

# 4-H FAVORITE FOODS



**MEMBER BOOK  
UNIT 1**





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# 4-H FAVORITE FOODS

## Unit 1

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You WILL LEARN how to cook and serve foods for your family and friends. Eleven meetings have been planned which include carefully selected and tested recipes. The twelfth meeting 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 each meeting plan. You, other club members and your leader may decide to have more than 11 meetings. You might use some of the "try me's" at other meetings or you may want to prepare some at home.

These are your goals for this unit:

1. Prepare and serve *one* food from each of these groups *one* time or *more*.
 

Candy	Main dishes	Breads
Snacks	Salads	Drinks
Desserts	Vegetables	Fruit
2. Set the table five times or more.
3. Help serve meals five times or more.
4. Plan, prepare and serve at least *two* kinds of food at a meal for your family *three* times or plan, prepare and serve a complete meal to your family.
5. Learn and practice good table manners at mealtime and snacktime.
6. Learn how to use the range, refrigerator and other equipment in the kitchen.
7. Learn to work safely.
8. Learn the best way to wash dishes and clean up the kitchen.
9. Learn to eat the foods listed on the Texas Food Standard.
10. Keep your food record up to date.
11. Exhibit one food you learned to cook at favorite food show.





## Kitchen Tips for 4-H Cooks

1. Wear a clean wash dress.
2. Wear a clean apron.
3. Wash and dry your hands and be sure your nails are clean.
4. Read the recipe and method before you start. Ask questions if you do not understand it.
5. Get out all the ingredients and equipment for the recipe you are going to use. Place them on a tray or arrange them on the work table.
6. Ask leader, mother or older sister to teach you how to use the range.
7. Measure everything carefully in standard measuring cups and spoons.
8. Rinse each piece of equipment as you finish using it. Use hot water after sweets and cold water after eggs and flour. Wipe out greasy dishes with paper towel before washing.
9. Follow all directions.
10. Watch the clock or set the minute-minder when something is cooking or baking.

### Equipment

You will be preparing some very good foods in this 4-H unit on foods and nutrition. Follow the simple rules of handling foods in order to have good results. The recipes in this book are tested and should give good results. Always use standard measuring cups; there are two kinds—the liquid measuring cup looks like this:



The dry measuring cups look like these:



Use standard measuring spoons.



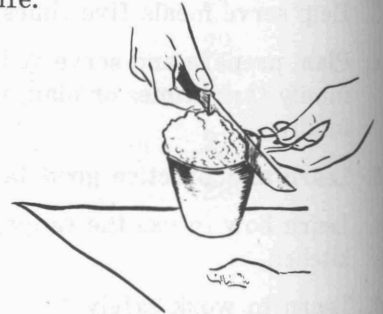
### Measuring

To measure flour:

1. Sift white flour once on waxed paper.
2. Spoon lightly into measuring cup with spoon or scoop. Do not shake down.



3. Level the flour with straight edge of spatula or knife.



To measure cocoa, salt and spices: Break up any lumps by stirring before measuring.

Dip in the measuring spoon and fill. Level it with a spatula.

To measure biscuit mix: Do not sift before measuring. Pile mix lightly into measuring cup until mix runs over the top. Level it off with the edge of a spatula or knife.



To measure fats: It will be easier for you to measure solid fat if you take it out of the refrigerator at least one hour before you are ready to use it. Pack



the fat down in the measuring cup or spoon with a spatula so that there are no air spaces. Level the top with the edge of the spatula. Use a rubber scraper to remove the fat from the cup or spoon.



*To measure sugar:*  
1. White sugar—put in measuring cup or spoon and level top with spatula or knife.

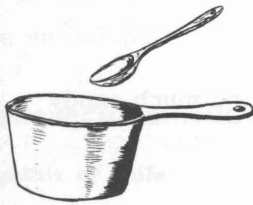
2. Brown sugar—if lumpy, roll and sift before measuring. If very dry, place in 250° F.

oven for 10 minutes to soften. Pack into cup firmly.

*To measure liquids:*  
Use a glass measuring cup. Watch the marking that shows the amount in cup. Set the cup on the table so that it will be level when you measure.



## Safe Habits



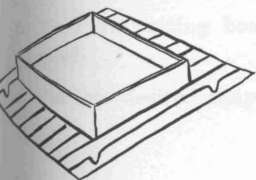
1. Stir hot foods with a wooden spoon; a metal spoon gets hot and may burn your hands.

2. Be sure that handles of saucepans are pushed back over the range so that the saucepans are not so easily tipped over.

3. Be sure to use pot holders when you have to pick up a hot pan. Never use a wet dishcloth, dishtowel or corner of your apron.



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



5. Keep your hands dry. Wet hands burn easily and are slippery.

6. Be careful of your fingers when you use a knife. Always cut away from you.

7. If you should spill anything on the floor (such as fat or water), wipe it up right away; otherwise, you might slip on it and fall.

## Cleanup

1. Put food back in place.

2. Wash dishes this way:

a. Scrape and stack according to kind at right side of sink or dish pan. Use a dish scraper to make it easier.

b. Use hot, soapy dish water. Wash with dishcloth or sponge.

c. Place dish drainer or another dish pan at left of sink.

d. Wash glasses first, then silver, then china, and last cooking utensils.



e. Place dishes in drainer or pan as they are washed. Scald with boiling water.

f. Dishes will dry in a few minutes or dry them with clean dishtowel and put them away.

g. Clean the work table, range and sink.

h. Put everything back in place. Leave everything "spic and span!"

i. Rinse dishcloth.

j. Hang dishtowels and dishcloth to dry.

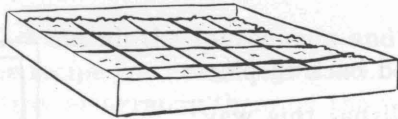




## Meeting 1—Easy-do Chocolate Fudge

Do these things before you start:

1. Read recipe.
2. Get all the equipment together.
3. Get all the foods together.



### EQUIPMENT

- 1 quart saucepan
- Set of measuring cups
- Liquid measuring cup
- Measuring spoons
- Chop board and knife or nut chopper
- Spatula
- Knife
- Rubber spatula
- Metal spatula
- Wooden spoon
- Waxed paper
- 8-inch square cake pan or pie pan

### RECIPE

- ¼ cup butter or margarine
- ¼ cup water
- 1 teaspoon vanilla
- 3 cups sifted powdered sugar
- ½ cup nonfat dry milk
- ½ cup cocoa
- ⅛ teaspoon salt
- ½ cup chopped nuts or raisins or coconut

1. Heat water and fat in saucepan until the fat melts.
2. Remove from heat and add vanilla.
3. Sift powdered sugar and measure.

4. Sift together the powdered sugar, dry milk, cocoa and salt.
5. Add about ¼ cup of this mixture at a time to the liquid.
6. Beat until smooth after each addition.
7. Chop nuts.
8. Add the nuts and mix well.
9. Spread in a greased cake pan or pie pan.
10. Chill in refrigerator until firm, about 30 minutes, and serve cold.
11. Cut into 2-inch squares. Makes 16 squares.



### Food Makes a Difference

*Don't*

Eat candy just before meals

*because*

It dulls appetite for other good foods.

*Don't*

Eat too much candy

*because*

You will get too fat,  
have pimples.

*Do*

Wash your teeth after eating candy

*because*

Sugar and bacteria on teeth cause  
decay.

*Do*

Eat candy as desserts or snacks

*because*

It gives energy.

*Are you proud of what you have made?*

1. Does the candy taste and look good?
2. Is it mixed well?
3. Is it smooth and firm?
4. Are the pieces the same size?

### Try Me's

#### PEANUT BUTTER FUDGE

- 1 cup peanut butter, creamy or chunk style
- 1 cup corn syrup
- 1¼ cups nonfat dry milk solids
- 1¼ cups sifted confectioners' sugar

Blend peanut butter and syrup in large mixing bowl. Measure nonfat dry milk solids and sifted con-

fectioners' sugar and add all at once. Mix all together—first, with a spoon and then with hands, knead in dry ingredients. Turn onto board and continue kneading until mixture is well blended and smooth. Press out with hands or rolling pin into block ½-inch thick. Cut into squares. Top with nut meat, if desired. Makes about 2 pounds.

#### CARAMEL APPLES

- 1 pound caramels
- 2 tablespoons hot water
- 4 or 5 medium-sized apples

1. Place the caramels and water in the top of a double boiler. Heat until caramels melt. Stir until smooth.
2. Wash and dry apples.
3. Stick wooden skewers into stem end of apples.
4. Dip apples into hot caramel sauce and turn until the surface is covered.
5. Place on waxed paper on a cookie sheet and keep in refrigerator until time to eat.

## Meeting 2—Sandwiches and Banana Milk Shakes

*Do these things before you start:*

1. Get out all the equipment.
2. Get out all the food.
3. Arrange on cabinet or working space.

#### SANDWICH EQUIPMENT

- Spatula or knife
- Cutting board
- Bread knife

#### RECIPE

- Sandwich loaf bread
- Butter or margarine

1. Take the butter or margarine out of the refrigerator. Allow it to soften before spreading on bread.
2. Spread the butter or margarine on two slices of bread. Spread to the edges of the bread.
3. Place the two buttered sides of bread together. Press lightly.
4. Place on cutting board and trim off crust, if desired.
5. Cut into desired shapes on the cutting board.

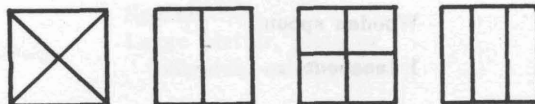
#### BANANA MILK SHAKE EQUIPMENT

- Rotary beater
- Small mixing bowl
- Wooden spoon
- Measuring cups
- Measuring spoons
- Paring knife
- 1 plate
- 1 glass

#### RECIPE

- 1 ripe banana
- 1 tablespoon sugar or honey
- 1 cup milk (fresh or nonfat dry milk)
- Ice cubes

1. Peel and slice banana into mixing bowl.
2. Beat with rotary beater until smooth.
3. Add sugar or honey and beat until well mixed.
4. Add milk and stir well.
5. Place ice cubes in glass and pour banana milk over them. Makes 1 serving.





## How to Serve Sandwiches and Banana Milk

Place a sandwich and a glass of banana milk on a plate. Decorate the banana milk with a slice of banana or a cherry.

## Food Makes a Difference

Snacks are eaten between regular meals when a person feels hungry. The bread and butter sandwich and banana milk are some of the foods we need each day to look well and feel well. Banana milk is a good way to get one of the four cups of milk you need each day. Milk helps you to build good bones and teeth. If you are watching your weight you might use nonfat dry milk instead of whole milk in banana milk.

*Are you proud of what you have made?*

1. Does the banana milk taste good?
2. Is the banana milk smooth?
3. Do the sandwiches look pretty? Do they have straight sides?

## Try Me's

### TUNA FISH SANDWICH FILLING

- 1 can tuna fish
- 2 tablespoons chopped celery
- 2 tablespoons chopped pickles
- ¼ cup salad dressing
- 1 hard-cooked egg, chopped
- ¼ teaspoon salt
- Dash pepper
- Bread
- Butter or margarine

Break the tuna into fine pieces. Add the other ingredients. Mix well. Spread between thin, buttered slices of bread.

### How to hard-cook eggs

Cover eggs with cold water and bring to a boil. Cook below the boiling point 15 minutes. Plunge eggs into cold water and crack shells. Cool and peel.

## Meeting 3—Peanut Butter Cookies

*Do these things before you start:*

1. Read the recipe.
2. Arrange the ingredients and equipment.
3. Light or turn on oven. Set oven regulator at 375° F.

### EQUIPMENT

- Sifter
- 2 mixing bowls
- Measuring spoons
- Measuring cups
- Egg beater
- Rubber spatula
- Wooden spoon
- 1 teaspoon

- Cookie sheet
- Waxed paper
- Cake rack
- Paper napkins
- Basket

### RECIPE

- 1½ cups flour
- 1 teaspoon soda
- ¼ teaspoon salt
- ½ cup shortening
- ½ teaspoon vanilla
- 1 cup sugar
- 1 egg (beaten)
- ½ cup peanut butter

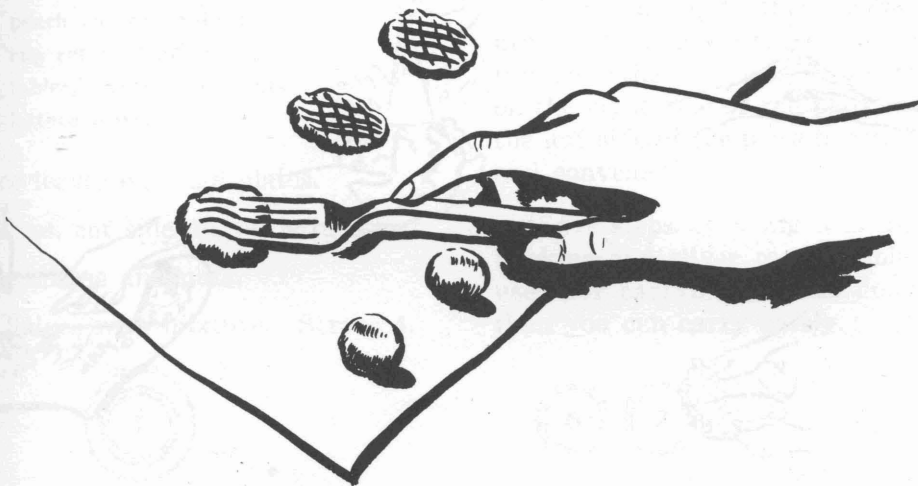
1. Sift the flour on waxed paper. Measure 1½ cups of flour into sifter.
2. Measure salt and soda and add to the flour.
3. Sift together on waxed paper.
4. Cream shortening, sugar, and peanut butter.
5. Add vanilla and mix well.
6. Add beaten egg.
7. Mix and beat until light and fluffy.
8. Add flour mixture and mix until dough is smooth.
9. Measure 2 teaspoons of dough and roll into a ball between palms of hands.
10. Place about 2-inches apart on a greased cookie sheet.
11. Press each cookie with a fork. (Dip in flour to prevent dough from sticking to fork.)
12. Bake at 375° F. for 15 minutes.
13. Remove cookies to cake rack to cool. Makes 24.

## Food Makes a Difference

We need food to make us go. The cookies have flour, sugar, shortening and peanut butter. These are some of the foods that make us go. We usually get enough of these foods in the three meals each day. Do not eat cookies just before mealtime, because they will take your appetite for vegetables, meat, fruit and milk. They are good to pack in lunches, serve at picnics and snacks. A good dessert is fruit and cookies. Store the cookies in a cookie jar. Place them in a basket and pass to guests.

*Are you proud of the cookies you have made?*

1. Are they about the same size and shape?
2. Do they taste good?
3. Are they evenly browned with no dark brown edges?



## Meeting 4—Apple-Celery Salad

*Do these things before you start:*

1. Read the recipe.
2. Get all the equipment together.
3. Get all the foods together.
4. Organize dishes, linen, silver, etc., for setting table.

### EQUIPMENT

- Paring knife
- Soft towel
- Knife for chopping
- Chopping board
- Large mixing bowl
- Small mixing bowl
- Mixing spoon
- Spatula
- Large platter, plate or individual salad plate



## RECIPE

- $\frac{3}{4}$  cup diced celery
- 2 medium-sized apples diced  
(if the skin is colorful  
do not peel)
- 6 tablespoons walnuts  
or pecans
- $\frac{1}{2}$  cup mayonnaise
- $\frac{1}{4}$  cup cream or fruit juice
- Lettuce leaves or other greens

1. Wash lettuce or other greens. Place in refrigerator.
2. Wash apples and celery. Drain. Chop celery as shown. See drawing for how to dice apples. Put in large mixing bowl.
3. Add nuts.
4. Blend mayonnaise and cream or fruit juice in a small mixing bowl.
5. Add mayonnaise mixture to apple mixture and toss lightly, but thoroughly.
6. Place lettuce cups on large platter or plate or in individual salad plates.

7. Spoon apple-celery mixture in each lettuce cup or lettuce leaf.
8. Serve cold. Serves 4 to 6.

Apple-celery salad would make a good salad for dinner, lunch or supper.

## DINNER

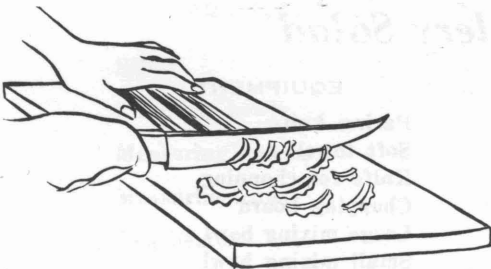
- Hamburger Dish
- English Peas
- Fluffy Mashed Potatoes
- Apple-Celery Salad
- Biscuits
- Pudding
- Hot Cocoa

## LUNCH OR SUPPER

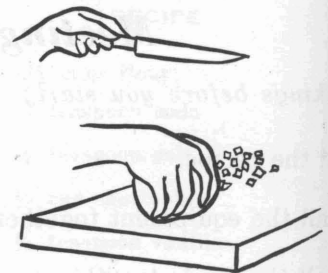
- Tuna Sandwiches
- Apple-Celery Salad
- Milk



Remove core with knife tip. Let water run down through lettuce head to separate leaves. Remove excess water by draining leaves on paper or cloth towel and patting gently. Split lettuce leaf halfway through stem end and lap one side over the other to form a cup.



Line up celery on chop board; chop through with knife. For smaller bits, chop more closely.



To dice, cut apple in very small cubes, about  $\frac{1}{4}$  inch in size.

## Food Makes a Difference

Eat some fruit and vegetables every day to help you have:

- Clear skin.
- Bright eyes.
- Pretty teeth.

Are you proud of what you made?

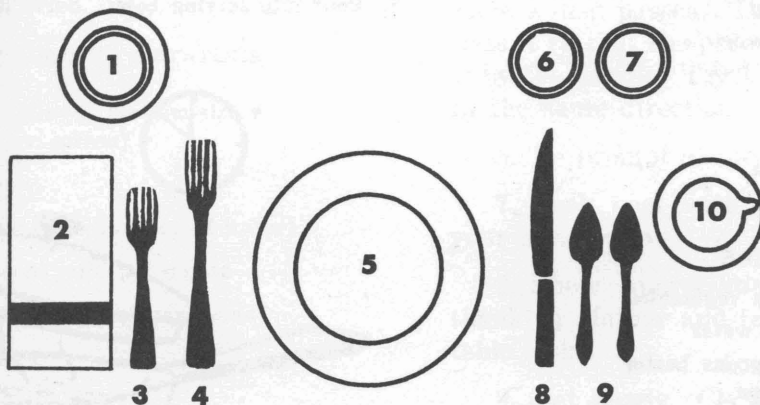
1. Does it look good and taste good?
2. Are the vegetables and fruit well-drained to keep the salad dressing from becoming watery?
3. Are the apples and celery cut in uniform pieces?
4. Is all the lettuce or other greens placed so none hangs off the plate?
5. Is it cold?

## Try Me's

### PEACH 'N COTTAGE CHEESE SALAD

- 8 peach halves, drained
- 1 cup cottage cheese
- 2 tablespoons chopped nuts
- 4 lettuce leaves

1. Place lettuce leaves on salad plates.
2. Put two halves, cut side up, on lettuce leaf.
3. Mix cottage cheese and nuts.
4. Top peach halves with mixture. Serves 4.



#### One Place Setting

1. Salad plate
2. Napkin
3. Salad fork
4. Dinner fork
5. Plate

6. Glass for water
7. Glass for milk
8. Knife
9. Spoons
10. Cup and saucer

## Setting the Table

A table should be:

1. Attractive.
2. Orderly.
3. Convenient.

Dishes and Silver:

Be sure the silver is cleaned and polished and the dishes free from cracks or chips. They serve as a background for the food. If the dishes are colored, the colors of both the food and dishes should look well together.

Linens:

Use a tablecloth or place mats. If you use a tablecloth, be sure it is clean, on straight and has no wrinkles. Lay place mats about 1/2-inch from the edge of the table so they will not slip.

Setting the table:

Rules for table setting, service and manners are based on ease, convenience and consideration for others. Place the knife and teaspoon on the right side of the plate, and the fork on the left side of the plate to make the table neat and convenient.

Save steps by using a small tray to carry napkins and silver to the table. If a tray is used for carrying glasses, don't put on more than you can carry safely.



Be careful that you do not touch the eating surfaces of silver or dishes. Hold cups and silver by their handles. Lift glasses at the bottom instead of near the top.

You will want to set the table with only the dishes and silverware that are needed. (Ask Mother what is needed.) Notice the arrangement for one place setting. One place setting is the silver, china, glassware and napkin for one person.

1. The plate is always in the center of a place setting.

2. Place plate and silver 1 inch from the edge of the table.

3. Place knife to the right of the plate with the cutting edge toward the plate.

4. Place spoons to the right of the knife with the bowls up.

5. Place forks at the left of the plate with tines up.

6. Place glass at the tip of the knife.

7. Place cup and saucer to the right of the teaspoon, with the handle of the cup to the right.

8. Lay napkin at the left of the fork, 1 inch from the edge of the table. Have napkin folded in a square or rectangle. Place the napkin so that the opened corner will be at the lower right side next to the handle of the fork.

9. Place salt and pepper shakers, relish and other serving dishes where they can be easily reached.

10. Place serving spoons on the table beside sugar bowl and other dishes.

## Meeting 5—Vegetables

*Do these things before you start:*

1. Read recipe.
2. Get all equipment together.
3. Get all foods together.
4. Set one place setting.

### EQUIPMENT

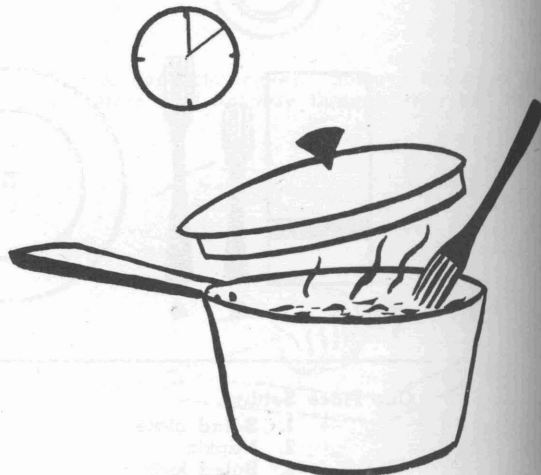
Saucepan with tight fitting lid  
Measuring cup  
Measuring spoon  
Long-handled fork  
Hot pad  
Serving bowl  
Serving spoon  
Place setting

### RECIPE

1 pint frozen vegetables  
 $\frac{1}{4}$  to  $\frac{1}{2}$  cup water  
2 to 3 tablespoons butter  
or margarine  
 $\frac{1}{2}$  teaspoon salt

1. Put water, butter or margarine and salt into saucepan. Cover with lid.
2. When water is boiling, add the frozen block of vegetables (do not thaw).

3. Quickly bring the water back to a boil, in 3 minutes if possible.
4. Separate block of vegetables with long-handled fork. Cover the pan with lid.
5. Begin counting time as soon as water has returned to boil.
6. Simmer the rest of the time. Do not overcook.
7. Cook to tender but firm stage.
8. Pour into serving bowl. Serve hot.



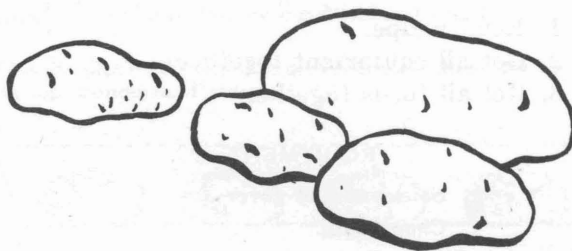
Try frozen vegetables with these meals:

#### DINNER

Hamburger	Fluffy Mashed Potatoes
English Peas	Peach 'N Cottage Cheese Salad
Pudding	Peanut Butter Cookies
	Milk

#### LUNCH OR SUPPER

Tuna Sandwich	Peach Delight
Green Beans	Hot Cocoa



For mashing, select potatoes that are any or all sizes.

### Food Makes a Difference

Vegetables should be cooked in a small amount of water, because some of the things that come out into the water are what help you look good and feel good.

Are you proud of what you have made?

1. Do the frozen vegetables look good and taste good?
2. Are they cooked until they are tender but not mushy?
3. Have the vegetables kept their shape and color?
4. Is most of the water cooked out of the vegetables so that they are not watery?

### Try Me's

#### FLUFFY MASHED POTATOES

Potatoes (allow 1 medium-size potato per person)

Hot water

Salt (1/4 teaspoon to a cup of water)

2 tablespoons milk per potato

1 teaspoon butter or margarine per potato

Paprika

1. Pare potatoes. Cut in pieces. Put in saucepan.
2. Add enough hot water so that you can see it, but not enough to cover the potatoes.
3. Pour in salt. Cover with lid. Boil until soft. Pour off water.

4. Heat milk.
5. Mash potatoes. Add hot milk and butter or margarine.
6. Beat until light and fluffy.
7. Serve hot. Sprinkle a dash of paprika on top.

### Table Courtesies

1. Use a napkin. Place it at the left of your plate when you leave the table.
2. Use your spoon quietly and skillfully. Eat from the side of your spoon.
3. Use your fork with ease, placing it on your plate, tines up, when you aren't using it.
4. Use your knife skillfully, placing it on the plate, blade in, when you aren't using it.
5. Don't reach in front of anyone. Ask to have a dish passed. If the dish has a handle, pass it so that the person next to you can take it by the handle. Try to keep all foods passing in the same direction.
6. Be prompt at meals.
7. Look neat with your hair combed and your hands clean.
8. Show appreciation for your food by thanking Mother and telling her how nice the table looks.
9. Eat slowly. Chew with your mouth closed.
10. Sit naturally at the table with your elbows at your sides.
11. Take part in conversation and help make it pleasant.



## Meeting 6—Meat Salad

Do these things before you start:

1. Read recipe.
2. Get all equipment together.
3. Get all foods together.

### EQUIPMENT

Saucepan and cover  
Chop board  
Sharp knife  
Fork  
Mixing bowl  
Measuring cups  
Measuring spoons  
Serving bowl

### RECIPE

1 cup diced or flaked meat, such as roast, boned chicken, ham or fish  
2 hard-cooked eggs  
 $\frac{1}{2}$  cup chopped celery  
2 tablespoons chopped pickle  
1 head lettuce  
 $\frac{1}{2}$  teaspoon salt  
 $\frac{1}{4}$  to  $\frac{1}{2}$  cup salad dressing

1. Place eggs in saucepan with water and cook until hard. see page 8.
2. If using left-over roast, boned chicken or ham, use a chop board and sharp knife and cut into  $\frac{1}{2}$ -inch cubes. Place in mixing bowl. If canned fish is used, put in mixing bowl and flake with a fork.
3. Chop celery and pickle. Add to meat.
4. Remove enough of the outer lettuce leaves to line salad bowl.
5. With the hands, tear remainder of head of lettuce in about 2-inch pieces. Add to meat mixture.

6. Add salt and mayonnaise and toss lightly with fork. Chill.
7. Line serving bowl with lettuce leaves and spoon in salad.
8. Slice eggs and place on top of salad as a garnish.

### Food Makes a Difference

Eat meat and eggs and grow strong for happy work and play!

Are you proud of what you have made?

1. Does the meat salad taste and look good?
2. Do you know what you are eating in the salad?
3. Is it just moist with salad dressing but not mushy?
4. Is it cold?

### Try Me's

#### CHICKEN SALAD

3 cups diced, cooked, boned chicken  
 $\frac{1}{2}$  cups chopped celery  
1 teaspoon salt  
3 hard-cooked eggs  
3 sweet pickles, chopped

#### Mayonnaise

1. Combine chicken, celery, salt, 2 chopped eggs, and pickles.
2. Moisten with mayonnaise.
3. Serve on lettuce cups and top with remaining egg slices.

## Meeting 7—Drop Biscuits

Do these things before you start:

1. Get out biscuit mix.
2. Get out milk.
3. Put out all equipment.
4. Turn oven on to 450° F.

### EQUIPMENT

Medium-sized mixing bowl  
Dry measuring cup

Liquid measuring cup

Fork

Metal spatula

2 teaspoons

Rubber spatula

Cookie sheet

Pot holders

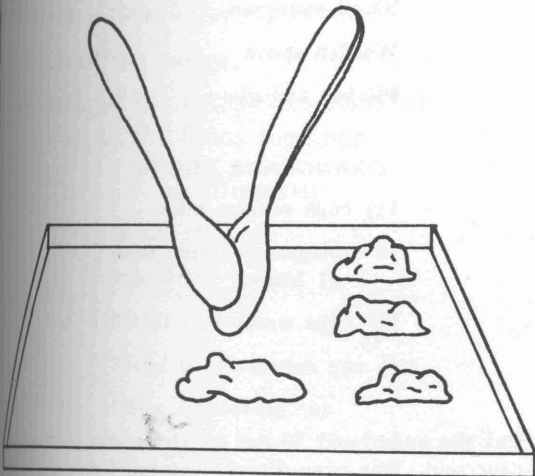
## RECIPE

2 cups biscuit mix

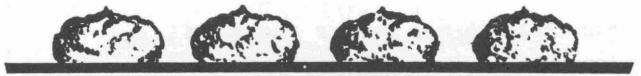
$\frac{3}{4}$  cups milk

1. Preheat oven to very hot (450° F.).
2. Pile biscuit mix lightly into measuring cup until mix runs over the top. Do not pack down. Level it off with the edge of the spatula or knife.
3. Place biscuit mix in mixing bowl.
4. Add all the milk at once.
5. Stir quickly with a fork until all the mix is dampened.
6. Drop by spoonfuls on an ungreased cookie sheet. Use one teaspoon to dip out the dough and the other spoon to push the dough onto the cookie sheet. Leave about 2-inch spaces between the biscuits.
7. Put in oven. Bake about 12 to 15 minutes.
8. Serve hot. Biscuits will stay hot longer and look prettier, if you serve them tucked in a napkin in a basket or on a plate. Makes 12 to 15.

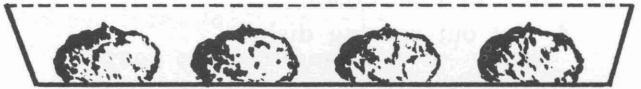
Let your mother be a lazybones some Sunday morning and surprise her by making drop biscuits for breakfast. Serve them with bacon, scrambled eggs and good homemade preserves with butter or margarine and milk.



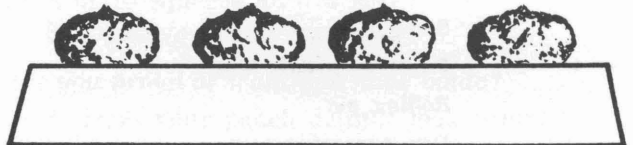
Pans for baking biscuits:



Biscuits placed 2 inches apart on cookie sheet are brown on top, bottom and sides.



Biscuits baked in a cake or pie pan are soft on the sides and brown on the top and bottom.



If you want biscuits brown all over, but do not have a cookie sheet, turn a cake pan upside down and put biscuits on the bottom.

## Food Makes a Difference

When we made candy, we learned that we get energy from sugar. Flour in biscuits also gives us energy for work and play. We should have some cereal, such as flour or breakfast cereal, at each meal. Since bread is eaten at almost every meal, biscuits are good for a change in the kind of bread we eat. Biscuits are good for pep and energy and to make family meals more interesting.

*Did you learn to:*

1. Measure biscuit mix?
2. Blend milk with biscuit mix?
3. Use the correct pan for baking biscuits?
4. Drop well-shaped and uniform-sized biscuits?
5. Recognize good biscuits?

*Are you proud of what you have baked?*

1. Are all the biscuits about the same size and shape?
2. Are they golden brown?
3. Are they tender with crisp crusts?
4. Are they light?
5. Do they taste good?

## Meeting 8—Peach Delight Dessert and Orangeade

Do these things before you start:

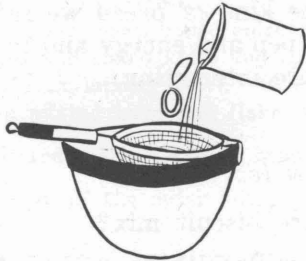
1. Get all equipment out.
2. Get all groceries together.
3. Put mixing bowl and beater in refrigerator to chill with cream.
4. Get out serving dishes.

### PEACH DELIGHT EQUIPMENT

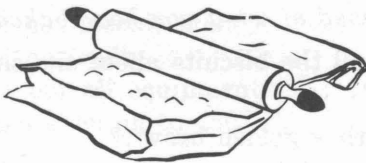
Can opener  
2 mixing bowls  
Sieve  
Paper or plastic bag  
Rolling pin  
Dry measuring cups  
Liquid measuring cups  
Egg beater  
Waxed paper  
Dessert dishes  
Spoon

### PEACH DELIGHT RECIPE

6 peach halves  
About 10 vanilla wafers  
 $\frac{1}{2}$  cup whipping cream



1. Drain peaches. Hook sieve over edge of bowl. Pour in peaches. Save the syrup to use in a gelatin dessert.
2. Put vanilla wafers in a paper or plastic bag. Crush with a rolling pin; measure. You will need  $\frac{1}{2}$  cup.



3. Put crumbs on waxed paper. Roll the peach halves in crumbs until they are covered.

4. Put a peach half in each dessert dish.
5. Whip cream until fluffy. Be careful not to whip it until butter forms. For best results have cream, beater and bowl chilled. Put a spoonful of cream on each peach half before serving. Serves 6. If you do not have whipping cream at home, nonfat dry milk may be used. It costs less and tastes good. Here's how to make it:

*Whipped nonfat dry milk:*

$\frac{1}{4}$  cup ice cold water  
 $\frac{1}{4}$  cup nonfat dry milk  
 $\frac{1}{4}$  cup sugar  
1 tablespoon lemon juice

1. Put cold water in a small mixing bowl.
2. Add the nonfat dry milk.
3. Beat with electric mixer or with a rotary beater until stiff. (This will take less time if bowl and beater are ice cold. It can be done by hand in 5 to 10 minutes.)
4. Add sugar gradually, continuing to beat.
5. Add lemon juice and beat until it is mixed in. Makes  $1\frac{1}{4}$  cups.

### ORANGEADE EQUIPMENT

Liquid measuring cup  
Dry measuring cup  
Measuring spoons  
Small saucepan  
Wooden spoon  
Pitcher and glass

### ORANGEADE RECIPE

$1\frac{1}{2}$  cups orange juice  
3 tablespoons lemon juice  
(1 lemon)  
 $1\frac{1}{2}$  cups water  
 $\frac{1}{3}$  cup sugar

1. Put the sugar and  $\frac{1}{2}$  cup of the water in a small saucepan. Stir over direct heat until the sugar is dissolved. Cool.
2. Combine all ingredients in a pitcher and mix well.
3. Chill or pour over ice in glasses just before serving.



## Food Makes a Difference

The Texas Food Standard says we should have two servings of fruit a day and one should be a citrus fruit. We eat citrus fruits such as oranges, grapefruit and tomatoes to keep us from having colds, to give us good gums and strong bones and teeth. A good way to get a serving of citrus fruit is in orangeade served as an after-school snack or as a refreshing drink on a summer day. Peach delight is good for us and so easy to make. Serve it as a desert.

Plan meals by the Texas Food Standard so you will be sure you always look and feel good. Everyday we should eat one serving of each food listed on the Texas Food Standard. Usually we start planning our meals around meat, so today let's plan a meal around meat loaf, because it is good, easy to make and inexpensive. These are some of the things we need to think about in planning the meal:

Will the foods taste good together?

Will the foods look good together?

Are some foods soft and some crisp?

Do the foods cost too much?

Does my family like all these foods?

What did I eat for breakfast and lunch, so I can have what I still need today?

## Meeting 9—Cocoa

Do these things before you start:

1. Read the recipe.
2. Get all the equipment together.
3. Get all the foods together.

### EQUIPMENT

Quart saucepan

Measuring spoon

Metal spatula

Wooden spoon

Glass measuring cup

Egg beater

Hot pad

Cup and saucer

Teaspoon

Here's a good menu:

### MEAT LOAF

Baked Potatoes	Green Beans
Carrot Salad	
Cornbread	
Peach Delight	
Orangeade	

Did you learn to:

1. Crush cookie crumbs?
2. Whip cream?
3. Plan a simple meal?
4. Make orangeade from frozen orange juice or to squeeze an orange?
5. Dissolve sugar in water?

Are you proud of what you have made?

1. Does your peach delight look pretty?
2. Does your peach delight have a good flavor?
3. Is the sugar dissolved well?
4. Does the orangeade taste good?

## Try Me's

### FRUIT CUPS

You may use fresh, frozen or canned fruit. Combine two kinds or all three. Here are some suggested combinations for fruit cups:

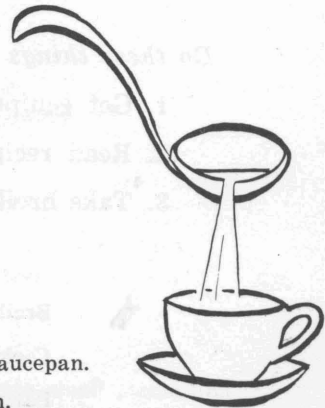
1. Frozen pineapple chunks and dewberries.
2. Oranges, grapefruit, bananas and apples.
3. Peaches, pears, grapefruit and grapes.
4. Pineapple, bananas and peaches.

### RECIPE

1 tablespoon cocoa  
1 tablespoon sugar  
Pinch of salt  
 $\frac{1}{4}$  cup water  
 $\frac{3}{4}$  cup milk

1. Mix cocoa, salt and sugar in saucepan.
2. Add water and stir until smooth.
3. Cook over low heat, stirring constantly. Let come to a boil and boil gently 3 minutes.
4. Add milk and heat, but do not boil.
5. Pour or ladle into cups when hot. If you like cocoa foamy on top, beat hard and fast with an egg beater just before serving. Serves 1.

Cocoa may be made with any one of the following—fresh milk, pasteurized or homogen-



ized, canned evaporated milk or nonfat dry milk. If you have your own cow, you will use fresh milk; if you have to buy milk, you can save money by using evaporated or nonfat dry milk.

Serve hot cocoa often:

For breakfast, dinner or supper.

For after-school snack.

For refreshments at parties.

### Food Makes a Difference

You need 4 cups of milk a day to help you grow, have good teeth and strong bones. A cup of cocoa may be a part of your daily milk needs.

*Are you proud of what you have cooked?*

1. Is it hot?
2. Does it taste good?
3. Is it free from scum on top?
4. Is it well mixed, with no settling in the bottom?

## Meeting 10—Broiled Weiner Sandwich

*Do these things before you start:*

1. Get equipment and groceries together.
2. Read recipe.
3. Take broiler out of range.

### EQUIPMENT

Broiler  
Cookie sheet  
Paring knife  
Egg turner  
Pot holders

### RECIPE

6 slices bread  
9 weiners  
6 slices American cheese

5. Is the cup too full?
6. Did you spill any cocoa in the saucer?

### Try Me's

#### APRICOT COOLER

1 cup cold milk  
 $\frac{3}{4}$  cup cold apricot nectar  
1 tablespoon sugar  
 $\frac{1}{4}$  teaspoon lemon juice

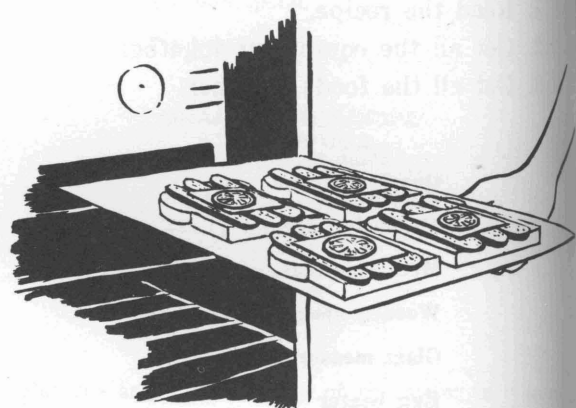
1. Mix all ingredients together and blend well.
2. Pour into glasses. Serves 2.

#### EGGNOG

1 egg  
1 tablespoon sugar  
Pinch of salt  
1 cup milk  
 $\frac{1}{4}$  teaspoon vanilla

1. Beat egg with egg beater until smooth and thick.
2. Add sugar and salt to egg and beat until the sugar is all dissolved.
3. Beat in milk and vanilla.
4. Serve immediately. Serves 1.

6 slices tomato or 6 tablespoons catsup, chili sauce or relish



1. Turn on the broiler. If you have an electric range, leave the oven door partly open. If you have a gas range, close the broiler and oven doors.

2. Place bread on cookie sheet and toast on one side.
3. Remove from broiler. Turn bread slices.
4. Split weiner in half lengthwise.
5. Put 3 halves of weiners on each slice of bread, put a cheese slice on next, then a slice of tomato.
6. Return to the broiler so the top of the sandwich is 3 to 5 inches from the tip of the gas flame or electric unit. Broil until the cheese melts.
7. Remove sandwiches from broiler with pot holders. Take off of cookie sheet with egg turner. Serve on a platter while hot.

Make weiner-cheese-tomato sandwiches the next time you cook supper for the family. Fluffy mashed potatoes, a tossed green salad and a glass of milk are all you need to make a "super" supper.

### Food Makes a Difference

Weiners and cheese are good foods. They help you grow, build and keep your muscles strong, give you pretty hair and help make good red blood. Everyone needs at least one generous serving of meat, cheese, fish, poultry or dried peas and beans every day so they will grow, look good and feel good.

*Did you learn to:*

1. Use the broiler?
2. Toast bread?
3. Make open-faced weiner-cheese-tomato sandwiches?
4. How to serve the sandwiches?

*Are you proud of what you have cooked?*

1. Is your sandwich tasty?
2. Is your sandwich not soggy?
3. Is your cheese not tough and stringy?
4. Is your sandwich attractively served?

## Try Me's

### HAMBURGERS

- 1 pound hamburger meat
- 1 teaspoon salt
- 1 teaspoon fat
- 4 teaspoons mustard
- 4 slices onion
- 4 tablespoons chopped pickle
- 4 slices tomato
- 4 pieces lettuce
- 4 hamburger buns

1. Mix meat and salt.
2. Shape into four patties on waxed paper.
3. Put fat in skillet and heat.
4. Put patties in skillet and cook 3 to 4 minutes on each side. Do not press the patties; do not overcook them.
5. Spread bottom part of bun with mustard. Put one pattie on each bun; put on onion, pickle, tomato, lettuce and top of bun.
6. Serve on a platter. Serves 4.

### HUMDINGER

- 1 pound hamburger meat
- 1 tablespoon fat
- 1 teaspoon salt
- 1 tablespoon chili powder
- 1 cup diced onion
- 1 cup chopped celery or green pepper
- 2 cans canned tomatoes

1. Add fat to skillet and heat.
2. Add ground meat. Break up into small pieces and cook slowly until brown. Stir now and then.
3. Add salt, chili powder, onion, celery or green pepper and tomatoes. Stir to mix well.
4. Cook slowly about 30 minutes or until thick.
5. Serve humdinger over cooked noodles, rice, spaghetti or macaroni on a platter. It is good spread on toasted hamburger buns or toasted bread. Serves 6.



## Meeting 11—Quick Puddings

Do these things before you start:

1. Read the recipe.
2. Get all the equipment together.
3. Get all the foods together.
4. Open the box of pudding mix.

### EQUIPMENT

Medium-sized mixing bowl

Glass measuring cup

Rotary egg beater or electric mixer

Serving spoon

Rubber spatula

Dessert dishes

Dessert plates

Dessert spoons

### RECIPE

1 package instant pudding mix (any flavor)

2 cups milk

1. Measure and pour milk into mixing bowl.
2. Empty box of pudding mix into milk.
3. Beat with egg beater or electric mixer until smooth; the mixture will start to thicken as you beat.
4. Spoon into dessert dishes.
5. Chill in refrigerator until set, 5 to 15 minutes.
6. Serve plain with milk or cream or one of the toppings given below. Serves 4.

For a "special" dessert at mealtime or for party refreshments, use one of the following foods as a topping for your pudding:

1. Cocoanut
2. Crushed cookies
3. Frozen or fresh fruit
4. Chocolate syrup or grape juice on top of vanilla pudding
5. Chopped nuts

### Food Makes a Difference

A serving of pudding will furnish you about  $\frac{1}{2}$  cup of milk which will make you grow and have strong bones and sound teeth. Pudding is a sweet, so it will also give you energy to play, work and study.

Are you proud of what you have made?

1. Does it look good?
2. Is your pudding smooth and free from lumps?
3. Does it taste good?
4. Are the dessert dishes filled with the same amount?

### Try Me's

#### BANANA PUDDING

2 cups milk

2 tablespoons sugar

1 package vanilla pudding mix

1 teaspoon vanilla

3 to 4 bananas, sliced

1 7-ounce box vanilla wafers

1. Measure and pour milk in saucepan.
2. Add sugar and stir in pudding mix.
3. Cook according to directions on pudding mix package.
4. Line bottom of casserole with sliced bananas.
5. Place layer of vanilla wafers on top of bananas.
6. Pour half of custard mixture over wafers.
7. Add another layer of bananas, wafers and custard.
8. Chill in refrigerator. Serves 6 to 8.



## Planning for Favorite Food Show

The next meeting you will exhibit your favorite food that you have learned to prepare during the year from this unit. You will invite your parents, other 4-H Club members and friends to see what you have learned. You may want to serve refreshments after they have seen your products.

There are many things you will need to decide at this meeting so that the food show will be a success. Some of these things are:

1. Where and when will the food show be held?
2. Whom will you invite? Who will invite the guests and how?

3. Who will help arrange foods in the food show?

4. Who will help clean up after the food show?

If refreshments are to be served, you will consider the following:

1. What will you serve? You will want to serve something you have learned to prepare in this unit. Who will prepare the refreshments?

2. How will you serve the refreshments? Who will serve them?

3. How will you set a tea table? Who will set the table?

## Meeting 12—Favorite Food Show

The purpose of the Favorite Food Show is to give you a chance to exhibit a favorite food you have learned to prepare this year and to tell how the food you exhibit makes a difference. It is also a chance for you to show your parents, your friends and other club members what you have 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:

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

Candy	Main dishes	Breads
Snacks	Salads	Drinks
Desserts	Vegetables	Fruits

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.

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



- d. Be able to tell the judge and others how to prepare and serve the food and why this food makes a difference.
- e. 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
<b>I. THE EXHIBITOR</b>				
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.....				
<b>II. THE FAVORITE FOOD</b>				
Appearance.....				
Flavor.....				
Quality.....				
Appropriate and attractive service or display of the food.....				
<b>III. WHAT TO SERVE WITH FAVORITE FOOD</b>				
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)

### 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.....

Ex. 4	Good 3	Fair 2	Poor 1

### 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 .....


#### KEY

Excellent—well done  
 Good—some improvement needed  
 Fair—much improvement needed  
 Poor—hardly acceptable

#### Point Value

42 - 52  
 30 - 41  
 20 - 29  
 13 - 19

#### Ribbon

Blue  
 Red  
 White  
 None



MY FAVORITE FOODS RECORD 19\_\_\_\_\_

4-H MEMBER..... ADDRESS.....

LEADER..... ADDRESS.....

Keep this report up to date.

**I. I prepared and served these foods**

Write in  
No. Times

Meeting 1.	Easy-do chocolate fudge	
	Peanut butter fudge	
	Caramel apples	
	Other similar foods	
	1.	
	2.	
	3.	
Meeting 2.	Bread and butter sandwiches	
	Banana milk	
	Tuna fish sandwiches	
	Other similar foods	
	1.	
	2.	
	3.	
Meeting 3.	Peanut butter cookies	
	Other kinds of cookies	
	1.	
	2.	
	3.	
Meeting 4.	Apple and celery salad	
	Peach 'n cottage cheese salad	
	Other salads	
	1.	
	2.	
	3.	
Meeting 5.	Prepared frozen vegetables	
	Fluffy mashed potatoes	
	Other vegetables	
	1.	
	2.	
	3.	

**I prepared and served these foods (continued)**

Write in  
No. Times

Meeting 6.	Meat salad	
	Chicken salad	
	Other meat salads	
	1.	
	2.	
	3.	
Meeting 7.	Drop biscuits	
	Other quick breads	
	1.	
	2.	
	3.	
Meeting 8.	Peach delight	
	Orangeade	
	Whipped cream	
	Fruit cups	
	Other quick fruit desserts	
	1.	
	2.	
	3.	
Meeting 9.	Cocoa	
	Apricot cooler	
	Eggnog	
	Other milk drinks	
	1.	
	2.	
	3.	
Meeting 10.	Weiner-cheese-tomato sandwiches	
	Hamburgers	
	Other meat dishes	
	1.	
	2.	
	3.	
Meeting 11.	Pudding	
	Banana pudding	
II.	I set the table	
III.	I helped serve meals	
IV.	I planned, prepared and served two different kinds of food at one meal three times	
V.	I planned, prepared and served a complete family meal	



	Check	
	Yes	No
<b>VI. I learned to use:</b>		
1. Range		
2. Refrigerator		
3. Electric mixer or rotary beater		
4. Measuring spoons		
5. Measuring cups		
6. Grater		
7. Paring knife		
8. Other equipment		
1.		
2.		
3.		
<b>VII. I learned to work safely</b>		
1. Use pot holders		
2. Stir hot foods with wooden spoon when cooking with saucepan		
3. Keep handles pushed back over top of range when cooking		
4. Put hot pans on rack or table top that doesn't burn		
5. Keep hands dry when cooking		
6. When using knife, I cut away from me		
7. When I spilled water and fat on the floor I wiped them up		
<b>VIII. I learned to wash dishes and clean kitchen</b>		
<b>IX. I learned to eat these new foods:</b>		
<b>X. I exhibited one food at favorite food show</b>		
<b>XI. I gave a method demonstration</b>		Write in No. Times
1.		
2.		
3.		
<b>I gave a "teach me how"</b>		
1.		
2.		
3.		

## Simple Cooking Terms

Bake	.....	Cook inside the oven.
Beat	.....	Mix until smooth using a brisk motion to lift the mixture over and over.
Blend	.....	Mix thoroughly two or more ingredients.
Boil	.....	Cook in a liquid after bubbles rise continually to the top.
Broil	.....	Cook by direct heat.
Chop	.....	Cut in small pieces with knife, scissors or chopper.
Chill	.....	Place in refrigerator until cold.
Combine	.....	Mix ingredients.
Cream	.....	Beat until light and fluffy.
Dice	.....	Cut into small squares or cubes.
Grease	.....	Brush or wipe surface with shortening or other fat.
Flake	.....	Break into small pieces with a fork.
Knead	.....	Work with hands in a pressing motion while folding and stretching.
Mix	.....	Stir ingredients together.
Pare	.....	Cut away outside covering of fruits and vegetables.
Peel	.....	Strip off outer covering as in peeling a banana.
Preheat	.....	Heat over to temperature given in recipe before putting food in oven for baking.
Sift	.....	Put dry ingredients through sieve or sifter.
Simmer	.....	Cook in liquid below boiling point. Bubbles are lazy like.
Toast	.....	To brown by direct heat.
Toss	.....	Mix lightly, lifting and turning ingredients with spoon and fork or two forks or two spoons.
Whip	.....	Beat rapidly with egg beater, fork or food mixer until fluffy.

### When Is a 4-H Foods and Nutrition Result Demonstration Completed?

You have completed a 4-H foods and nutrition result demonstration when you have completed all of the goals listed on page 3.

### Who Is a 4-H Foods and Nutrition Demonstrator?

Any 4-H Club member who has completed the goals in 4-H Favorite Foods Unit I may be called a 4-H foods and nutrition demonstrator.

### How to Plan More Things to Do in a 4-H Foods and Nutrition Demonstration

You may decide you would like to do more things than are included in the goals in Unit I. Your county home demonstration agent will help you plan more things to do. You may want to help your family with the vegetable garden, the orchard, the poultry flock or the milk cows.

You may also want to help with canning and freezing. Keep a record of what you do on D-487.

### How to Improve Your Eating Habits

Your goal is to eat at least one serving daily of the foods listed on the Texas Food Standard.

Check your food habits by the Texas Food Standard; then decide if you need to improve them. Next decide which food habit you would like to improve and begin working on it. An example of improving a food habit might be to eat a green or yellow vegetable every day.

When you have improved one food habit begin improving another one. See the back cover for a check list for good food habits.

# Check List for Good Food Habits

Check *yes* if you eat this every day. Check *no* if you do not eat this every day.

## The Texas Food Standard

	YES	NO
1 pint to 1 quart milk*		
1 egg		
1 serving** meat including poultry and fish***		
1 serving potatoes****		
1 serving green or yellow vegetables		
1 other serving vegetables****		
1 serving citrus or tomatoes, raw cabbage, strawberries, melons		
1 other serving fruits		
1 serving whole grain products		
Other enriched cereals and bread		
Butter or margarine		
Some sweets		
More of the above or other foods**** as needed		
6 to 8 glasses of water		

\*Children under 16 need  $\frac{3}{4}$  to 1 quart milk

\*\*Average serving about  $\frac{1}{2}$  cup.

\*\*\*Cheese, eggs or nuts may be used instead of meat.

\*\*\*\*Dried peas or beans may be used instead of meat, eggs, the other serving of vegetables or potatoes.