pour sauce over vegetables. Bake at 350° F. 25 minutes. Serves 6.

RECIPE

1 pound summer squash
1 medium onion
1 stalk celery
1 egg
 $\frac{1}{4}$ cup water
 $\frac{1}{2}$ teaspoon salt
 $\frac{1}{2}$ teaspoon sugar
 $\frac{1}{8}$ teaspoon pepper
1 tablespoon butter or margarine or bacon fat
2 slices bread

1. Turn oven to 250° F.
2. Put bread in cake pan; place in oven and leave until crisp but not brown.
3. When dry, place between two sheets of waxed paper and roll with rolling pin to make fine crumbs.
4. While bread is drying, prepare the squash.
5. Chop onions and celery.
6. Cut off green top of squash; cut remaining squash in circles or cubes about $\frac{1}{4}$ inch thick.

7. Put squash, onion, celery and water in saucepan.
 8. Cover pan, bring water to boiling and reduce heat at once so water just simmers.
 9. Cook 15 to 20 minutes or until vegetables are tender when pierced with a fork. If water remains in pan, remove lid and boil rapidly until it has cooked away.
 10. Mash vegetables with mixing fork.
 11. Beat egg in small mixing bowl with fork; add to squash.
 12. Combine salt, pepper, fat and sugar with squash.
 13. Turn oven to 350° F.
 14. Finish making bread crumbs.
 15. Pour squash mixture into pan bread was in.
 16. Sprinkle crumbs over top of squash.
 17. Bake 20 to 25 minutes or until crumbs brown.
- Serves 4.

FOOD MAKES A DIFFERENCE

Squash souffle is good served at supper or dinner. Today we use it as a vegetable for supper. If the light meal of the day is eaten at night, it is called supper and the noon meal is called dinner. However, if the light meal of the day is eaten at noon, it is called lunch and the night meal is called dinner. Here is a pattern for planning supper or the light meal of the day.

Main dish—(Could be same as served for dinner if at night) it should be a dish containing meat, fish, poultry, eggs, cheese, dried beans or peas

- Vegetable—Cooked or raw in a salad
- Bread—Whole grain or enriched
- Butter or margarine
- Fruit or dessert
- Milk, tea or coffee

Using this pattern as a guide, here is a supper or lunch menu using squash souffle:

- Barbecued Frankfurters
- Squash Souffle
- Beet and Green Pepper Ring Salad
- Hot Dog Buns
- Fruit Compote
- Milk

Always plan to serve at least one vegetable for lunch or supper because it is hard to get the three ½-cup servings of vegetables we need each day unless you have one serving at the light meal.

Every day you need a serving of a green or yellow vegetable, a serving of one other vegetable and a serving of potatoes.

GREEN OR YELLOW VEGETABLES	POTATOES	OTHER VEGETABLES
Green asparagus	Irish potatoes	Eggplant
Green snap beans	Sweet potatoes	Beets
Broccoli		Cauliflower
Brussels sprouts		Cucumber
Green cabbage		White corn
Chard		Onions
Collards		Turnips
Kale		Celery
Leaf lettuce		Radishes
Mustard		Bleached
Green okra		asparagus
Green peas		Mature string
Spinach		beans
Turnip greens		Half-mature peas
Wild greens		and beans
Carrots		White squash
Pumpkin		Bleached cabbage
Cushaw		White velvet okra
Yellow squash		
Green lima beans		
Yellow corn		

As you learned in Meeting 3, vitamins help your body make better use of the other foods you eat. Green and yellow vegetables are important in your diet because they are rich sources of vitamin A. It is important for the building and repair of your body and, therefore, to your general health. The health of your skin is especially dependent upon vitamin A. It helps keep your skin soft and smooth. It also helps in your vision because a diet low in vitamin A may lead to night blindness. You will not be bothered by numerous colds and skin infections if you get enough vitamin A.

Vitamin A makes a difference in how you look, see and feel. Have a green or yellow vegetable every day—the darker green or more yellow a vegetable, the more vitamin A it contains.

Irish potatoes contain vitamin C which you studied about in meeting 3, and sweet potatoes are good sources of vitamin A.

Other vegetables contain small amounts of other vitamins and minerals that are necessary for balancing the diet. Without eating a variety of foods every day, you will not look and feel your best.

Are you proud of what you have made?

1. Does the souffle look good and taste good?
2. Are the vegetables cooked until they are tender but not watery?
3. Is the souffle moist but not running?
4. Are the crumbs nicely browned but not too brown?

Meeting 6—Fried Chicken

Do these things before you start:

1. Read recipe.
2. Get out the equipment and food.

Fried Chicken

EQUIPMENT

Large skillet with lid
Measuring cups and spoons
Spatula
Clean paper sack
Tongs or two spoons or forks
Paper towel
Plate or platter

RECIPE

$\frac{3}{4}$ to 1 cup shortening
1 cup flour
2 teaspoons salt
1 tablespoon paprika, optional
 $\frac{1}{2}$ teaspoon pepper
2 $\frac{1}{2}$ - to 3-pound fryer, cut into pieces

1. Put shortening in skillet and heat until a drop of water just sizzles when dropped in skillet.
2. Measure dry ingredients and place in paper bag; shake to mix.
3. Put two or three pieces of chicken in sack at a time and shake until pieces are coated with flour mixture. Remove chicken pieces and continue until all pieces are floured.
4. Place meaty pieces in skillet first. Do not pile chicken pieces on top of each other.
5. As pieces brown turn with kitchen tongs, two spoons or forks.
6. When chicken pieces are browned, 15 to 20 minutes, reduce heat, cover tightly and cook slowly until tender, 15 to 30 minutes, depending on size and thickness of pieces.
7. Uncover and cook 5 to 10 minutes to recrisp skin.
8. Put chicken pieces on paper towel on warm plate to absorb excess fat.
9. Serve chicken on individual dinner plates or place on platter to be served at table.

There are several ways to cook meats—frying, roasting, broiling and braising. Young chickens may be cooked by any of these methods. At this meeting, you will learn how to pan fry a young chicken called a broiler-fryer. When chickens are disjointed and cut up there are 11 or 12 pieces. There are two drumsticks, two thighs, two or three pieces of breast, two wings, two pieces of back and neck. Each piece should have its own section of skin for better appearance and flavor when fried.

Ready-to-cook chickens may be purchased whole or cut-up. Since cut-up chickens cost a little more, you may want to learn to cut up fryers. When selecting fryers at the market, buy one that is plump looking, has moist skin and is free of bruised spots.

FOOD MAKES A DIFFERENCE

Meat of all kinds—poultry, beef, pork, lamb, mutton and fish—are your major sources of high-quality protein, the basic material of every body cell. Protein is required for growth, firm muscles and good posture. Pretty hair and healthy skin and fingernails are a result of proper protein intake. The protein in meat helps build resistance to infection and builds new tissue when you have surgery or have been injured. Meat has some fat which furnishes heat and energy. Meat is satisfying—it “sticks to the ribs” and you don’t get hungry so quickly after you have had a meal including meat.

Meat usually is considered the main dish at dinner and other foods for the meal are planned around it. Here is a guide for planning a dinner:

Meat or meat alternate
Potatoes—sweet or Irish
Vegetable—green or yellow
Salad—containing other vegetables or fruit
Bread—whole grain or enriched
Butter or margarine
Dessert or fruit
Milk

Dinner is usually the main meal of the day. When planning a dinner menu, plan breakfast and supper menus, too, so that the three menus will meet the total day’s food needs. Check your menus with the Texas Food Standard or Food for Fitness guide to see if you have included all the food groups. *Remember how you look, feel and act depends on what you eat.* Are you proud of the way you look and act? Are you full of pep and energy?

Are you proud of what you cooked?

1. Is the chicken golden brown?
2. Is the outside crisp and the inside juicy?
3. Does the chicken taste good?

TRY ME'S

Individual American Pizzas

$\frac{1}{2}$ pound ground beef
 $\frac{3}{4}$ teaspoon salt
 $\frac{1}{8}$ teaspoon pepper
 $\frac{1}{4}$ teaspoon ground oregano
Dash garlic salt
 $\frac{1}{4}$ cup chopped olives
 $1\frac{1}{2}$ teaspoons chopped onion
 $\frac{1}{4}$ cup grated cheese
1 small can tomato paste
6 biscuits
Butter or margarine
4 slices cheese

Place ground beef in cold skillet and cook at low heat until meat is well done, stirring constantly. Add other ingredients, except biscuits, butter or margarine and sliced cheese, and continue cooking for 5 minutes over low heat. Store in refrigerator until ready to use. Yield: 2 cups.

Place biscuits on ungreased cookie sheet. Press each biscuit about 3 inches wide and to 1/4-inch thickness. Brush the top of each biscuit with butter or margarine. Spread entire area with meat mixture. Arrange slices of cheese in

spoke fashion on tops. Bake at 375° F. for 10 to 15 minutes, or until cheese is melted.

Minute Steaks

1 tablespoon shortening

4 minute steaks

Salt and pepper

Melt shortening in skillet over moderate heat. Put in steaks. Cook 1 to 2 minutes; turn and brown on other side. Sprinkle with salt and pepper. Serve at once.

Meeting 7—Freezing Apples or Canning Tomatoes

Do these things before you start:

1. Decide whether you are going to freeze apples or can tomatoes.
2. Get out all the equipment and ingredients needed.
3. Read instructions.

Freezing Apples

EQUIPMENT

Saucepan

Measuring cups and spoons

Spatula

Wooden spoon

2 large pans or mixing bowls

Paring knife

Piece of moisture-vapor-proof paper

Pint freezer container

China marking pencil

RECIPE

3/4 cup sugar

1 cup water

3 large apples

1/2 teaspoon crystalline or powdered ascorbic acid

or

Commercial antidarkening preparation

(read label for amount)

1. Dissolve sugar in hot water; cool thoroughly.
2. Wash freezer container.
3. Add ascorbic acid or commercial antidarkening preparation to cooled syrup and stir until dissolved.
4. Wash, pare, core and slice apples.
5. Pack apples into container to about 1/2 inch from top.
6. Pour cold syrup to 1/2 inch of top of wide-top containers.
7. Crumple a piece of moisture-vapor-proof paper and place on top of fruit and syrup in container to keep the apple beneath the syrup.
8. Close container.
9. Label container with name of the fruit, type or pack, date and your name.
10. Place container in freezer immediately after packing.

When freezing fruit keep these things in mind:

1. Have fresh, ripe, sound fruit.

2. For fruits such as apples, peaches, pears, apricots add an anti-darkening commercial preparation or ascorbic acid so they will not turn dark.

3. If packing fruit in syrup, have syrup cold.

4. If packing fruit in sugar, allow sugar to dissolve before putting fruit in container and freezing.

5. Use moisture-vapor-proof or moisture-vapor-resistant containers to package fruit for freezing.

6. Freeze at 0° F. or below.

7. Use frozen fruit within a year.

Canning Tomatoes

EQUIPMENT

Water bath canner

Wire basket or thin cloth bag

Large kettle

Paring knife

Measuring spoons

Spatula

Pint standard glass jar and lid

Jar tongs

Label for jar

Pencil

RECIPE

1 1/4 to 1 1/2 pounds tomatoes

1/2 teaspoon salt

1. Fill water bath canner three fourths full with water and heat to boiling.
2. Wash jar and lid in hot soapy water and rinse in warm water.
3. Sort and wash fresh, firm vine-ripened tomatoes.
4. Put tomatoes in a wire basket or thin cloth bag.
5. Dip in boiling water 1 minute or until skins crack.
6. Remove from boiling water and dip basket in kettle of cold water immediately.
7. Reduce heat under water bath canner to keep water hot, but not boiling.
8. Remove core and peel tomatoes. Leave whole or cut in halves or quarters.
9. Pack tomatoes as you peel them into jar to 1/2 inch of top, pressing gently to fill all spaces. When jar is full, tomatoes will be covered with their own juice.

10. Add ½ teaspoon salt to pint jar.
11. Wipe off sealing surface of jar.
12. Close jar by placing metal disk on top of jar and by screwing metal ring tightly with your hands if you are using a two-piece self sealing lid. If you have another kind of lid, follow instructions of manufacturer.
13. Place closed jar of tomatoes in water bath canner. Have water in canner hot but not boiling.
14. Water must cover jars 1 to 2 inches. If jars are not covered, add additional boiling water.
15. Place lid on water bath canner.
16. Count processing time as soon as the water comes to a rolling boil. Reduce heat but maintain a gentle boil.
17. Process pint jars of tomatoes 35 minutes if you live where the altitude is not over 1,000 feet.

Adjust the processing time for altitudes according to the following table.

Feet elevation	Minutes to add
1000 - 2000	2
2000 - 3000	4
3000 - 4000	6

18. At the end of processing time, take lid from canner and remove jar. Place jar right side up on a rack on kitchen cabinet out of a draft to cool. Leave space between jars so they will cool quickly.

19. When jars are cool, remove metal ring from jar; wipe off jar and label with name of product, type of pack, date and your name.

20. Store in dark, dry, cool place.

When canning fruit or tomatoes remember these things:

1. Fruit and tomatoes contain acid and are processed by the boiling-water-bath method.

2. Fruits may be packed in one of three ways. Today you did the one-step, cold-pack method. Tomatoes may be packed raw and steamed. The third way of packing is the pack-hot method used for apple sauce and fruit juices.

3. Jars need not be sterilized before packing them with fruit or tomatoes, since they will be sterilized as the food is processed.

4. In canning fruit, a hot syrup is poured over the fruit after it is packed in the jar before it is closed.

5. Be sure to use standard-make jar imprinted with the manufacturer's name. Check top of jar for cracks and chips, discarding those with defects because they will not seal.

6. The metal disk of a two-piece, self-seal lid may be used only once, but the ring may be used more than one time. Use the same brand-name disk, ring and jar.

Preservation of Foods

Freezing and canning are two methods used in the preservation of many fruits. Some fruits are not available fresh the year around; by preserving some in season they can be available to add variety to meals. Two servings of fruit a day in any form will help meet the daily nutritional needs.

Before beginning the preservation season, assist your mother in making a fruit preservation budget to meet your family needs. Keep in mind that each family member needs two servings of fruit a day. You might plan for one serving a day to be a frozen or canned fruit. A pint container of fruit will make four ½-cup servings. Ask your leader or county home demonstration agent to show you how to make this plan.

Are you proud of what you did?

1. Is your container filled the right amount?
2. Does your product have a good color?
3. Is the container sealed?
4. Is your product covered with liquid?

TRY ME'S

At home, you may want to freeze or can a different kind of fruit. Ask your leader for a bulletin which will give you the specific instructions.

Meeting 8—Cooking Supper in the Back Yard

Do these things before you start:

1. Read all the instructions and the recipes.
2. Get together equipment and food.
3. Partially prepare some foods in the kitchen.
4. Start fire 30 to 60 minutes before you plan to begin cooking outside.
5. Place food and equipment on trays to carry to yard.

Menu

Hamburger with potatoes, carrots and onions in Foil
Lettuce Wedges
Buttered Hot Buns or Bread
Some Mores Fresh Fruit
Milk

Hamburger with Vegetables in Foil

RECIPE

Shortening
¼ pound hamburger meat
1 medium potato
1 small onion
1 carrot
Water
Salt and pepper to season

1. Grease shiny side of a piece of heavy aluminum foil with shortening.
2. Shape meat into a patty and place in center of foil.
3. Pare and slice potatoes on top of meat.
4. Pare and slice onion on top of potatoes.

5. Pare and cut carrots in strips and place around side of meat.
6. Sprinkle with a little water.
7. Season with salt and pepper.
8. Close with drugstore wrap and place on hot coals.
9. Turn package over in 15 minutes and cook 15 to 20 minutes longer, using tongs to turn. Be careful not to puncture aluminum foil. Cooking time will vary with wind strength, type of fire wood and other factors. This time is approximate.
10. Serves 1.

Lettuce Wedges

1. Wash head lettuce, drain and place in hydrator in refrigerator to chill and crisp.
2. Cut lettuce head in fourths or sixths, depending on size of head.

Buttered Hot Buns or Bread

1. Butter buns or slices of bread and wrap in aluminum foil using the drugstore wrap.
2. Place on coals and heat for about 10 minutes, turning often.

Some Mores

- 1 large marshmallow
- 2 graham crackers
- $\frac{1}{3}$ chocolate bar, plain

1. Roast marshmallow on a green stick or heavy wire over hot coals. Place on graham cracker.
 2. Top with chocolate and another graham cracker. Press together.
- Do these jobs in the kitchen while fire is making coals to cook on.
1. Get hamburger with vegetables ready for cooking.
 2. Butter and wrap bread ready for heating.
 3. Cut lettuce in wedges and refrigerate until serving time.

Equipment Needed in the Yard

1. Bed of hot coals. Do not put package of food on until flames have died down.
2. Tongs, hot mitts or pot holders.
3. Long, green stick or sweet wood or heavy wire coat hangers, untwisted
4. Paper forks, cups and napkins
5. Picnic table and chairs (or sit on the ground on a blanket if desired)

Cooking and eating outdoors is lots of fun if you first do a good job of planning. An outdoor meal may be cooked in your own backyard or you may go to a park. At this meeting, you have cooked in your backyard so it was not necessary to pack the food and equipment in baskets or boxes. Be sure to check everything carefully if leaving home.

When meals are cooked out, each person usually has a part in the preparation and cooking of the food. In today's menu each person prepared and cooked his own main dish and dessert. Then one or two persons prepared the bread; one person, the lettuce wedges; and someone else washed the fresh fruit.

In this meal, there are no plates to wash because you eat out of the foil. When meat and vegetables are done, turn folded side down and slit upper side of foil to form a serving dish.

No dishes are needed for the dessert since it is prepared and eaten immediately by each person after he has finished with the main course.

There is little dish washing but other jobs have to be done. Place on trays any food left and equipment that goes to the kitchen. Paper cups, napkins and forks may be burned on the coals. Aluminum foil does not burn so it can go in the trash can. Last, but very important, put out the burning coals by sprinkling them with water.

FOOD MAKES A DIFFERENCE

You have learned this year that food makes a difference in the way you look and feel; therefore, menus for outdoor meals must be planned as carefully as they are for indoor meals. They must be nutritious and attractive but simple. First, decide on the main dish, which usually is some kind of meat. Serve with it some cooked and raw vegetables, bread, dessert and beverage. Check today's menu with the Texas Food Standard or Food for Fitness guide. How many different food groups are included?

Meeting 9—Apple Crisp Dessert

Do these things before you start:

1. Read the recipe.
2. Get equipment and food together.
3. Light or turn on oven. Set oven regulator at 350° F.

Apple Crisp

EQUIPMENT

- 8-inch layer cake pan, round or square
- Paring knife
- Chopping board
- Dry measuring cups
- Liquid measuring cup

Spatula
 Mixing bowl
 Pastry blender, two case knives or blending fork
 Spoon
 Waxed paper
 Knife
 Egg turner or wide spatula
 Dessert plate

RECIPE

4 medium-sized apples or 4 cups sliced apples
 ½ cup flour
 ½ cup quick-cooking rolled oats
 ½ cup brown sugar
 ½ cup butter or margarine
 Ice cream or cream

1. Lightly grease cake pan with butter or margarine.
2. Pare apples, cut in quarters and core. Slice thin; put in pan.
3. Measure and mix flour, oats and sugar.
4. Measure butter or margarine and cut in dry ingredients with pastry blender, two knives, or blending fork to make an even, crumbly mixture.
5. Sprinkle mixture evenly over apples.
6. Bake at 350° F. about 35 minutes or until apples are tender and topping is brown.
7. Remove from oven.

8. Serve while warm with ice cream or cream. Serves 6.
Variations: Canned pie apples, apple sauce or canned peaches may be used in place of fresh apples. If canned fruit is used, bake for 15 - 20 minutes or until brown.

FOOD MAKES A DIFFERENCE

Desserts are fun to make. They are served at the end of the meal, as refreshments, at parties and at snack time. There are many kinds of desserts, such as pies, cakes, custards, puddings, ice cream and fruit prepared in many ways. The dessert must be planned to go with the meal. After a heavy meal, serve a simple light dessert; after a light meal, serve a richer dessert. The dessert should not be more of the same kind of food in a different form; for example, apple crisp would not be served at a meal with an apple salad.

Fruit, as a dessert, is a way of getting one of the two servings of fruit needed each day in the diet. The simplest and easiest fruit dessert to prepare is a bowl of fresh, canned or frozen fruit served plain or with cream.

All fruits contain vitamins and minerals which are necessary for life. The yellow and orange

fruits provide vitamin A which makes you grow, helps you resist infections and helps prevent night blindness.

Citrus fruits, strawberries and melons are good sources of ascorbic acid which helps regulate your body, helps keep your bones, teeth and gums healthy and helps you resist infections such as colds. Fruits furnish roughage to the diet, which helps you have good elimination.

The apple crisp dessert has cereal both enriched and whole grain in the topping, which gives you B vitamins for growth.

When buying fruits, select them according to the use you will make of them. Purchase tart-cooking apples if you are going to make apple crisp. Select apples that are firm, ripe and free of bad spots. Handle fresh fruit as little as possible.

Study labels on canned fruits. The label will tell you how much is in the can, how many servings it will make, how the fruit is cut and the kind of liquid it is packed in. The label will tell you the brand and what company put up the fruit. If the fruit was graded it will be on the label. If you are serving a dish of canned fruit, you may want fruit in whole or half pieces. If you are making a cobbler or some kind of cooked dessert sliced or irregular pieces would cost less and be just as good.

Are you proud of what you have made?

1. Is the apple crisp evenly browned?
2. Is the dessert attractively served?
3. Does it taste good?
4. Are the apples tender?

TRY ME'S

Hasty Fruit Cobbler

½ cup flour
 ½ cup sugar
 1 teaspoon baking powder
 ½ cup milk or cream
 2 cups canned or fresh stewed fruit and juice
 1 tablespoon butter or margarine

Mix flour, sugar and baking powder; stir in milk or cream. Grease and dot baking pan with butter or margarine. Pour batter into pan. Pour fruit and juice on top of the batter. Bake at 400° F. 30 minutes.

Meeting 10—Christmas Gift Cookies and Cheese Dainties

Do these things before you start:

1. Read recipes.
2. Arrange equipment and food for cookies and dainties on working space.

Cookies

EQUIPMENT

Measuring cups, liquid and dry
 Measuring spoons
 Egg beater or electric mixer

Sifter
 2 mixing bowls
 Wooden spoon
 Rolling pin and cover
 Pastry cloth
 Baking sheets
 Christmas motif cookie cutters
 Racks for cooling cookies

RECIPE

$\frac{2}{3}$ cup shortening
 $1\frac{1}{4}$ cups sugar
 2 eggs, beaten
 1 tablespoon milk
 1 teaspoon vanilla
 3 cups flour
 2 teaspoons baking powder
 1 teaspoon salt

1. Cream shortening and sugar; add eggs, milk and vanilla.
2. Sift dry ingredients together and mix with shortening mixture.
3. Chill dough.
4. Roll $\frac{1}{8}$ inch thick on lightly floured pastry cloth.
5. Cut with Christmas motif cookie cutters.
6. Place on ungreased baking sheets and bake at 375° F. 8 to 10 minutes or until lightly brown.
7. Remove from baking sheets at once.
8. Decorate with colored sugar, dragees, cake decors or candied fruits.

Cheese Dainties

EQUIPMENT

Grater
 Sifter
 2 mixing bowls
 Electric mixer or rotary beater
 Measuring cups
 Measuring spoons
 Baking sheets
 Fork
 Cooling racks

RECIPE

$\frac{1}{2}$ cup butter or margarine
 $\frac{1}{4}$ pound or 1 cup grated sharp cheddar cheese
 $1\frac{1}{2}$ cups flour
 1 tablespoon Worcestershire sauce
 $\frac{1}{4}$ teaspoon cayenne pepper
 $\frac{1}{4}$ teaspoon paprika
 1 teaspoon salt
 Pecan halves

1. Mix ingredients with electric mixer and then by hand until well blended.
2. Shape a rounded teaspoonful into small ball.
3. Place on ungreased baking sheets and press with fork.
4. Brush tops with slightly beaten egg white.
5. Press pecan halves on top.
6. Bake at 325° F. 25 minutes.
7. Yield: about 50.

Packing Cookies for Christmas Gifts

Oatmeal and candy boxes are desirable containers. Cover the boxes with aluminum foil or colored Christmas paper. Line inside of the box with wax paper. Place waxed paper between the layers of cookies. Tie package with Christmas ribbon and decorate with Christmas motifs, such as small bells, balls, Christmas trees, or cut-outs from old Christmas cards.

How do your cookies rate?

1. Are they about the same size and shape?
2. Are they evenly browned?
3. Do they look good and taste good?
4. How would you improve them?
5. Are you pleased with your gift packages?

FOOD MAKES A DIFFERENCE

It is easy to go overboard a bit on sweets during the Christmas season, but the wise person remembers that too many rich, sweet foods cause pimples. At Christmas everyone wants to look his best.

Sweet foods usually are packed with calories. They contain sugar, fat, perhaps nuts and flour. These foods provide heat and energy and too many add extra calories to the day's intake. These extra calories may show up later in added pounds.

We need energy for everyday living and to keep us going. The amount of food you need each day depends on your age, activity and size. The faster you grow and the more active you are, the more food you need. Every action takes energy.

The Texas Food Standard and Food for Fitness guides list numerous foods for good health and nutrition. No one food supplies all the nutrients you need. A variety of foods make eating more interesting.

During the holiday season, don't fill up on sweets. Leave room for meats, vegetables, fruits and milk. Choose between-meal snacks wisely. Sweets dull the appetite, but don't furnish all our bodies need to function properly.

Christmas Entertaining Menus

Cheese Dainties
 Hot Fruit Punch

Christmas Gift Cookies
 Salted Nuts
 Hot Apple Juice

Peanut Butter Fruit Squares
 Cocoa

TRY ME'S

Peanut Butter Fruit Squares

- 1 cup pitted dates
- ½ cup seedless raisins
- ½ cup pitted dried prunes
- 1 cup peanut butter
- ¼ cup sweetened condensed milk

Put all fruits through food chopper. Add peanut butter and condensed milk, mix well. Press into bottom of 8"x8"x2" greased pan which has been sprinkled with powdered sugar. Smooth surface of candy and sprinkle with powdered sugar. Chill until firm. Cut into squares. Makes about 1½ pounds.

Gum Drop Hermits

- 1 cup gum drops, no black ones
- 1½ cups flour
- 2 teaspoons baking powder
- ½ teaspoon salt
- 1 teaspoon cinnamon
- ½ cup shortening

- 1 cup sugar
- 1 egg, beaten
- 1 teaspoon vanilla
- ¼ cup milk

Cut gum drops in small pieces. Sift together flour, baking powder, salt and cinnamon. Cream shortening and sugar; add vanilla. Add all ingredients to creamed mixture alternately with milk. Drop by teaspoons 2 inches apart on greased baking sheet. Top each with slice of gum drop. Bake at 350° F. for 12 minutes. Remove from baking sheets. Cool on racks. Makes 4 dozen.

Fudge Clusters

- ½ cup seedless raisins
- 1 10¾-ounce milk chocolate bar, broken into small bits
- ¼ cup cream or top milk
- ½ cup powdered sugar
- 1¼ cups prepared rice cereal

Melt chocolate and milk over hot water. Stir in sugar. Mix well. Add raisins and rice cereal. Mix until cereal is well coated. Drop by teaspoon onto waxed paper. Let stand until firm. Makes 24 clusters.

Meeting 11—Tossed Vegetable Salad

Do these things before you start:

1. Read recipes.
2. Arrange all ingredients and equipment for making a tossed vegetable salad.
3. Arrange ingredients and equipment for making French dressing.
4. Provide for serving salad in individual plates or in a wooden bowl.

Tossed Vegetable Salad

EQUIPMENT

- Kitchen shears
- Cutting board
- Large mixing bowl
- Paring knife
- Measuring spoons
- Measuring cups
- Individual salad plates and salad forks or dinner forks
- Wooden spoon and fork
- Fruit jar with lid
- Wooden spoon and fork
- Paper towels

RECIPE

- 2 quarts salad greens (lettuce, spinach, tender mustard, cut or torn in bite-size pieces)
- Clove of garlic
- ½ cup French dressing
- Onion rings

1. Rub wooden salad bowl with cut clove of garlic. Add greens.
2. Add French dressing.
3. Toss by lifting and turning salad greens with fork and spoon until the greens are coated with the dressing.

4. Garnish with onion rings.
5. Serve from salad bowl or arrange on individual salad plates or salad bowls. Serves 4 to 6.

French Dressing

- ¼ cup vinegar
- ¾ cup salad oil
- ½ teaspoon paprika
- ½ teaspoon salt
- 1 teaspoon sugar

Measure ingredients and pour into jar. Shake well before serving. Makes 1 cup.

Selection and care of salad greens:

Select crisp, tender salad greens. Remove wilted or bruised pieces.

Wash greens; drain in a salad basket, on a wire rack or paper towels or between soft towels.

Store salad greens in a vegetable crisper or plastic bag in the refrigerator.

Cut or tear salad greens when you are ready to prepare the salad.

How to make onion rings:

Select small white onions. Peel and wash. Cut into thin slices; separate in rings.

FOOD MAKES A DIFFERENCE

At least three different kinds of vegetables, some fresh and some cooked, are needed each day in the diet. The first group consists of green and yellow vegetables such as green lettuce, green cabbage, tender turnip, mustard and spinach

greens, beans, sweet green pepper, asparagus, carrots, yellow squash, pumpkin and rutabaga. Leafy vegetables combine well in tossed salads with grated or shredded raw carrots.

Sweet and Irish potatoes are the second group of vegetables. Cooked Irish potatoes may be combined with celery, green pepper, radishes and pimientos in potato salad.

The third group of vegetables include the vegetables that are not green or yellow in color and are not potatoes. Onions, white squash, celery, radishes, half-mature beans and peas are some of the vegetables included in this group.

Have you had three different kinds of vegetables today?

Most vegetables are good sources of minerals and vitamins. Minerals, as calcium, phosphorus and iron, are essential elements in building good sound bones and teeth. They also help to regulate the many body processes, since they are a part of all cells and body fluids.

Vitamins help the body to make better use of other nutrients. Raw green and yellow vegetables are good sources of vitamins A and C. Vitamin A helps to keep the skin and linings of nose, mouth and inner organs in good condition. Vitamin C helps keep body tissues in good condition. We need to eat foods containing vitamin C each day because the body cannot store it.

Many of the vegetables listed today can be combined in appetizing salads.

How does your salad rate?

1. Are the salad greens fresh and crisp?
2. Is the salad dressing mixed well with the vegetables?
3. Does the salad look good enough to eat?
4. Does it taste good?

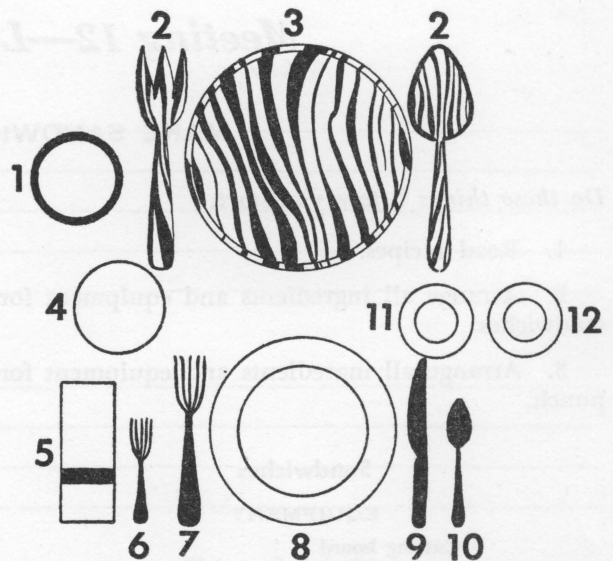
Here is a menu suggestion — you can plan another one:

Lunch or Supper

Baked Macaroni and Cheese
 Buttered Yellow Squash
 Tossed Vegetable Salad
 Bread Butter or Margarine
 Pineapple and Banana Compote
 Milk

How to serve tossed vegetable salads:

Serve on individual salad plates or salad bowls; or arrange tossed salad in wooden bowl. Pass bowl at the table and let each person serve himself or serve the salad on individual plates or bowls at the table and pass to others.



1. Salad plates or salad bowls. 2. Wooden spoon and fork for serving salad. 3. Wooden bowl with tossed salad. 4. Salad plate or small salad bowl. 5. Napkin. 6. Salad fork. 7. Dinner fork. 8. Dinner plate. 9. Dinner knife. 10. Teaspoon. 11. Glass for water. 12. Glass for milk.

Your mother might serve the salad and pass it to family members. They should place the salad at the tip of their fork. They eat it with their salad fork if one is provided; otherwise, they eat it with dinner fork.

TRY ME'S

Other vegetable combinations for salads:

1. Shredded cabbage, grated carrots and green pepper rings
2. Lettuce, tomato wedges and sliced, hard-cooked eggs
3. Spinach, chopped onion and celery

Salad dressings:

Tomato Soup Salad Dressing

1 10-ounce can tomato soup
 ½ cup salad oil
 ½ cup vinegar
 2 teaspoons salt
 ½ teaspoon paprika
 ¼ cup sugar
 2 tablespoons onion juice
 1 clove garlic, sliced
 1 teaspoon Worcestershire sauce

Measure ingredients into jar. Cover and shake well. Chill several hours. Remove garlic slices. Shake before using on tossed salads. Makes 2 cups.

Garlic French Dressing

1 cup French dressing
 1 clove garlic, cut in quarters

Let stand several hours; remove garlic and serve on tossed salads. Makes 1 cup.

Meeting 12—Let's Have a Picnic

MAKE SANDWICHES AND PUNCH

Do these things before you start:

1. Read recipes.
2. Arrange all ingredients and equipment for sandwiches.
3. Arrange all ingredients and equipment for punch.

Sandwiches

EQUIPMENT

Cutting board
Bread knife
Mixing bowl
Measuring spoon
Metal spatula
Sieve or fork
Rubber spatula
Waxed paper or aluminum foil
2 platters or trays
Basket, tray or cookie jar
Grater
Vegetable parer

Peanut Butter and Grated Carrot Sandwiches

1 cup peanut butter
¼ cup salad dressing
1 cup grated carrots
2 tablespoons chopped pickle
16 slices loaf bread
Soft butter or margarine

1. Beat peanut butter, add other ingredients and mix until smooth.
2. Spread on lightly buttered slices of bread.
3. Cut in desired shapes. Makes 8 sandwiches.

Punch

EQUIPMENT

Can opener
Bottle opener
Long-handled spoon
Gallon container
Glasses or cups
Pitcher

RECIPE

2 6-ounce cans frozen orange juice
1 6-ounce can frozen lemon juice
1 46-ounce can pineapple juice
1 quart gingerale or 4 bottles lime-flavored soft drink
¼ cup sugar
9 cups ice water

Combine the frozen juice with pineapple juice. Add

sugar. Add ice water and gingerale or soft drink just before serving. Makes 22 measuring cups.

FOOD MAKES A DIFFERENCE

You need many kinds of food each day to supply your body needs for building and repairing body tissue. The foods which help do this are known as protein foods. There are two kinds of protein—one from animal sources as meat, cheese, milk, eggs, fish; the other from vegetable sources as dry beans, peas and nuts. You need to eat one or more servings of these foods each day.

Eggs, cheese and nuts take the place of meat. We have planned to have peanut butter sandwiches and cheese sandwiches and stuffed eggs and will not need meat in the picnic lunch.

The body needs food to furnish heat and energy. Such foods as cakes, cookies, breads, macaroni and other carbohydrates and fats furnish this.

The body also needs food to keep all the body processes going properly—minerals and vitamins do this. They are found abundantly in fresh fruits and vegetables, whole grain products and enriched grain products, milk and other dairy products.

The protein in eggs is of high quality. Two eggs provide almost as much protein and as much iron as an average serving of meat or cheese. One egg has 75 to 80 calories—when eggs are cooked in fat the calorie content increases.

How to Pack Food for a Picnic

Sandwiches, cookies, cake and raw vegetables may be wrapped separately in waxed paper or aluminum foil, or placed in plastic bags to keep them from drying out. Wash fruit and carry in basket or paper sack.

Wrap about six sandwiches in one package. Place in a paper sack or picnic basket. Put the heaviest foods in the bottom; example, fruits and other foods on top if packing more than one food.

Take the punch in a large jug. Pour from a pitcher.

Where will the picnic be held?.....

When will the picnic be held?.....

Who Brings What?

FOOD

Peanut butter and cheese sandwiches.....

Stuffed eggs.....

Cookies.....

Punch.....

Celery and green pepper sticks.....

Who Does What?

Set table.....

Makes and pours punch.....

Arranges food on the table.....

Clean up picnic table.....

NAME

Equipment for Serving 12 People

- 1 tablecloth
- 12 napkins
- 12 cups
- 12 plates

How to set a picnic table and serve a picnic:

Spread plastic or paper cloth on table.

Arrange 12 places with plate, napkin and cup or glass.

Arrange food on serving dishes and place on picnic table.

Serve cookies from cookie jar or arrange on plate or in basket.

Pass the food at the table letting each person serve himself.

Pour punch from pitcher.

Silverware is not needed at this picnic because all foods are eaten out of hand.

TRY ME'S

Stuffed Eggs

- 6 hard-cooked eggs*
- 1 tablespoon softened butter or margarine
- 2 teaspoons lemon juice or vinegar
- ½ teaspoon prepared mustard
- ½ teaspoon salt
- Dash pepper
- 1 tablespoon salad dressing

Halve eggs; remove yolks. Press yolks through sieve or mash with fork. Combine with remaining ingredients. Mix until smooth. Refill whites; leave mixture rough on top. To carry on picnic, fasten together with tooth picks. Wrap each egg in waxed paper or aluminum foil.

*To hard-cook eggs: Cover eggs with cold water and bring to boil; cook below boiling point 15 minutes. Plunge eggs in cold water and crack shells. Cool and peel.

Cheese Sandwiches

- 1 cup cottage cheese
- ¼ cup salad dressing
- ¼ cup chopped pickles
- ¼ cup chopped nuts
- ¼ cup chopped pimiento
- Salt and pepper

Push the cheese through a sieve. Add the salad dressing and pickles, nuts, and pimiento. Mix thoroughly. Spread on lightly buttered slices of bread. Cut into desired shapes. Makes 1½ cups, enough for 6 sandwiches.

How to wrap sandwiches:

Place the sandwich in the center of a piece of waxed paper. Bring the edges of the paper together over the top of the sandwich. Fold the edges of the paper together. Fold the paper at either end and tuck under the sandwich.

Sandwiches also may be packed in plastic bags. Close the plastic bag with a rubber band.

Egg Sandwiches

- 4 hard-cooked eggs
- 3 tablespoons salad dressing
- 1 teaspoon salt
- ¼ teaspoon paprika
- 1 teaspoon mustard

Chop the eggs finely. Place in mixing bowl. Add other ingredients; mix well. Spread on buttered bread. Makes 4 sandwiches.

Prune Cup Cakes

- ½ cup shortening
- 1½ cups sugar
- 2 eggs
- ½ teaspoon salt
- 1 teaspoon soda
- 1 teaspoon cinnamon
- 2 cups flour
- ¾ cup buttermilk
- ¼ cup cream
- 1¼ cups cooked and chopped prunes

Wash prunes; cover with water and cook until tender. Chop. Cream shortening and sugar. Add eggs one at a time and beat well after each addition. Sift soda and cinnamon

with flour. Add the dry ingredients and milk and cream to eggs and sugar mixture. Stir until well blended. Place paper bake cups into muffin pans and fill about two thirds full. Bake at 350° F. 25 minutes. Makes 18 cup cakes.

Icing:

- 5 tablespoons brown sugar
- 6 tablespoons cream or evaporated milk
- 1/2 teaspoon vanilla
- Sifted powdered sugar

Heat sugar and cream until sugar is melted. Cool. Add vanilla. Add powdered sugar until the icing is of spreading consistency. Spread on cup cakes.

Lemon Drop Cookies

- 1 cup shortening
- 2 cups sugar
- 2 eggs
- 1 tablespoon grated lemon rind
- 3 cups flour
- 1 teaspoon soda
- 2 teaspoons salt
- 3 teaspoons baking powder
- 1/2 cup lemon juice
- 1/2 cup cold water

Cream shortening and sugar. Add eggs and lemon peel and continue beating. Sift together flour, soda, salt and baking powder. Add dry ingredients and lemon juice and water. Mix until blended. Drop by teaspoonfuls on a baking sheet. Bake at 400° F. 10 minutes. Remove from oven. Place on racks to cool. Makes 5 1/2 dozen cookies, 3 inches in diameter.

Favorite Food Show

A Favorite Food Show gives you a chance to exhibit favorite foods you learned to prepare during the year and to tell how the food you exhibit makes a difference. It is also a chance for

you to show your parents, friends and other club members what you learned during the year. You will have completed this unit after you have exhibited your favorite food at the show.

You and your leader will need to make some plans for the food show. You and the other members will help your leader make this a good show.

To exhibit in the favorite food show you will:

1. Select your favorite recipe from one of the following groups:

Cake	Main dishes, dairy food	Breads
Meat	Salads	Drinks
Eggs	Vegetables	Fruits
Cookies		

You have studied each of these groups during the year. You may want to prepare one of the "try me's," rather than the recipe prepared at the meeting.

2. Practice preparing the recipe until you are sure a good product will be made each time.

3. On the day of the favorite food show, exhibit your prepared favorite food along with the recipe and what it might be served with and when.

4. Be able to tell the judge and others how to prepare and serve the food and why this food makes a difference.

5. Be scored by one of the following score cards depending on how your group decides to exhibit the food.

Favorite Food Show Score Card

(To be used when all food is exhibited on one long table)

	Ex. 4	Good 3	Fair 2	Poor 1
I. THE EXHIBITOR				
Understands preparation of the favorite food.....				
Knows why the food exhibited makes a difference.....				
Personal appearance—neat and well groomed, dressed appropriately for serving meal or snack.....				
II. THE FAVORITE FOOD				
Appearance.....				
Flavor.....				
Quality.....				
Appropriate and Attractive service or display of the food.....				
III. WHAT TO SERVE WITH FAVORITE FOOD				
Suitable for occasion.....				
Suitable for favorite food.....				
Balance in color.....				
Balance in texture.....				

KEY

Excellent—well done

Good—some improvement needed

Fair—much improvement needed

Poor—hardly acceptable

Point Value

36 - 44

25 - 35

16 - 24

11 - 15

Ribbon

Blue

Red

White

None

Favorite Food Show Score Card

(To be used when each member exhibits food, recipe and menu on individual card table)

	Ex. 4	Good 3	Fair 2	Poor 1
I. THE EXHIBITOR				
Understands preparation of the favorite food.....				
Knows why the food exhibited makes a difference.....				
Personal appearance—neat and well groomed, dressed appropriately for serving meal or snack.....				
II. THE FAVORITE FOOD				
Appearance.....				
Flavor.....				
Quality.....				
III. WHAT TO SERVE WITH FAVORITE FOOD				
Suitable for occasion.....				
Suitable for favorite food.....				
Balance in color.....				
Balance in texture.....				
IV. THE TABLE SETTING—One Place Setting				
Appropriate for food to be served.....				
Attractive Color scheme—dishes, food, table, linen.....				
Appropriate centerpiece.....				

KEY	Point Value	Ribbon
Excellent—well done	42 - 52	Blue
Good—some improvement needed	30 - 41	Red
Fair—much improvement needed	20 - 29	White
Poor—hardly acceptable	13 - 19	None

4-H AWARDS

Your adult leader or county extension agent has information on awards programs available in

foods and nutrition. If you are interested in participating in such a program, ask them for details.

MY RECORD FOR 4-H FAVORITE FOODS UNIT 2, 19—

Keep this report up to date. If you do other foods work not listed here, use D-312, 4-H Food Record and D-487, 4-H Preservation Record. To compile a report to enter in an awards program, use D-312A, Summary sheet of 4-H Food Records, which is a summary of all work done in Foods and Nutrition.

		Check	
		Yes	No
1.	I learned to use at least one new piece of cooking equipment.		
2.	I prepared one Christmas food to serve at home or give as a gift.		
3.	I ate a good breakfast, dinner and supper every day.		
4.	I kept my foods record up to date.		
5.	I exhibited one food at the 4-H Favorite Food Show.		
6.	I started a recipe file of food I prepared.		
		Write in No. of times	
7.	I helped plan, prepare and have a picnic.		
8.	I planned, prepared and served refreshments or snack to friends.		
9.	I set the table for family meals.		
10.	I planned, prepared and served my family:		
	Complete breakfasts		
	Complete dinners		
	Complete suppers		
11.	I gave a foods and nutrition method demonstration.		
12.	I prepared and served these foods:		
	Cookies		
	Cake		
	Drink		
	Vegetable		
	Salad		
	Bread		
	Fruit		
	Eggs		
	Dairy food		
	Meat		
Additional goals you may have reached:		Write in no. of foods	
1.	I exhibited food at an achievement event other than the 4-H Favorite Food Show.		
		Write in no. of times	
2.	I planned, prepared and served one meal out-of-doors.		
		Write in no. of containers	
		Frozen	Canned
3.	I froze or canned fruits and/or vegetables.		

Member and leader will sign here when goals have been completed.

Member	Leader
Address	Address