



4-H Kitchens Rule!





4-H Kitchens Rule!

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Section 1

Introduction to Guide for Facilitator and Presenters



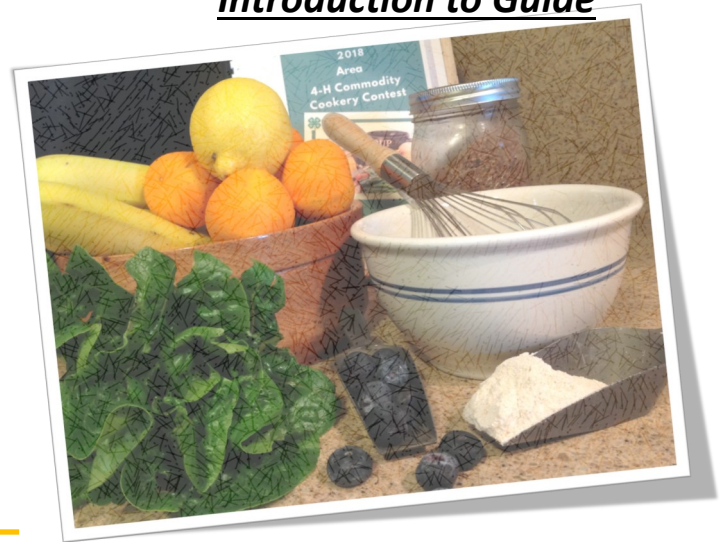
4-H Kitchens Rule!



4-H Kitchens Rule!

This food fun, kitchen accessible and family teaming **experience** will inspire healthy habits and lead to healthy homes.

Introduction to Guide



Purpose of Workshop – To empower youth and their families to achieve optimal health through hands- on food and nutrition activities with practical applications.

Objectives of Workshop Activities – Participants will work together with a member of their family to:

- define the meaning of "home cooking."
- develop and demonstrate kitchen safety and food preparation skills.
- correctly read and follow directions to prepare food using a recipes.
- identify and use a variety of fruit and vegetables, whole grains and lean proteins to create healthy family meal options.
- identify the importance of making healthy food choices and trying new foods.
- list the benefits to a family cooking all together and sharing family meals.

Background—Making healthy food choices requires more than nutrition knowledge. Children who cook are more likely to taste the foods. Children who cook at home and share meals with family members are likely to try new foods and gain the basic skills to plan menus. **Links of support:**

- **Family Meals Matter- PennState Extension**

<https://extension.psu.edu/family-meals-matter>

- **Benefits of Family Meals - IFAS Extension**

<https://edis.ifas.ufl.edu/pdf/FY/FY136200.pdf>

- **Cooking Together With Young Children - PennState Extension**

http://bkc-od-media.vhost.psu.edu/documents/HO_CookingTogether.pdf

- **The Benefits of the Family Table - American College of Pediatricians**

<https://acpeds.org/position-statements/the-benefits-of-the-family-table>



Note - The content of this guide is sequenced to create smooth transitions between activities in order to meet objectives and achieve stronger participant understanding and skill sets.



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Contents - Activities



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Supporting materials and reproducibles are provided in the Supplemental Materials, Recipes and Task Cards section of this guide.

Section 2

Workshop

Activity Guide



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Pre-workshop Activity - Preassessment – Upon arriving, family members will complete an Entrance Card preassessment consisting of six questions. An Entrance and Exit Card reproducible can be found on page 55 and 56 in the Supplemental Materials, Recipes and Task Cards section of this guide.

Introduction – Organize all participants seated together with attention directed to the presenter. During the introduction, participants will be asked thought provoking, guiding questions to set the tone of the day's activities. An ice-breaker activity, entitled Color Code, will allow participants to become familiar with each other and serve as a lead to learning more about MyPlate.

Script:

Say – “Good morning and welcome to **4-H Kitchens Rule! Healthy Habits, Healthy Homes!** I would like to begin by asking a few questions. **Ask** - What is home cooking? What is your favorite home cooked meal? Who prepares home cooked meals for your family?” (Allow a minute for quick responses.) **Say** – “For many, it might be much easier and simpler to forget about home cooked family meals. Work, school, and after-school activities all contribute to families being constantly on the go, and sometimes in different directions.” **Ask** – “So, when busy families on the go feel hungry what do they typically choose to do?” (Eat on the run.)

Say – “With fast food restaurants or convenience stores on nearly every corner, did you realize you could easily go through life without ever cooking? *That is a scary thought.* Learning how to plan and prepare meals and snacks at home and share in the process is more important than ever to the health of American families. Even if life is very busy, we can all agree that family is important, and we want to feed our families delicious, nourishing foods.”

“I am _____ and together with our team members, we will guide you through steps, skills and information to help your family develop Healthy Habits that will lead to a Healthy Home. This morning we will review recipes, ingredients and measuring, and get a little cooking in through a session we call Staples and Skills. After lunch you will learn more about the foods you eat, and also learn to prepare ingredients for some delicious home cooking during the Food for Thought session. We will end our day with activities and discussion focusing on The Kitchen and The Family.”

“Since today's activities will take team work involving both youth and adults, we all need to get to know each other just a little better.” (Use the directions below to guide youth and adults in **establishing ground rules** to support teamwork throughout the day. Ground rules may be led by a Teen Leader.)

*Activity - Establishing Ground Rules - Directions

1. Explain to the group the importance of setting ground rules so that youth and adults can feel comfortable learning and growing together, and mention that ground rules are best when kept simple and few in number.
2. Ask participants to think about a group of youth and adults that worked well together. What was it about that group that worked so well? Facilitate a brief discussion.
3. Ask for potential ground rules. Write several suggestions on a flip chart.
4. Make sure everyone understands each rule. Ask participants for questions or concerns and find out if anyone needs clarification about the terms.
5. Display the list throughout the workshop.

(Suggestions: Everyone's input is equally valued, All participants are expected to participate in all phases of the workshop, Make mistakes and learn from them, Listen attentively, Respect differences.)



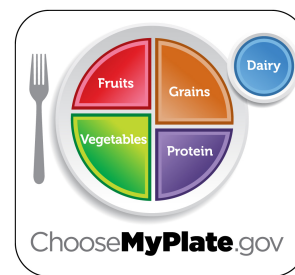
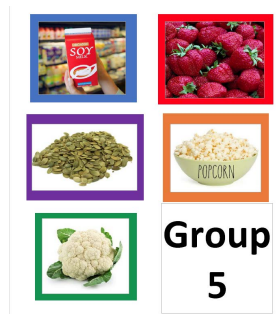
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***Introductory Activity - Color Code - Directions** - Participants will be divided into 4 groups of 5 (family members do not have to be in the same group). Each group will have one set of cards that are color coded (but do not tell them what the colors mean) as green with a vegetable, red with a fruit, orange with a grain, purple with a lean protein, and blue with low fat dairy (found on pages 2 through 6 in the Supplemental Materials, Recipes and Task Cards section of this guide). Cards will be put into a small paper bag.

- Each group member will pull a card from a bag as they introduce themselves to their group.
- When prompted, members must find someone to pair with from another group who has the same color card. Then wait for directions.
- Tell pairs they will have 45 seconds to introduce themselves, find something about food they have in common, something about food upon which they differ, and something their picture cards have in common.
- Allow one pair to share what they discovered.
- After 3 rotations, repeating #2 and #3, members will return to their group and place their colored card in the compartment of a MyPlate plate that corresponds with that color.

Discuss MyPlate using the following questions.

- **Questions 1:** What is MyPlate? (an example of what a “balanced home cooked meal” should look like)
- **Question 2:** Why are they color coded? (to identify food groups at a glance)
- **Question 3:** According to MyPlate, how much of a balanced meal should be fruits and vegetables? (half)
- **Question 4:** Are all protein, grain and dairy food options equal in their nutritional value? (Accept a few responses and tell participant they will have an opportunity to learn more about these food groups during the workshop.)



Reproducible for the Color Code Cards and MyPlate can be found on page 27 through 31 of this guide. Directions for using each page to support Healthy Habits activities are provided on page 7.



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Participants are still in their 4 groups of 5 members. On a table, displayed in front of the participants are the dry good pantry items needed for meals prepared throughout the workshop (see list on page 10.).

Staples and Skills - say – “It is good that many of you are familiar with MyPlate. As part of the afternoon session you will learn more about the health benefits of each food group at Healthy Habit Stations. But for now, we will focus on the items on the table.”

Script:

Ask – “What is a pantry?” (A place to store frequently used cooking ingredients.) **Ask** – “What is shelf-stable?” (It means food items able to survive long periods on store or home shelves without spoiling.) **Say** – “A pantry with shelf stable items, or staples, can help you prepare healthy home cooked meals when time is short, giving you more control over what goes into your food. But it is also important to have some knowledge of the staples in your pantry, including the most basic items, to insure your meals are nourishing and tasty.”

***Activity - Pantry Scavenger Hunt, Part 1 – Directions** – Given a riddle from the list (table) below and working as a group, participants will read, discuss and select the pantry item from the display that fits the description. Groups should send one member to retrieve the item from the display that represents their choice. When all groups have made their selection, they will share their riddle and choice with others. The presenter will add more information after each riddle response to expand the knowledge of participants. (Reproducible found on page 33 in the Supplemental Materials, Recipes and Task Cards section.)

Staple	Scavenger Clue - Riddle	Presenter Adds:
Honey	You drink it in your tea, Spread it on your bread, It's golden and sweet, Not too much should you eat!	There are some claims that honey is healthier than white sugar. Although honey provides some vitamins and minerals, it is considered an added sugar, just like white and brown sugar. Use it sparingly, as it can increase your blood sugar level and risk of dental caries (cavities), and it adds calories to your diet.
Salt	A little to stay healthy, A lot can make you sick, A mineral from the seas, It adds flavor to your peas!	The Dietary Guidelines for Americans reports that most of the salt we eat doesn't come from our salt shakers but from processed and fast foods. A good reason to cook your food at home.
Olive Oil	About this staple hear my voice, For a salad, it's a better choice, This staple is liquid fat, But eat it all day and your health goes splat!	Oils are part of healthy eating patterns, as they provide us with essential fatty acids and vitamin E, but because they are a concentrated source of calories, the amount consumed should be limited.
Apple Cider Vinegar	This liquid can surely add a tang, About it, many miracles are sang, Thought to keep your body lean, It can also keep your kitchen clean!	As with so many dietary fads, apple cider vinegar has seen its share of health claims. Be careful of Internet claims, and instead reach out to trusted sources. But, it is known that the Internet's favorite “home remedy” (apple cider vinegar) is half of an excellent salad dressing.
Baking Soda	A white powdery compound, And as funny as this sounds, Lemon juice will give it gas, And, it makes holes in cake to give it mass!	Baking soda is primarily used in baking as a leavening agent. Baking powder is made with baking so-da. Remember, there is a difference between the two staples.

Pantry Items – Based on ingredients needed for Homemade Whole Wheat Baking Mix and recipes during the Morning Graze session.

Dry Goods (To Display)	Refrigerated Goods	Frozen Food
Olive Oil	Butter	Frozen Blueberries
Coconut Oil	Milk	
Apple Cider Vinegar	Plain Greek Yogurt	
Honey	Eggs	
Maple Syrup	Lemons	
Onion Powder	Bananas	
Garlic Powder		
Sea Salt		
Pepper		
Dried Dill		
Sugar		
Brown Sugar		
Baking Soda		
Baking Powder		
Whole Grain Pasta		
Whole Wheat Flour		
Brown Rice		
Ground Flax Seed		
Canned Chickpeas		
Canned Black Beans (optional)		
Canned Chicken (optional)		
Chicken Broth (optional)		
Spaghetti Sauce (optional)		
Popcorn (optional)		



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***Activity - Pantry Scavenger Hunt, Part 2 - Say** – “Now examine your container for a date.” **Ask** – “Can any of you find a date on the container?” (Allow time for groups to respond.) **Ask** – “What does your date mean?” (Allow time for brief responses.)

Explain – “Best if Used By/Before” indicates when a product will be of best flavor or quality. It is not a purchase or safety date. A “Sell-By” date tells the store how long to display the product for sale for inventory management. It is not a safety date. A “Use-By” date is the last date recommended for the use of the product while it is at peak quality.” (Use poster below to support explanations.)

Continue – “Concerning pantry staples, USDA recommends you store items in a cool, clean, dry place and check dates often, even when purchasing. They also suggest, if you should have a question about the safe storage of food items, that you use **Foodkeeper**.” (If able to connect and project, navigate to site, click Shelf Stable and show information for Flaxseed, ground and Coconut oil. Also, use the search option and type in olive oil to demonstrate how to search for an item. Upon completion of this activity, return all staples to the workshop pantry display and have family pairs move from groups to sit together.)

Pantry Scavenger Hunt Part 2 – Print Poster Size. Use as a visual to support script on lesson plan.

"Best if Used By/Before" date indicates when product will be of **best flavor or quality**. It is not a purchase or safety date.

"Sell-By" date tells the store how long to display the **product for sale**. It is not a safety date.

"Use-By" date is the last date recommended for **the use of the product** while it is at peak quality.”

For information regarding food safety see:
Foodkeeper at foodsafety.gov



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Reproducible for Pantry Scavenger Hunt Part 2 Poster can be found on page 34 in the Supplemental Materials, Recipes and Task Cards section. Directions for using all reproducible materials to support lesson activities can be found on the first page of this section.



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This activity is planned as a demonstration to be presented by an FCS Agent. Arrange participants for easy viewing of the presenter.

***Demonstration - Rules of the Tools! - Ask** – “Why is the accurate measuring of ingredients, especially staples, important in preparing food?” (The food item will taste as it should and you will not have to redo anything.) **Say** – “Kids of all ages can help in the kitchen as long as they are doing age appropriate activities. Measuring out staples, using basic kitchen tools, and reading and following directions on a recipe to help prepare meals are things 4th through 6th graders can do. So, let’s develop the habit of performing these activities correctly.”

Explain – Say - “Notice that some of our staples are dry ingredients and some are wet. Today, I will demonstrate to you how to correctly measure ingredients for cooking, whether dry or wet. I will also show you how to use two kitchen tools that help combine ingredients, and then give you tips for using the most important home cooking tool of all! Let’s start with the tools of the trade!”

Tool to Demonstrate	Ingredient to Use	Rule Script
Dry Measuring Cup	Flour and Coconut Oil (Show how to correctly measure flour into a bowl but leave the coconut oil in a ¼ measuring cup. You will use these two ingredients later. First show how to use a wire whisk to combine flour and baking powder, and then add coconut oil to show how to correctly use a pastry blender to cut the oil into the flour mix-ture.)	Ask – “What do these tools measure? (Show cups.) Dry ingredient measuring cups are for flour or sugar and also thick wet ingredients such as yogurt or coconut oil. Anything that you can level off.” Demo – “Use a spoon to fluff up the flour within the container and gently scoop the flour into the measuring cup. Use a knife or other straight edged utensil to level the flour across the measuring cup. The coconut oil can be gently pressed before leveling off.”
Measuring Spoons	Baking Powder and Apple Cider Vinegar (Put the measure spoon of baking soda into the bowl of flour to use later in the demonstration. You can discard the vinegar.)	Ask – “What do these tools measure? (Show cups.) Measuring spoons are for small amounts of both dry and wet ingredients. Demo – “For dry ingredients, you just dip and level. Wet ingredients should be slowly poured.”
Liquid Measure	Milk (You can pour the milk back into the carton.)	Ask – “For what would you use this measuring cup? Demo - “You must set the cup on a flat surface to make sure the cup is level and the measurement is correct. Get down, eye level, to see the line representing the desired measurement. Stop on that line.”
Whisk and Pastry Blender	Flour, Baking Powder and Coconut Oil (Flour and baking powder in bowl can be whisked. Then cut in the ¼ cup of coconut oil with the pastry blender.)	Ask – “What is purpose of these kitchen tools?” (Show whisk and blender.) Demo – “A whisk is a cooking utensil which can be used to blend ingredients or to incorporate air into a mixture. A pastry blender is a kitchen tool with metal tines that allows you to cut butter, or other fats, into flour quickly and easily. The tines are curved, so you can use the tool right in your mixing bowl, and they are attached to a handle that makes it very easy to grip.”

Continued on next page



4-H Kitchens Rule!

Tool to Demonstrate	Ingredient to Use	Rule Script
Recipe	Homemade Whole Wheat Baking Mix Recipe	Ask – “What is a recipe?” A recipe is a set of directions for preparing food, including a list of the ingredients and amounts. Always read the whole recipe through before starting to ensure that you have all the ingredients and tools you'll need, and to divide the duties so that family members can all share in the cooking process.”

***Activity – You Can Do It! – Say** - “Now it’s time for you to practice correctly measuring ingredients, using basic cooking tools and reading a recipe to create a Homemade Whole Wheat Baking Mix.” (Reproducible for Homemade Whole Wheat Baking Mix recipe can be found on page 36 in the Supplemental Materials, Recipes and Task Cards section.)

Directions – Given a Healthy Baking Mix recipe and a kitchen assignment, family members will be directed to follow **Basic Kitchen Rules**: (See poster below.)

1. Read the Recipe
2. Decide on Duties
3. Wash Hands
4. Have Fun Together

Each kitchen will have the tools and ingredients for two families to prepare their own individual recipe. Tools needed by **each kitchen** will be **2 sets of dry ingredients measuring cups, 2 sets of measuring spoons, a pastry blender, whisk, 4 medium mixing bowls, 2 quart jars with lids and 2 stirring spoons.**

Allow approximately 30 minutes for families to follow the recipe directions completely.
(Make sure to label each family’s jar of Healthy Baking Mix with their name and date.)

Reproducible for Basic Kitchen Rules
Poster can be found on page 35 in
Supplemental Materials, Recipes and
Task Cards section of this guide.

Basic Kitchen Rules

So...Kitchens Can Rule!

- Read the Recipe
- Decide on Duties
- Wash Hands
- Have Fun Together



4-H Kitchens Rule!



4-H Kitchens Rule!

***Activity – Kitchen Safety Topics – Say** – “You have your baking mix prepared and ready to turn into a breakfast treat, but before you start, it’s a good idea to review a few kitchen safety topics.” **Ask** – “What do you know about kitchen safety?” (Allow time for a few comments.)

Directions – Given a copy of Rules of the Tools, Part 2 - Kitchen Safety Topics (see below), each kitchen group will be assigned the safety rules for one kitchen safety topic. Their duty is to work with group (kitchen) members to become experts on their topic and teach other groups. Given approximately 10 minutes to develop teaching points, each group, one at a time, will share their safety tip(s) with the rest of the groups, discuss why it is important and demonstrate how to safely perform the tasks.



Rules of the Tools, Part 2 – Kitchen Safety Topics

Safety Topic	Rules
Oven Safety (Kitchen 1)	1. Always use 2 dry oven mitts when taking dishes out of the oven or touching hot pan handles. 2. Make sure all group members are aware and safely out of the way before opening the oven. Announce to group members when you are opening the oven. 3. Before leaving the kitchen, make sure the oven is turned off. 4. Move slowly and carefully when putting things into or taking things out of the oven.
Stove Safety (Kitchen 2)	1. Be aware of hot surfaces and pan handles 2. Open hot pots and pans with the lids facing away from you to avoid steam burns. 3. Don't use metal spoons to stir food in hot pans: the metal can get really hot! 4. Pour liquid away from you when draining pasta or other food cooked in water. 5. Before leaving the kitchen, make sure burners are off.
Knives and Sharp Tools (Kitchen 3)	1. Stay focused on what you are doing when using knives and graters. 2. Always hold them by the handle. 3. Walk carefully when carrying knives or other sharp objects and be sure to point the blade down and away from you. 4. Always use a cutting board when you are working with knives. 5. Wash knives as soon as you are done using them; leaving them in the sink can be dangerous.
Electrical Equipment (Kitchen 4)	1. Make sure your hands are dry when using electrical equipment like blenders, food processors, and hand mixers. 2. Make sure the cord stays on a dry surface and out of the water. 3. Make sure the appliance is turned off before plugging it in.
Safety and Sanitation (Kitchen 5)	1. Wipe counters and the stovetop with dish detergent and water using a paper towel. 2. Wash your hands before you begin cooking. 3. Wash/disinfect surfaces and cutting boards after they have come in contact with eggs. 4. Always wash your hands right away when you have touched egg before you touch anything else.

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Reproducible for Kitchen Safety Topics can be found on page 37 in the Supplemental Materials, Recipes and Task Cards section. Give each family pair a copy of the document as a reference for their own presentation and to follow along while other kitchen groups present.



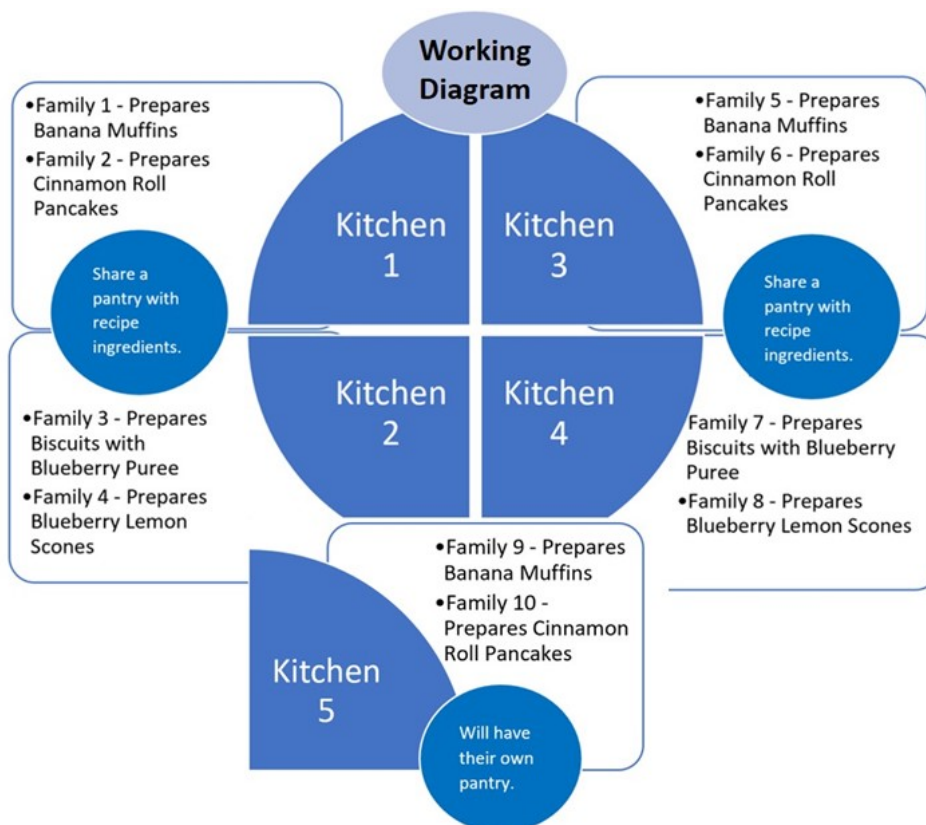
4-H Kitchens Rule!

Participants can either come back together as a group with family pairs sitting together or stay in assigned kitchen as directions are given for this activity.

***Activity - Morning Graze! - Ask** – “What is said to be the most important meal of the day?” (breakfast) **Ask** – “Why is it important to eat a healthy breakfast?” (Allow for a few responses.) **Say** – “Eating a nutritious breakfast sets the tone for the day. It is necessary not only for your body but for the brain as well. Eating a nutritious breakfast helps improve your concentration and productivity.”

Directions – Using the reserved two cups of the Whole Wheat Baking Mix during the previous activity, families will prepare a sampling of either: Cinnamon Roll Pancakes, Banana Muffins, Biscuits with Blueberry Puree or Lemon Blueberry Scones. **(Recipe reproducibles can be found on pages 13 through 16 in the Supplemental Materials, Recipes and Tasks Cards section of this guide.)** When they have prepared their dish, they will plate 12 samples, one for themselves and 11 to share with one other kitchen, including kitchen 5. Remind participants of the Basic Kitchen Rules before they begin. Encourage cleaning up as they go.

***Debrief – A debrief of the preparation process and a taste test - Ask** – “What cooking or kitchen skills were new to you?” “Which ingredient did you use in a way you had not used it before?” “Which recipe could you see your family helping to prepare and enjoying?” “What did you learn about working with each other during this experience?” (Encourage with positive feedback.)



The diagram to the left can be used as a guide to organize family pairs, recipes, kitchens and supplies.



4-H Kitchens Rule!

Families will bring a “brown bag” lunch from home. During lunch, have several families sit together and encourage discussion with 2 cards from the Family Jar of Choices.

The Family Jar of Choices— **Explain** — “Family meals provide an opportunity for family members to come together, strengthen ties and build better relationships. For both youth and adults, participating in a healthy conversation builds a sense of belonging which leads to better self-esteem. You will be going home with a jar of conversation starters to help generate conversation during meals.”

***Activity - Directions** - The two Family Choices cards below can be used during lunch to inspire family conversations. These cards can be found on page 42 in Supplemental Materials, Recipes and Tasks Cards. Print 5 on 8 ½ by 11 card stock, cut cards, put sets on 5 tables. (Before camp, prepare a jar of cards for each family by duplicating the cards on pages 42 through 47, cut cards, and filling 10 jars with each of 30 cards. Families will bring these home.)

	If you had to choose.... the best food to have as a midnight snack ...what's your choice and why?	If you had to choose.... one thing that you would not want to live without ...what's your choice and why?	



4-H Kitchens Rule!

Organize all participants together, seated and focused on presenter. Welcome them back for the second half of the workshop. Have Teen Leaders and FCS Agent prepared to man their Healthy Habits Stations.

Food for Thought - Families will have an opportunity to learn more about MyPlate and develop knife skills. They will also prep vegetables and follow directions to prepare a meal option featuring the vegetables they have prepped.

Script:

Ask – “How many decisions do you make each day about the food you eat?” (Allow a few responses.) **Say** – A 2009 study published by Cornell University estimates that adults make over 200 food related decisions a day, with kids making about 100.” **Ask** – “What are some of the decisions you make about the food you eat?” (Allow for a few responses.) **Ask** – “With a show of hands, how many of you allow someone else to make your food decisions for you?” (Pause for response.) **Ask** – “Who makes those decisions for you? (Pause for response.) **Say** – “When you eat fast food or buy a snack at a convenience store, you might have selected the item, but you have allowed someone else to decide how much salt, sugar or fat to include, and the quality and or freshness of ingredients to put into your food.” **Ask** – “How can we better control our food decisions?” (Accept answers that include -plan our meals, shop for ingredients and cook and eat our meals at home.)

Continue – **Say** – “This afternoon you have the opportunity to learn more about developing healthy habits by visiting Healthy Habits Stations.”

***Activity – Healthy Habits Stations! – Directions** – In groups of 4 (two family pairs) participants will rotate through each of 5 stations to gain information and complete a short activity. Allow approximately 8 minutes at each station. **Teens and the FCS Agent will use the posters and prepared script found in the Healthy Habits Stations Supplemental Materials section of this guide.** Directions for using the materials is provided on the handouts. The provided posters will help illustrate the script for each station. **Also, supplemental materials for each station can be found in the Healthy Habits Stations Supplemental Materials section.**

***Activity - Veggie Prepping Time!!!** – **Say** – “There are foods we purchase at the grocery store that need no nutrition label.” **Ask** – “What are these foods?” (fruits and vegetables) **Ask** – “Why don’t they need a nutrition label?” (the nutrients of fresh fruits and vegetables, unlike processed boxed, canned or frozen foods, deteriorate or change from the time of harvest to when actually purchased or eaten) **Say** – “To make sure your family gets the most nutrition, buy only the amount of fresh vegetables you can eat during a given time. Also, you can prep them in advance. You have already learned the basics of washing and chopping. But it is also important to store them properly. Let’s get some practice!”

Directions – (Wash hands!!! Begin this activity as a whole group while directions are explained. Activity will be performed in already assigned kitchens.) Families will be designated to prep a particular vegetable(s) using a **Task Strip on page 48 in Supplemental Materials, Recipes and Task Cards.** Provide each family with a task card and time to decide which part of their assigned task will be done by youth and which will be completed by the adult. Encourage them to consider safety and skill level when deciding upon these roles. FCS Agents, adult volunteers and Teen Leaders can observe and aide families when needed, especially with knife skills.



4-H Kitchens Rule!

Food for Thought

Before families begin food preparation remind them to wash hands often to prevent cross contamination. Review the **4 Basic Kitchen Rules** below.

***Activity - Half Your Plate – Say** – “Having your veggies prepped and ready to serve is the best way to save time and to fill *half your plate* with veggies at every meal! Rather than prepare whole meals ahead of time just getting a head start on prepping the ingredients can make a huge difference in the week of a busy family. Today you have prepped **the start** of some delicious and nutritious home cooked meals. Now you will have an opportunity to experience recipes that utilize these ingredients.”

Directions – (Recipe cards can be found on pages 24 through 29 in Supplemental Materials, Recipes and Task Cards.) Using the recipes cards with kitchen and family assignments noted, each family will be given a recipe to prepare. They will also present a sample to the other families for tasting. Remind them of the **4 Basic Kitchen Rules** and to work safely and neatly. Teen Leaders and volunteers can observe and aide families when needed. **(Extra help might be needed by Families 2 and 6 to slice an avocado, 3 and 7 to dice eggplant, 2, 6 and 10 to slice cucumbers and 4 and 8 while grating cheeses.)**

***Debrief – A debrief of the preparation process and a taste test** – After allowing time for families to sample recipes....**Ask** – “What cooking or kitchen skills were new to you?” “Which ingredient did you use in a way you had not used it before?” “Which recipe(s) could you see your family helping to prepare and enjoying?” “What did you learn about working with each other during this experience?” (Encourage with positive feedback.)

Basic Kitchen Rules

So...Kitchens Can Rule!

- Read the Recipe
- Decide on Duties
- Wash Hands
- Have Fun Together



4-H Kitchens Rule!



4-H Kitchens Rule!

Begin these activities after kitchens and tables are clean and food items are put away. Teen Leaders together with adult volunteers would be needed to present these activities.

The Kitchen and the Family - **Say** – “It is proven that people of all ages eat more healthy foods and a wider variety of foods when they share meals with family and friends. This involves cooking together, eating together and talking together.”

Script:

Ask – “What can be achieved by family members cooking together? (Accept answers that include youth learn important life skills, adults contribute knowledge, and/or families experience working together toward a goal.) **Ask**

– “What can be achieved by family members eating together? (Accept answers that include: everyone learns to make healthier choices and members learn to try new foods.) **Ask** – “What rule can you suggest for family

mealtime that would make the experience more meaningful?” (Accept answers that include: turn off electronics, talk about positive events or things and/or relax and laugh.) **Say** – “Remember, you are going home with the Fam-

ily Jar of Choices to help you develop this healthy habit.” (Pass out jars.)

***Activity – Beginning Healthy Habits** – After allowing time to pass out the Healthy Habits, Healthy Homes Sessions and Recipes booklet....**Ask** – “Considering the information and skills presented during this workshop, how will you help your family develop healthy habits when you get home?” (Accept answers that express to include all family members in creating a plan.)

Continue – Say – “Thinking about:

- your family’s schedule for the upcoming week.
- what you may already have available in your pantry, refrigerator and freezer.
- what new foods you can add to make your meals healthier and more appealing?

Use the meal planning page in your booklet and begin to consider which meals, from those prepared today, you could incorporate this coming week.”

Continue - While families briefly think about and discuss their weekly meal plan**Show** – Demonstrate to families how to add the planning page to a picture frame and use a dry erase pen to have an durable way to plan weekly meals and groceries. (Families will go home with a picture frame and dry erase marker.)

***Conclusion – Say** – “We hope you are going away with practical steps and skills to help you and your family create a framework for **healthy habits that will lead to a healthy home**. Please complete your Exit Card (found on page 56 in Supplemental Materials, Recipes and Task Cards) before you leave. Thank you! (Don’t let families forget their jar of baking mix, Healthy Habits, Healthy Homes Sessions and Recipe booklet, and picture frame menu planner.)

Section 3

Timeline, Grocery List, Equipment/Material and Planning



4-H Kitchens Rule!



4-H Kitchens Rule!

Suggested Timeline – The estimated durations for each lesson and activity are only suggested as time required may vary according to the needs of the participants and limitations or challenges of the facility.

***Note** - The content of this guide is sequenced to create smooth transitions between activities in order to meet objectives and achieve stronger participant understanding and skill sets.

Feel free to use the extra space on this page for notes during planning.

9:30 Introduction and Welcome

9:40 Activity - Color Code

10:00 Staples and Skills

10:20 Activity – Rules of the Tools Demo

10:30 Activity – You Can Do It!

11:00 Activity – Safe Kitchen Habits

11:30 – 12:30 – Activity - Morning Graze!

****12:30 to 1:00 Family Lunch Time**

1:00 Food for Thought

1:10 – 2:00 Activity – Healthy Habits Stations!

2:00-2:30 Veggie Prepping Time!!!

2:30-3:40 Activity – Half Your Plate!

3:40-4:00 The Kitchen and the Family!

4:00 Conclusion



4-H Kitchens Rule!

Grocery List – The estimated amounts of food items are required for 10 families to complete the camp activities.

Use the extra space on this page for notes during planning.

Dry Goods	Fresh Produce	Refrigerated Goods	Frozen Food
Olive Oil – 2 – 16 ounce bottles	Spinach – 10 cups	Butter – 2 – 2 pound boxes	Frozen Blueberries – 2 cups
Coconut Oil – 2 – 14 ounce bottle	Bell Pepper, yellow – 4	Milk – 4 cups	
Apple Cider Vinegar – 1 small bottle	Green onion – 2 bunches	Plain Greek Yogurt – 3 cups	
Honey – 1 – 16 ounce bottle	Mushrooms - 8 cups	Eggs – 2 dozen	
Maple Syrup – 1 - 16 ounce bottle	Grape tomatoes – 6 cups	Lemons - 4	
Onion Powder – 1 small can	Red onion - 1	Bananas - 2	
Garlic Powder – 1 small can	Garlic – 8 cloves	Parmesan Cheese – 2 – 8 ounce blocks	
Sea Salt – 1 small can	Eggplant - 2	Mozzarella – 2 – 8 ounce blocks	
Pepper – 1 small can	Broccoli – 2 heads		
Dried Dill – 1 small can	Cauliflower – 2 heads		
Sugar – 1 – 2 pound	English cucumbers - 6		
Brown Sugar – 1 – 1 pound	Avocados – 2 medium		
Baking Soda – 1 box	Parsley – 1 small bunch		
Baking Powder – 3 cans	Carrots – 1 bunch		
Whole Grain Pasta – 4 cups			
Whole Wheat Flour – 10 pounds			
Brown Rice – 4 cups			
Ground Flax Seed – 1 – 1 pound			
Canned Chickpeas – 3 – 15 ounce			
Canned Black Beans - 1			
Canned Chicken - 1			
Spaghetti Sauce – 2 different			
Popcorn - 1			
Paprika – 1 can			
Cumin – 1 can			
Tahini – 1 jar			
Whole Wheat Pita Bread (Chips)			



4-H Kitchens Rule!

Suggested Equipment and Materials List – These are suggested for 10 families to complete the camp activities. *Continued on next page.*

Use the extra space on this page for notes during planning.

Item	Amount	Estimated Price
Medium Mixing Bowls	20	
Wire Whisk	10	
Pastry Blender	10	\$45.00 (4.50 each at Walmart)
Measuring Cup Set	10	
Measuring Spoon Set	10	
Stirring Spoons	10	
Liquid Measuring Cups	10	
Quart Jars (baking mix)	10	\$8.92 (at Walmart)
Oven Mitts	10	\$23.70 (2.37 each at Walmart)
Muffin Tin, 12 cup	2	\$8.00 (4.00 each at Walmart)
Metal Forks and Tablespoons	10 each	
Small Mixing Bowls	10	
Skillet with Lid	2	
Spatula (flipper)	2	
Baking Sheet (15x10)	6	\$36.00 (6.00 each at Walmart)
Cutting Board	10	
Rolling Pin	2	
Round Biscuit Cutter	2	\$4.00 (Estimated at 2.00 each)
Pastry Brush	2	
Micro plane	2	\$10.34 (5.17 each at Walmart)
Chef Knife	10	
Paring Knife	10	
Rice Cooker, 6 cup	2	\$30.00 (Estimated at 15.00 each)
Lemon Juicer	2	
Small Pot with lid	2	
Can Opener	1	
Pasta Pot, 12 quart	2	\$35.18 (Estimated at 17.59 each)
Grater (cheese)	2	
Food Processor	1	
Rubber Spatula (small)	2	
Dish Towels		
Paper Towels		



4-H Kitchens Rule!

Suggested Equipment and Materials List – Continued from page 23.

Use the extra space on this page for notes during planning.

Hand Soap		
Dish Soap		
Aprons (optional)		
Parchment	2 rolls	\$8.96
Muffin Tin Liners	24	\$5.87
Resealable Plastic Bags (quart)	1 – 24 box	\$5.28
Card Stock		
Small Jars (Family Choice Cards)	10	\$7.86
Estimated Total		\$229.11

Section 4

Supplemental Materials, Recipes and Task Cards



4-H Kitchens Rule!

To use these materials to accompany Healthy Habits Lesson Plan and Guide:

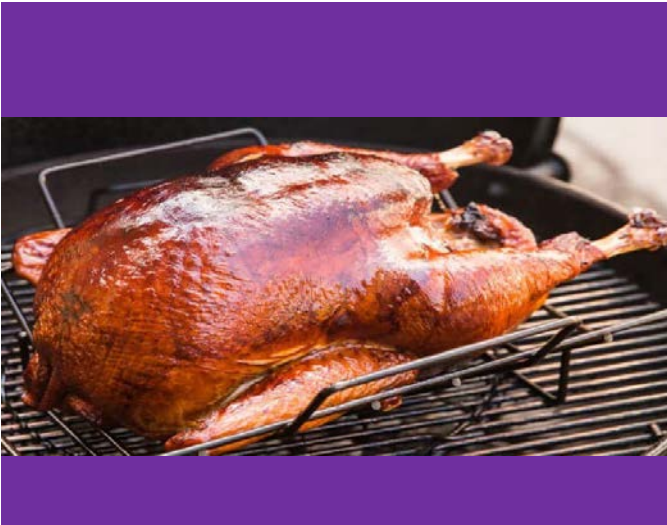
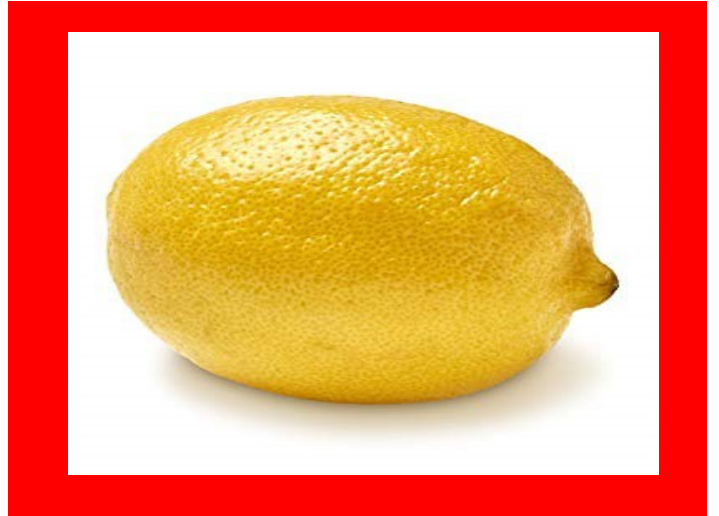
Pages	Activity	Instructions
27-31	Color Code	Print 1 of each page on Avery Card Stock # 74540
32	Color Code	Print 5 on card stock
33	Pantry Scavenger Hunt	Print 1 on regular paper, cut strips
34	Pantry Scavenger Hunt 2	Create Poster for large group presentation
35	Basic Kitchen Rules	Create Poster for large group presentation
36	You Can Do It!	Print 10 on 8 ½ by 11 card stock
37	Kitchen Safety Topics	Print 10 8 ½ by 11 card stock
38-41	Morning Graze!	Print 3 of each on 8 ½ by 11 card stock
42-47	Family Jar of Choices	Print 10 of each on Avery Card Stock # 74540, create 10 jars with each of 30 cards
47	Lunch Time “Family Jar of Choices” Discussion	Print 5 on on Avery Card Stock # 74540, cut cards, put sets on 5 tables during lunch
48	Veggie Prepping Task Strips	Print 1 on 8 ½ by 11 card stock, cut strips
49-52	Food for Thought Recipes	Print 2 of each on 8 ½ by 11 card stock
53-54	Food for Thought Recipes 2	Print 1 of each on 8 ½ by 11 card stock
55-56	Entrance and Exit Cards	Print 10 of each on 8 ½ by 11 paper



4-H Kitchens Rule!



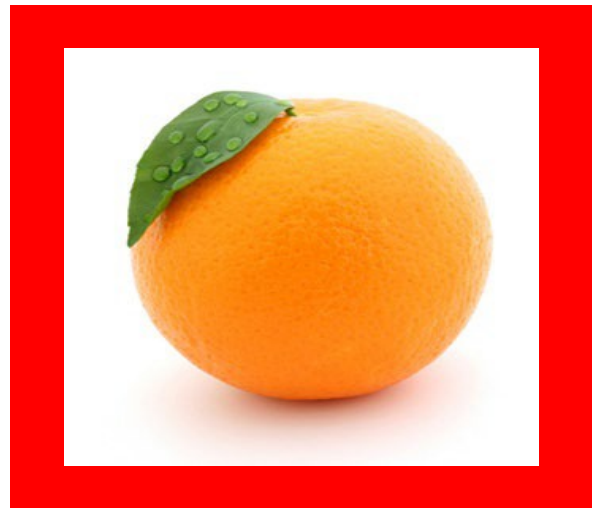
Group 1



Group 2



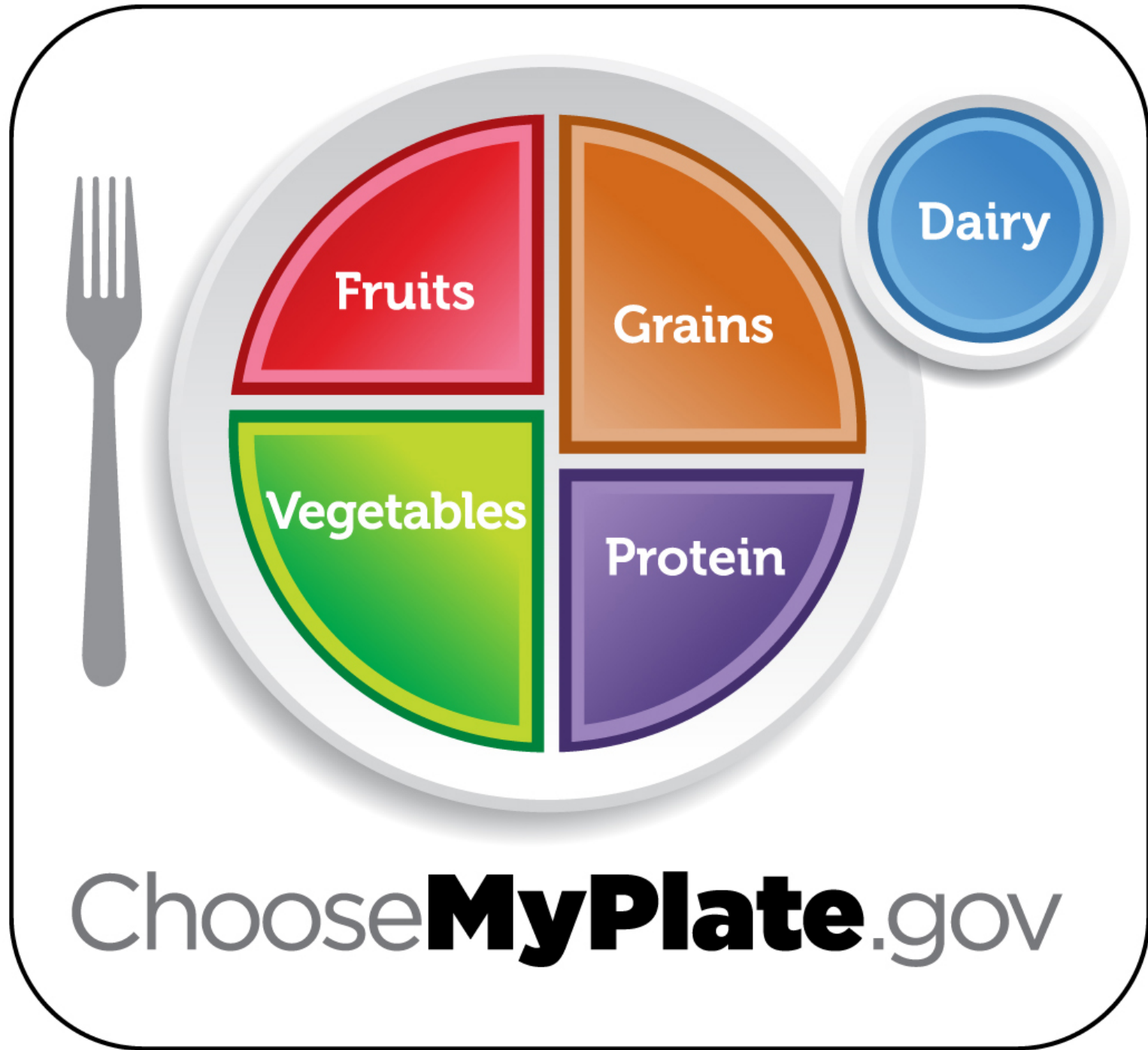
Group 3



Group 4



Group 5



Pantry Scavenger Hunt Clues – Riddle - Print and cut out riddles. Give one riddle to each group.

You drink it in your tea,
Spread it on your bread,
It's golden and sweet,
Not too much should you eat!

A little to stay healthy,
A lot can make you sick,
A mineral from the seas,
It adds flavor to your peas!

About this staple hear my voice,
For a salad, it's a better choice,
This staple is liquid fat,
But eat it all day and your health goes splat!

This liquid can surely add a tang,
About it, many miracles are sang,
Thought to keep your body lean,
It can also keep your kitchen clean!

A white powdery compound,
And as funny as this sounds,
Lemon juice will give it gas,
And, it makes holes in cake to give it mass!

"Best if Used By/Before" date indicates when product will be of **best flavor or quality**. It is not a purchase or safety date.

"Sell-By" date tells the store how long to display the **product for sale**. It is not a safety date.

"Use-By" date is the last date recommended for **the use of the product** while it is at peak quality."

For information regarding food safety see:
Foodkeeper at [foodsafety.gov](https://www.foodsafety.gov)



Basic Kitchen Rules

So...Kitchens Can Rule!

- Read the Recipe
- Decide on Duties
- Wash Hands
- Have Fun Together



4-H Kitchens Rule!

Ingredients:

- 3 cups whole wheat flour
- ¼ cup ground flax seed
- 2 tablespoons + 2 teaspoons baking powder
- 1 teaspoon baking soda
- 1 teaspoon table salt
- 1 tablespoon sugar
- 3 tablespoons cold butter cut into small slices
(if needed, put in the freezer)
- 1/4 cup coconut oil

Directions:

- Add flour, flax seed, baking powder, baking soda, salt and sugar to a large bowl. Whisk to blend.
- Using a pastry blender, bend butter and coconut oil into dry ingredients until the size of small peas.
- Put 2 cups of the mix into a large mixing bowl to be used in preparing a whole wheat breakfast item.
- Put the remainder of the mix into a glass 2-quart jar labeled with your family name and date.



4-H Kitchens Rule!



Rules of the Tools, Part 2 – Kitchen Safety Topics

Safety Topic	Rules
Oven Safety (Kitchen 1)	1. Always use 2 dry oven mitts when taking dishes out of the oven or touching hot pan handles. 2. Make sure all group members are aware and safely out of the way before opening the oven. Announce to group members when you are opening the oven. 3. Before leaving the kitchen, make sure the oven is turned off. 4. Move slowly and carefully when putting things into or taking things out of the oven.
Stove Safety (Kitchen 2)	1. Be aware of hot surfaces and pan handles 2. Open hot pots and pans with the lids facing away from you to avoid steam burns. 3. Don't use metal spoons to stir food in hot pans: the metal can get really hot! 4. Pour liquid away from you when draining pasta or other food cooked in water. 5. Before leaving the kitchen, make sure burners are off.
Knives and Sharp Tools (Kitchen 3)	1. Stay focused on what you are doing when using knives and graters. 2. Always hold them by the handle. 3. Walk carefully when carrying knives or other sharp objects and be sure to point the blade down and away from you. 4. Always use a cutting board when you are working with knives. 5. Wash knives as soon as you are done using them; leaving them in the sink can be dangerous.
Electrical Equipment (Kitchen 4)	1. Make sure your hands are dry when using electrical equipment like blenders, food processors, and hand mixers. 2. Make sure the cord stays on a dry surface and out of the water. 3. Make sure the appliance is turned off before plugging it in.
Safety and Sanitation (Kitchen 5)	1. Wipe counters and the stovetop with dish detergent and water using a paper towel. 2. Wash your hands before you begin cooking. 3. Wash/disinfect surfaces and cutting boards after they have come in contact with eggs. 4. Always wash your hands right away when you have touched eggs before you touch anything else.

Ingredients:

- 2 cups whole wheat baking mix
- ½ cup of butter, melted and cooled
- ¼ cup maple syrup
- 2 large eggs, beaten
- 1 large banana, mashed

Directions:

- *Preheat oven to 350°F and line a muffin tin (12 cups) with liners prepared with non-stick cooking spray.
- *In a large mixing bowl, add baking mix, whisk to fluff and make a hole in the center.
- *Measure out and prepare all remaining ingredients.
- *Pour melted butter, syrup, and beaten eggs, in order, to the baking mix and stir to mix.
- *Fold the mashed banana into the batter until combined and divide evenly among the 12 cups.
- *Bake until muffins begin to brown, about 18 to 20 minutes.



4-H Kitchens Rule!

Ingredients:

- 2 cups whole wheat baking mix
- 3 teaspoons cinnamon
- 1 large egg, beaten
- 1 cup milk
- 1 teaspoon apple cider vinegar
- 1/2 Tablespoon of butter

Directions:

- In a large bowl, whisk together the baking mix and cinnamon. Set aside.
- Using a liquid measuring cup, measure out the milk and add the apple cider vinegar. Set aside.
- Beat egg and set aside.
- Make a well (hole) in the center of the baking mix and add milk mixture and beaten egg. Stir until combined. Batter will be thick.
- Coat a large skillet with 1/2 Tablespoon of butter. Place over medium heat. Spoon 1/4 cup of batter into the skillet. Cook 3-4 minutes or until sides appear golden brown.
- Flip the pancakes. Cook 1-2 minutes, until the bottoms are golden brown.

Serve with your favorite toppings such as fruit, nuts or syrup.



4-H Kitchens Rule!

Ingredients:

- 2 cups whole wheat baking mix
- $\frac{3}{4}$ cup cold milk
- 1 teaspoons apple cider vinegar
- 2 tablespoons butter, melted (for topping biscuits)

Directions:

*Preheat oven to 400F. Prepare a 15/10 baking sheet with parchment paper.

*In a large bowl, whisk the baking mix to fluff. Measure out cold milk and to it the add the apple cider vinegar.

*Make a well (hole) in the middle of the baking mix and pour in the milk. Mix together thoroughly to form a soft ball, taking up all the baking mix. (If dough is crumbly add a little splash of milk.)

*Turn the dough onto a floured counter or cutting board. Sprinkle flour on the top of the dough and on a rolling pin.

*Roll the dough out into a flat circle to about $\frac{3}{4}$ of an inch thick. Fold the circle of dough over like a taco and roll it out to $\frac{3}{4}$ inch thickness, again. Use a cookie cutter to cut 8 to 10 biscuits.

*Place the biscuits on the baking pan and bake for about 15 to 20 minutes. Brush with melted butter.

*Make blueberry puree and serve with biscuits.



4-H Kitchens Rule!

Ingredients:

- 2 cups frozen blueberries
- 1 Tablespoon honey

Directions:

- Cook blueberries and honey in a small pot on medium heat for approximately 10 minutes, stirring frequently and using the back of a spoon to mash the blueberries up and break them down.



4-H Kitchens Rule!

Ingredients:

- 2 cups whole wheat baking mix
- Zest from 1 small lemon (Place the lemon in a small resealable bag and refrigerate.)
- 2/3 cup blueberries, fresh or frozen
- ½ cup Greek yogurt, plain
- 1 large egg
- 2 tablespoons maple syrup



4-H Kitchens Rule!

Directions:

- Preheat oven to 400 F. Prepare 15x10 baking sheet with parchment.
- In a large bowl, whisk together the baking mix and lemon zest. Gently mix blueberries with the dry ingredients.
- In a small bowl, lightly beat together the yogurt, egg and maple syrup.
- Add yogurt mixture to the dry ingredients and stir very gently, just until combined. The dough will be quite moist, like cookie dough.
- Turn out onto a lightly floured surface and pat into a 1"-thick round. Cut into 8 wedges and transfer to a parchment-lined baking sheet.
- Bake for approximately 18-20 minutes or until scones are golden brown.

If you had to choose....

between being famous or smart

...what's your choice and why?



If you had to choose....

between any job in the world

...what's your choice?



If you had to choose....

One problem in the world to fix

...what's your choice



If you had to choose....

one award to win, real or made-up,

**...what's your choice
and why?**



If you had to choose....

between any country

...what's your choice



If you had to choose....

One special thing to do as a family

...what's your choice



If you had to choose....

One holiday as your favorite

...what's your choice and why?



If you had to choose....

...what's your choice?



If you had to choose....

To be a leader or to be a follower

...what's your choice



If you had to choose....

A new way to decorate your room

...what's your choice and why?



If you had to choose....

A chore to never do again and always do

...what's your choice



If you had to choose....

One message to share with everyone in the world

...what's your choice



If you had to choose....

**One thing you could accomplish
this year**

...what's your choice and why?



If you had to choose....

A fruit to eat forever

...what's your choice



If you had to choose....

**Two things you are really good at
doing**

...what's your choice



If you had to choose....

Your best personal quality

...what's your choice and why?



If you had to choose....

**between being a singer or dance
...what's your choice**



If you had to choose....

To be an animal for a day

...what's your choice



If you had to choose....

To be any age for the rest of your life

...what's your choice and why?



If you had to choose....

Being able to fly or to become invisible
...what's your choice



If you had to choose....

To run a half mile barefoot or 10 miles with shoes

...what's your choice



If you had to choose....

To rename yourself any name

...what's your choice and why?



If you had to choose....

To live in a house with no roof or no walls
...what's your choice



If you had to choose....

To climb Mount Everest or take a submarine to the deepest ocean depths

...what's your choice



If you had to choose....

**To eat dinner in a castle or
breakfast in a hot air
balloon**

**...what's your choice and
why?**



If you had to choose....

**To give up your phone or give up your
pet**

...what's your choice



If you had to choose....

**Between not being able to talk or not
being able to hear for one day**

...what's your choice



If you had to choose....

**To live without music or without
computers**

**...what's your choice
and why?**



If you had to choose....

**Between living without electricity or
without running water**

...what's your choice



If you had to choose....

**To only eat fruit or only eat vegetables
for one week**

...what's your choice



If you had to choose....

**The best food to have as a
midnight snack**

**...what's your choice
and why?**



If you had to choose....

**One thing that you would not
want to live without**

**...what's your choice
and why?**



Family	Fresh Produce	Task
Family 1	Spinach	Wash, spin dry in vegetable spinner and chop. Place the dried leaves into a resealable bag, along with a couple of sheets of paper towel to absorb the water, and store in the refrigerator.
Family 2	Bell Pepper	Rinse, dry and slice. Store cut peppers in a resealable bag.
Family 3	Green onion	Rinse, dry and slice. Store in an airtight container as soon as possible.
Family 3	Parsley	Rinse, shake them dry, and wrap them in paper towel before storing in a resealable bag.
Family 4	Mushrooms	Rinse, pat dry and slice. Store cut mushrooms in a resealable bag.
Family 5	Grape tomatoes	Rinse, dry and cut into halves. Store cut tomatoes in a resealable bag.
Family 6	Red onion	Peel and slice. Place in an airtight container as soon as possible.
Family 7	Garlic	Peel and mince. Place cut garlic in an airtight container right after it's cut.
Family 8	Eggplant	Rinse outer surface and leave whole.
Family 8	Broccoli	Rinse, dry and cut off florets. Store between lightly moistened paper towels.
Family 9	Cauliflower	Rinse, dry and cut off florets. Store between lightly moistened paper towels.
Family 9	English cucumbers	Rinse and dry outer surface and leave whole.
Family 10	Avocados	Rinse and dry outer surface and leave whole.
Family 10	Carrots	Wash, peel and cut in half across and again in half lengthwise to make sticks. Store cut carrots in a resealable bag.

Ingredients:

- 2 cups brown rice
- 3 $\frac{1}{4}$ cups water
- 2 tablespoons dried dill
- 1 teaspoon salt
- Juice from one small lemon
- 2 tablespoons butter
- $\frac{1}{4}$ cup green onions, sliced
- 2 cups broccoli florets
- 2 cups cauliflower florets
- $\frac{3}{4}$ cup grape tomato halves
- 1 cup sliced mushrooms
- 1 cup sliced yellow bell pepper
- 4 garlic cloves, minced
- $\frac{1}{4}$ cup olive oil
- Salt and pepper to taste

Directions:

- Preheat oven to 400°F. Prepare a 15x21 baking sheet with parchment.
- Using a rice cooker, stir together the rice, water, dried dill, salt and lemon juice. Cover and set rice to cook.
- When rice cooker stops, allow rice to sit (still covered) for about 10 minutes longer. Then fluff rice with a fork.
- Add butter and green onion. Allow butter to melt and fluff rice again. Spoon a sample size serving into 8 bowls. Serve with roasted vegetables and hummus.



4-H Kitchens Rule!



4-H Kitchens Rule!

- Add broccoli, cauliflower, tomatoes, mushrooms, bell pepper, garlic, and oil into a large bowl. Sprinkle with salt and pepper. Toss to coat and spread onto a large baking sheet.
- Roast until the stems are tender and crisp and lightly golden brown (about 25 min.).
- Spoon a sample size serving over the rice in the 8 prepared rice bowls and add a dollop of hummus from Kitchen 5.

Ingredients:

- 4 cups fresh chopped spinach
- $\frac{3}{4}$ cup grape tomato halves
- 1 cup diced yellow bell pepper
- 1 cup sliced mushrooms
- 3 English cucumbers, sliced
- 1 medium avocado, diced
- 4 large eggs, placed on the counter
- Water, enough to fill a small pot about 1 inch above eggs
- $\frac{1}{2}$ of a 15 ounce can chickpeas, drained and rinsed
- $\frac{1}{2}$ teaspoon olive oil
- $\frac{1}{4}$ teaspoon sea salt
- $\frac{1}{4}$ teaspoon garlic powder



4-H Kitchens Rule!

Directions:

- Bring a medium-sized pot of water to a boil. Ensure there's enough water in the pot to cover the eggs by about an inch.
- While waiting for the water to boil, prepare ice water bath in a large bowl.
- Once the water is boiling, reduce the heat to low and use skimmer to gently and slowly add the eggs to the water. Then, turn the heat back up to a boil.
- Allow eggs to boil for about 12 minutes. Then use the skimmer to remove the eggs and immediately submerge them in the ice water bath to stop them from cooking.
- Peel and quarter the eggs.



4-H Kitchens Rule!

- On a large platter, spread out spinach, then add rows of quartered egg, tomatoes, bell pepper, mushrooms, cucumbers and avocado.
- In a small bowl, toss peas with the olive oil, sea salt and garlic powder. Roast on a parchment covered sheet at 350° for about 25 minutes. Sprinkle on top of salad.
- Spoon a sample size serving of the salad into 8 bowls and add a dollop of ranch dressing from Kitchen 5.

Ingredients:

- 1 medium eggplant, diced
- 1 cup grape tomato halves
- ½ red bell pepper, thinly sliced
- ½ small red onion, thinly sliced
- 1 cup sliced mushrooms
- ¼ cup olive oil
- 1 ½ teaspoons sea salt
- ¼ teaspoon black pepper
- 12 cups water
- 2 cups whole wheat pasta
- 2 teaspoons salt
- 2 tablespoons olive oil
- 1 teaspoon garlic powder
- 8 ounces diced mozzarella (from Family 4 and Family 8)
- ½ cup grated Parmesan cheese (from Family 4 and Family 8)

Directions:

- Preheat oven to 400°F. Prepare a 15x21 baking sheet with parchment.
- Add eggplant, tomatoes, bell pepper, onions, mushrooms and oil into a large bowl. Sprinkle with salt and pepper. Toss to coat and spread onto a large baking sheet.
- Roast until veggies are tender-crisp and lightly golden brown (about 25 min.). Or, roast until toast!
- Boil 12 cups water. Stir in salt and pasta, then cover pot to bring back to boil.
- Remove lid once boiling and stir to keep from sticking.
- Cook for approximately 11 minutes and continually check pasta for al dente texture.



4-H Kitchens Rule!



4-H Kitchens Rule!

- Drain pasta and transfer to a large serving bowl.
- Toss pasta with olive oil, garlic powder, diced mozzarella and parmesan cheese.
- Toss in roasted veggies and spoon a sample size into 8 bowls for sharing and tasting.

Ingredients:

- 8 large eggs (2 eggs per omelet)
- 8 tablespoons water (2 tablespoons per omelet)
- ½ teaspoon salt (1/8 teaspoon per omelet)
- Dash of pepper for each omelet
- 4 tablespoons butter (1 tablespoon per omelet)
- 1 cup fresh chopped spinach
- ¼ cup grape tomatoes halves
- ¼ cup red bell pepper, diced
- ¼ cup sliced mushrooms
- ¼ cup sliced green onions
- ½ cup grated Parmesan cheese
- ½ cup diced mozzarella cheese



4-H Kitchens Rule!

Directions:

- Beat 2 eggs, 2 tablespoons water, 1/8 teaspoon salt and a dash of pepper in small bowl until blended.
 - Heat 1 tablespoon butter in 6 to 8-inch nonstick omelet pan or skillet over medium-high heat until hot. Tilt pan to coat bottom.
- Pour in egg mixture. Mixture should set immediately at edges.
- Gently push cooked portions from edges toward the center with inverted turner so that uncooked eggs can reach the hot pan surface. Continue cooking, tilting pan and gently moving cooked portions as needed.



4-H Kitchens Rule!

- When top surface of eggs is thickened and no visible liquid egg remains, Place $\frac{1}{4}$ of each ingredient from filling on one side of the omelet. FOLD omelet in half with turner. With a quick flip of the wrist, turn pan and invert or slide omelet onto plate. Serve immediately.
- Repeat all steps 4 times to make 4 omelets. Cut omelets in 2 pieces to plate 8 sample servings.
- Prepare all filling ingredients in individual bowls.
- $\frac{1}{4}$ of each ingredient will be used in one of 4 omelets to be prepared.

Grated Parmesan Cheese – Grate 1 cup of Parmesan cheese. $\frac{1}{2}$ cup from Family 4 will be for Family 3, and $\frac{1}{2}$ cup from Family 8 will be for Family 7.

Diced Mozzarella Cheese -Dice 1 $\frac{1}{2}$ cups mozzarella cheese. 1 cup from Family 4 will be for Family 3, and 1 cup from Family 8 will be for Family 7.

Ingredients:

- 2-15-ounce cans chickpeas, drained with liquid reserved
- 1/3 cup chickpea liquid
- 1/2 cup tahini
- 1/4 cup olive oil
- 2 small lemons, juiced
- 2 cloves garlic
- Fresh chopped parsley
- 1 tsp cumin
- 1/2 teaspoon salt_
- 4 whole wheat pitas
- 3 tablespoons olive oil
- Sea salt to taste
- Olive oil
- paprika
- Fresh chopped parsley

Directions:

- Preheat oven to 400°. Line a large baking sheet with parchment and set aside.
- Add chickpeas, liquid, tahini, olive oil, lemons, garlic and parsley to a food processor or blender and secure lid.
- Blend on high for 30 seconds. Remove lid and scrap sides. Blend for another 30 seconds.
- Divide hummus into 14 bowls for sharing. Top each with drizzle of olive oil, dash of paprika and sprinkle of chopped fresh parsley.
- Make recipe again except don't divide into bowls or add garnish. For Family 1 and Family 5.



4-H Kitchens Rule!



4-H Kitchens Rule!

- With a knife, cut each pita into 8 triangles and arrange evenly on the baking sheet. Brush the triangles with olive oil on both sides. Sprinkle with salt.
- Bake for 10 minutes, or until crispy. Serve 2 chips with each sample of hummus.
- Also, serve with carrot sticks provided by Family 10.

Ingredients:

- 1 cup low fat, plain Greek yogurt
- 1 tablespoon olive oil
- 1 teaspoon apple cider vinegar
- 1 ½ teaspoons honey
- 2 teaspoons fresh parsley, chopped
- 1 teaspoon onion powder
- ½ teaspoon sea salt
- ½ teaspoon garlic powder
- 2 English cucumbers, sliced
- 6 carrots, cut into sticks



4-H Kitchens Rule!

Directions:

- In a mixing bowl, whisk the yogurt, oil, vinegar and honey together until smooth. Then add all the spices to the yogurt mixture and continue to whisk until everything is smooth and well combined.
- Divide dip into 14 bowls for sharing.
- Make recipe again, except don't divide into bowls. For Family 2 and Family 6.
- To assemble dip bowls, add 2 slices of cucumber and a few carrot sticks to each sample size bowl.

Welcome to 4-H Kitchens Rule – Healthy Habits! Healthy Homes!

Before the workshop begins, each family pair should take a few minutes and work together to answer each of the questions below to the best of their knowledge.

Names _____ Date _____



4-H Kitchens Rule!

1. What is “home cooking”?

2. What can be achieved by family members cooking together?

3. List food groups that are part of MyPlate?

Entrance Card

4. What does the “Use By” date mean on food packages?

5. List 4 bits of information found on a Food Nutrition Label.

6. What are the parts of a whole grain?

Hope you enjoyed 4-H Kitchens Rule – Healthy Habits! Healthy Homes!

We know you are anxious to return home to use the information and skills you learned today. But before you go, work together as a family to answer the each of the questions below, again.

Names _____ Date _____



4-H Kitchens Rule!

1. What is “home cooking”?

3. List food groups that are part of MyPlate?

2. What can be achieved by family members cooking together?

Exit Card

4. What does the “Use By” date mean on food packages?

6. What are the parts of a whole grain?

5. List 4 bits of information found on a Food Nutrition Label.

Section 5

Healthy Habits Stations and Supplemental Materials



4-H Kitchens Rule!

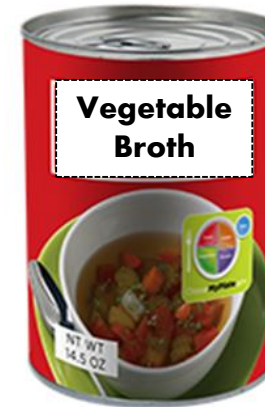
Healthy Habits Stations

- Each station can be manned by Teen Leaders, apart from Station 5 which can be manned by a FCS Agent.
- Each page can be used as a poster with the script for each typed in the Notes section.
- Activity pages for each station can be found in Healthy Habits Stations Supplemental Materials.
- Directions for print out are given on the documents.

Healthy Habit Station 1

Read and Use Nutrition Facts Labels!

You can compare two different items by using the Nutrition Facts label to choose the healthier option.



1. Serving Size
2. Total Calories
3. Percent Daily Values (DV)

- Limit These
- Get Enough of These

4. Ingredients List

Ingredients: WATER, SALT, ONION JUICE CONCENTRATE, CARROT JUICE CONCENTRATE, EVAPORATED CANE JUICE SUGAR, YEAST EXTRACT, CELERY JUICE CONCENTRATE, ONION POWDER, FLAVORINGS AND GARLIC.

Nutrition Facts	
2 servings per container	
Serving size	1 cup (237mL)
Amount per serving	
Calories	160
% Daily Value*	
Total Fat 4g	6%
Saturated Fat 0.5g	3%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 680mg	28%
Total Carbohydrate 24g	8%
Dietary Fiber 8g	32%
Total Sugars 5g	
Includes 0g Added Sugars	0%
Protein 7g	
Vitamin D 0mcg	0%
Calcium 29mg	3%
Iron 1mg	4%
Potassium 521mg	11%

* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

Nutrition Facts	
2 servings per container	
Serving size	1 cup (237mL)
Amount per serving	
Calories	160
% Daily Value*	
Total Fat 4g	6%
Saturated Fat 0.5g	3%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 340mg	14%
Total Carbohydrate 24g	8%
Dietary Fiber 8g	32%
Total Sugars 5g	
Includes 0g Added Sugars	0%
Protein 7g	
Vitamin D 0mcg	0%
Calcium 29mg	3%
Iron 1mg	4%
Potassium 521mg	11%

* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

Read and Use Nutrition Fact Labels!

Which is best?



Print and cut in half. Each family pair will complete one half page.

Jarred Spaghetti Sauce — This item can be a time saving and nutritious pantry item. Which would you put on your shelf to provide your family with nutrition and flavor?	Canned Beans — Canned beans is a good source of nutrition. But read the label to make sure you are providing your family with the nutrition they need. Which will you stock in your pantry?
Item #1	Item #1
Serving Size — _____ Total Fat - _____ Sodium - _____ Sugar - _____ Vitamin - _____ %DV _____	Serving Size — _____ Total Fat - _____ Sodium - _____ Sugar - _____ Vitamin - _____ %DV _____
Item #2	Item #2
Serving Size — _____ Total Fat - _____ Sodium - _____ Sugar - _____ Vitamin - _____ %DV _____	Serving Size — _____ Total Fat - _____ Sodium - _____ Sugar - _____ Vitamin - _____ %DV _____

Read and Use Nutrition Fact Labels!

Which is best?



Jarred Spaghetti Sauce — This item can be a time saving and nutritious pantry item. Which would you put on your shelf to provide your family with nutrition and flavor?	Canned Beans — Canned beans is a good source of nutrition. But read the label to make sure you are providing your family with the nutrition they need. Which will you stock in your pantry?
Item #1	Item #1
Serving Size — _____ Total Fat - _____ Sodium - _____ Sugar - _____ Vitamin - _____ %DV _____	Serving Size — _____ Total Fat - _____ Sodium - _____ Sugar - _____ Vitamin - _____ %DV _____
Item #2	Item #2
Serving Size — _____ Total Fat - _____ Sodium - _____ Sugar - _____ Vitamin - _____ %DV _____	Serving Size — _____ Total Fat - _____ Sodium - _____ Sugar - _____ Vitamin - _____ %DV _____

Healthy Habit Station 2 Eat Fruits and Vegetables!

We find good things in fruits and vegetables.

- Vitamins
- Minerals
- Fiber
- Low Calories
- Low Fat
- and **Colors**

- **Eat a Variety!**



When purchasing fruits and vegetables, make sure to:

- Buy a variety of deep colored produce that looks fresh.
- Buy in small amounts to limit food waste.
- Wash/rinse produce before you prepare or serve fresh.
- Buy fresh fruits and vegetables in season.



Eat More Fruits and Vegetables

How many can you name?



Print and cut in half. Each family pair will complete one half page.

Green	White	Red	Yellow/Orange	Blue/Purple

Eat More Fruits and Vegetables

How many can you name?



Green	White	Red	Yellow/Orange	Blue/Purple

Healthy Habits Station 2 Key

Green	White	Red	Yellow/Orange	Blue/Purple
Artichokes	Bananas	Beets	Apricots	Black currants
Arugula	Brown pears	Blood oranges	Butternut squash	Black salsify
Asparagus	Cauliflower	Cherries	Cantaloupe	Blackberries
Avocados	Dates	Cranberries	Carrots	Blueberries
Broccoflower	Garlic	Guava	Golden kiwifruit	Dried plums
Broccoli	Ginger	Papaya	Grapefruit	Eggplant
Broccoli rabe	Jerusalem artichoke	Pink grapefruit	Lemon	Elderberries
Brussel sprouts	Jicama	Red grapefruit	Mangoes	Grapes
Celery	Kohlrabi	Pomegranates	Nectarines	Plums
Chayote squash	Mushrooms	Radicchio	Oranges	Pomegranates
Chinese cabbage	Onions	Radishes	Papayas	Prunes
Cucumbers	Parsnips	Raspberries	Peaches	Purple Belgian endive
Endive	Potatoes	Red apples	Persimmons	Purple potatoes
Green apples	Shallots	Red bell peppers	Pineapples	Purple asparagus
Green beans	Turnips	Red chili peppers	Pumpkin	Purple cabbage
Green cabbage	White corn	Red grapes	Rutabagas	Purple carrots
Green grapes	White nectarines	Red onions	Sweet corn	Purple figs
Green onion	White peaches	Red pears	Sweet potatoes	Purple grapes
Green pears		Red peppers	Tangerines	Purple peppers
Green peppers		Red potatoes	Yellow apples	Raisins
Honeydew		Rhubarb	Yellow beets	
Kiwifruit		Strawberries	Yellow figs	
Leafy greens		Tomatoes	Yellow pears	
Leeks		Watermelon	Yellow peppers	
Lettuce			Yellow potatoes	
Limes			Yellow summer squash	
Okra			Yellow tomatoes	
Peas			Yellow watermelon	
Snow peas			Yellow winter squash	
Spinach				
Sugar snap peas				
Watercress				
Zucchini				

What's In Season?

LOUISIANA-GROWN PRODUCE SEASONALITY CHART



Vegetables & Herbs*	Jan.	Feb.	Mar.	Apr.	May	June	July	Aug.	Sept.	Oct.	Nov.	Dec.
DARK GREEN												
Basil												
Beet Greens												
Broccoli												
Cilantro												
Endive, Escarole												
Greens (Collard, Mustard, Turnip)												
Kale												
Lettuce (Butterhead, Red Leaf, Romaine)												
Parsley												
Pea Greens/Shoots												
Spinach												
Swiss Chard												
RED/ORANGE												
Carrots												
Peppers (Red or Orange)												
Pumpkins (Orange Meat)												
Sweet Potatoes												
Tomatoes (Field)												
Tomatoes (Greenhouse)												
Winter Squash (Acorn, Butternut, Hubbard)												
STARCHY (Fresh, frozen or canned; not dry. Fresh legumes contain more starch than dry legumes.)												
Beans (Butter, Lima)												
Beans (Green, Snap, String)												
Corn (Sweet)												
Peas (Green)												
Peas (Summer or Black-eyed; Fresh, Not Dry)												
Potatoes (Irish)												

*Availability may vary due to location and weather conditions. Some products may be available year-round due to greenhouse production or storage.

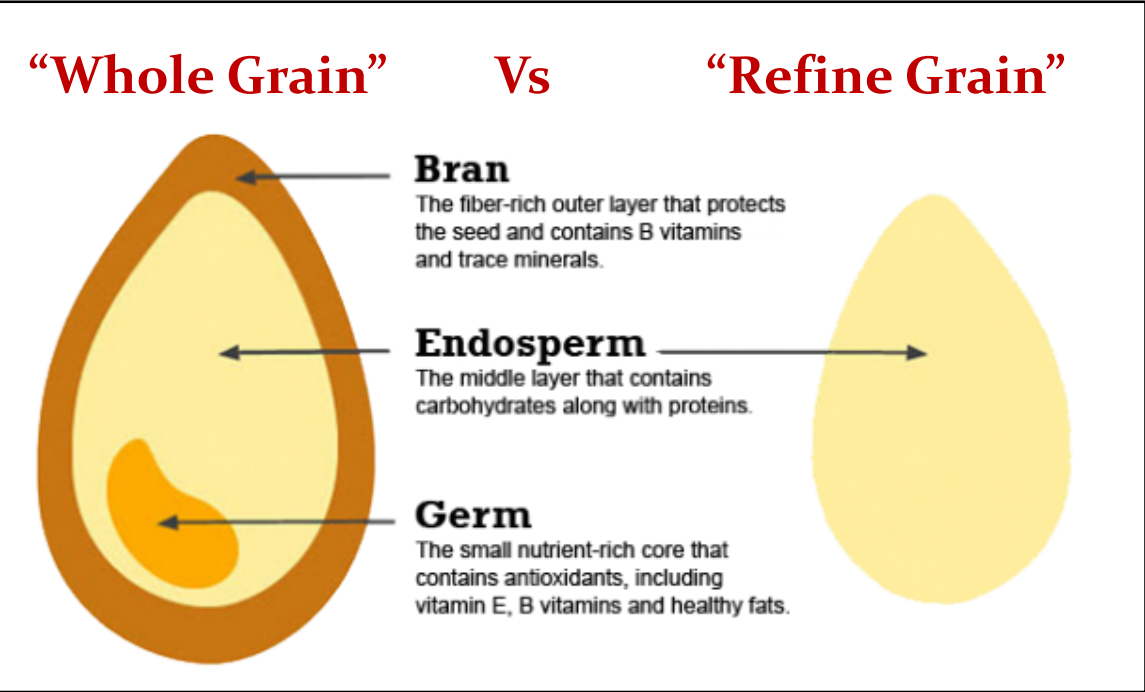
SOLID = Peak Availability **SHADED** = Less Availability

Healthy Habit Station 3

Enjoy Whole Grains!

Every grain that grows starts out as a whole grain!

What is a whole grain?



Eating Whole Grain...

- Reduced risk of some diseases
- Fiber help us feel full longer

When shopping for whole grains, read packages carefully.

Look For!	Beware!!!
100 % Whole Wheat	Mult-grain
100% Whole Grain	Stone Ground
Brown Rice	100% Wheat Flour
Oatmeal or Oats	Seven Grain
Whole Grain Oats	Bran

INGREDIENTS: **WHOLE WHEAT FLOUR**, WATER, SUGAR, WHEAT GLUTEN, SOYBEAN OIL, WHEAT BRAN, SALT, YEAST, CALCIUM PROPIONATE (PRESERVATIVE), MONO- AND DIGLYCERIDES, DATEM, CALCIUM SULFATE, CITRIC ACID, POTASSIUM IODATE, **SOY LECITHIN**.

Amount Per Serving	% Daily Value*	
Total Carbohydrate	23g	8%
Dietary Fiber	4g	16%
Sugars	3g	
Protein	7g	



Enjoy Whole Grains!

Which should you avoid?



Print Cards 1, 2
and 3 for Station 3.
Laminate if
possible.



A



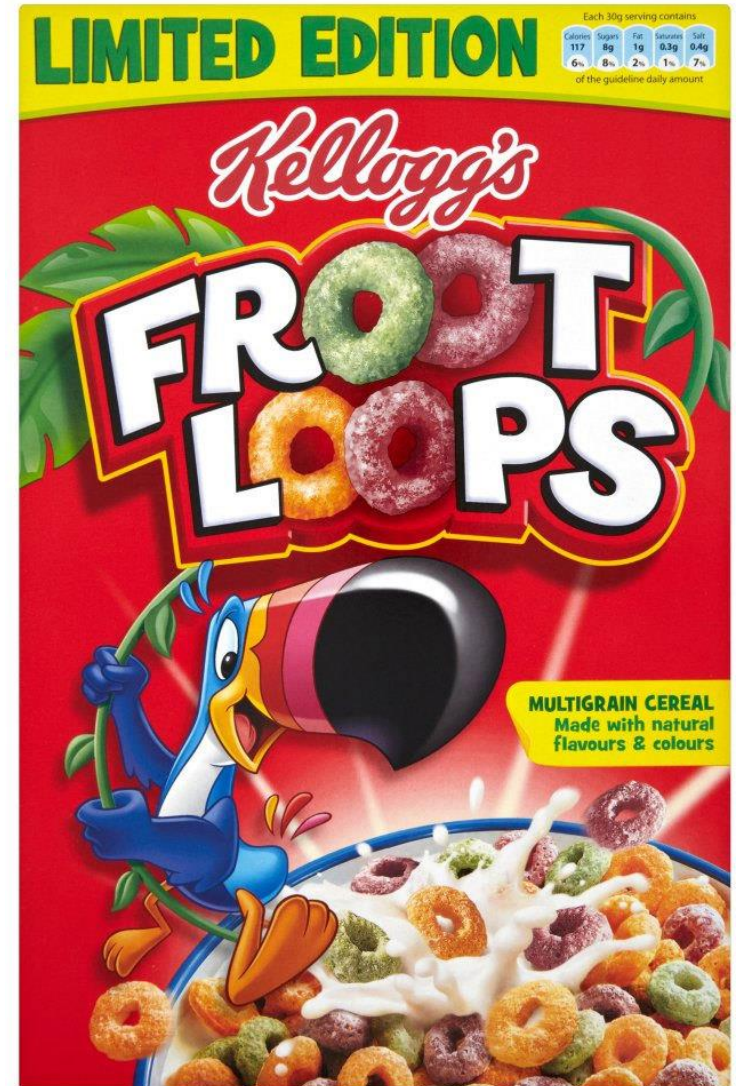
B

Enjoy Whole Grains!

Which should you avoid?



A



B

Enjoy Whole Grains!

Which should you avoid?



INGREDIENTS: ROLLED OATS, HIGH MALTOSY CORN SYRUP, SUGAR, HIGH FRUCTOSE CORN SYRUP, CRISP RICE (RICE FLOUR, SUGAR, MALT, SALT), WHEAT FLAKES (WHOLE WHEAT, SUGAR, SALT, MALT), PALM KERNEL OIL, DEGERMED YELLOW CORN MEAL, FRUCTOSE, CANOLA OIL, YOGURT POWDER (CULTURED WHEY PROTEIN CONCENTRATE, CULTURED SKIM MILK, YOGURT CULTURES), CORN BRAN, MALTODEXTRIN, CALCIUM CARBONATE, NONFAT MILK, SOY LECITHIN, SALT, HONEY, RED 40 LAKE AND OTHER COLOR ADDED, NATURAL FLAVOR, DRIED STRAWBERRIES, CITRIC ACID, BAKING SODA, MIXED TOCOPHEROLS ADDED TO RETAIN FRESHNESS, SUNFLOWER MEAL, PEANUT FLOUR, ALMOND FLOUR.
CONTAINS WHEAT, MILK, PEANUT, ALMOND AND SUNFLOWER INGREDIENTS.

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Carbohydrate Choices: 2

Nutrition Facts

Serving Size 1 bar (35g)
Servings Per Container 6

Amount Per Serving
Calories 140
Calories from Fat 30

% Daily Value*

Total Fat 3.5g 6%
Saturated Fat 2g 10%
Trans Fat 0g

Cholesterol 0mg 0%

Sodium 130mg 5%

Total Carbohydrate 26g 9%

Dietary Fiber 1g 5%

Sugars 13g

Protein 2g

Vitamin A 0% • Vitamin C 0%

Calcium 10% • Iron 2%

*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:

	Calories:	2,000	2,500
Total Fat	Less than	65g	80g
Sat Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g



INGREDIENTS: WHOLE GRAIN ROLLED OATS, SUGAR, CANOLA OIL, PEANUT BUTTER (PEANUTS, SALT), CRISP RICE WITH SOY PROTEIN (RICE FLOUR, SOY PROTEIN CONCENTRATE, SUGAR, MALT, SALT), HIGH FRUCTOSE CORN SYRUP, BROWN SUGAR SYRUP, SALT, SOY LECITHIN, BAKING SODA, ALMOND FLOUR, PECAN FLOUR.
CONTAINS SOY, ALMOND, PEANUT AND PECAN INGREDIENTS.

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Carbohydrate Choices: 2

Nutrition Facts

Serving Size 2 bars (42g)
Servings Per Container 6

Amount Per Serving
Calories 180
Calories from Fat 60

% Daily Value*

Total Fat 7g 10% 3.5g 5%
Saturated Fat 1g 4% 0g 0%
Trans Fat 0g 0g

Cholesterol 0mg 0% 0mg 0%

Sodium 190mg 8% 95mg 4%

Total Carbohydrate 30g 10% 15g 5%

Dietary Fiber 2g 8% 1g 4%

Sugars 11g 6g

Protein 5g 2g

Iron 6% 2%

Not a significant source of vitamin A, vitamin C and calcium.

*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:

	Calories:	2,000	2,500
Total Fat	Less than	65g	80g
Sat Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

Calories per gram: Fat 9 • Carbohydrate 4 • Protein 4

A

B

Healthy Habit Station 4

Eat Lean Protein and Low Fat Dairy

Protein:

- Builds strong muscles and body tissue
- Helps sustain energy
- Many sources – meat and nonmeat
- Portions should be small and lean!

Dairy, contain calcium:

- Builds strong bones
- Low-fat dairy provides the same calcium but less fat
- Also contains protein



Protein – 5 ounces a day
Dairy – 3 cups a day



Shopping for Protein:

Find lean protein foods throughout the entire store

- Fresh meat case (lean ground beef)
- Frozen foods section (fish fillets)
- Dairy case (eggs)
- Canned and pantry food aisles (beans)

Shopping for Dairy:

- Buy larger size of low-fat plain yogurt instead of individual flavored yogurt.
- When it comes to cheese, look for "reduced fat," or "low-fat" on the label.
- Always check the sell by date to make sure you're buying the freshest dairy products.





1% Milk

1 cup

Fat – 2.4 grams

Protein – 8 grams

Calcium – 30%



Black beans

1 cup

Fat – 0 grams

Protein – 15 grams

Calcium – 5%



Lean Ground Beef

2 ounces

Fat – 6.3 grams

Protein – 16 grams

Calcium – .7%

*print on Avery card stock



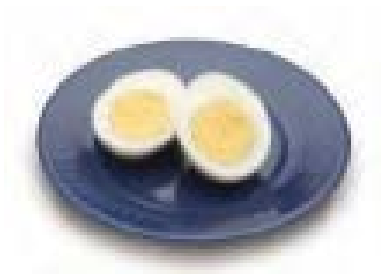
Fat Free Greek Yogurt

1 cup

Fat - .9 grams

Protein – 23 grams

Calcium – 18.7%



Eggs

1 large

Fat – 5 grams

Protein – 6 grams

Calcium – 2%



Low-Fat Cheddar Cheese

2 ounces

Fat – 4 grams

Protein – 14 grams

Calcium – 2%

*print on Avery card stock



Low-Fat Ice Cream

1 cup

Fat - 5 grams

Protein – 8 grams

Calcium – 2%



Pumpkin Seeds

1 cup

Fat – 12 grams

Protein – 12 grams

Calcium – 3%

Healthy Habit Station 5

Get Better at Knife Skills!

Get in the habit of using your kitchen knives safely.

Tips:

- Wash Vegetables
- Secure Cutting Board Grip the Knife
- Use the Claw

Tricks:

- Chop and Slice – (Bell Pepper)
- Mincing – (Garlic Clove)
- Peeling – (Carrot)
- Cutting – (Broccoli)



Cutting
Board



Vegetable
Peeler



Chef's
Knife



Paring Knife

Section 6

Family Handbook



4-H Kitchens Rule!



4-H Kitchens Rule!

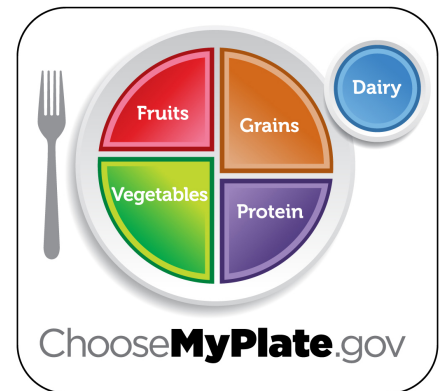


Information and Recipes
for Families

It starts in the kitchen!

A Healthy Home with MyPlate!

MyPlate illustrates the five food groups that are the building blocks for a healthy diet using a place setting for a meal. Before you eat, think about what goes on your plate, in your cup, or in your bowl.



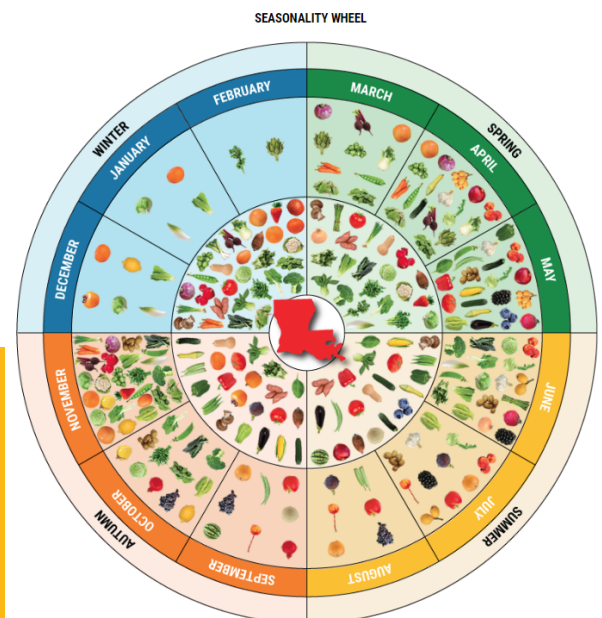
Keep in mind that **MyPlate** is designed not to limit what you serve, but to help you **make good choices**. There are a lot of options for each category on the plate, and it's up a family to discover what works for them.

Online Resources at www.choosemyplate.gov

- **10 Tips: Build a Healthy Meal** - Each meal is a building block in your healthy eating style. Make sure to include all the food groups throughout the day.
- **Add More Vegetables to Your Day** - Eating vegetables is important because they provide vitamins and minerals and most are low in calories.
- **MyPlate, MyState** - What foods, flavors, and recipes is your state/territory known for, and how do they fit into your healthy eating style?

Use MyPlate to help you plan!

**Help Louisiana kids enjoy
a variety of fruits and
vegetables.**



Seasonal food is fresher, tastier and more nutritious than food consumed out of season.

What's In Season? Discover what's in season throughout the year with the **Louisiana Fit Kids Seasonality Wheel**.

Staples



Pantry items (staples) are based on ingredients needed for Homemade Whole Wheat Baking Mix and recipes during the Morning Graze session.

Suggested Pantry Items	Refrigerated Goods
Olive Oil	Butter
Coconut Oil	Milk
Apple Cider Vinegar	Plain Greek Yogurt
Honey	Eggs
Maple Syrup	Lemons
Onion Powder	Bananas
Garlic Powder	
Sea Salt	Frozen Food
Pepper	Frozen Blueberries
Dried Dill	
Sugar	
Brown Sugar	
Baking Soda	
Baking Powder	
Whole Grain Pasta	
Whole Wheat Flour	
Brown Rice	
Ground Flax Seed	
Canned Chickpeas	
Canned Black Beans (optional)	
Canned Chicken (optional)	
Chicken Broth (optional)	
Spaghetti Sauce (optional)	
Popcorn (optional snack)	

*Online Resource at www.Foodsafty.gov - Foodkeeper App



Rules of the Tools!



Kids of all ages can help in the kitchen as long as they are performing age appropriate tasks. **Measuring out staples**, using basic kitchen tools, and **reading and following directions** on a recipe to help prepare meals are things 4th through 6th graders can do. One of the most important techniques kids can learn is how to measure properly. Here are some tips that will make learning how to measure ingredients a fun experience.

Measuring Dry Ingredients

- Fill the measuring cup lightly with the dry ingredients until the cup is heaping full.
- Take the straight edge of a knife or spatula and slide or level across the cup.
- Use a similar technique when measuring dry ingredients in a measuring spoon.

Measuring Fat and Brown Sugar

- To measure fat or brown sugar, press or pack firmly into the dry measuring cup.
- Level off with the straight edge of knife. Brown sugar and fat will hold the shape of the cup when turned out.

Measuring Liquid Ingredients

- To measure liquids, always place the measuring cup on a flat surface and read the measurement at eye level.
- Fill the cup to the line you need. Look at the measuring cup with your eye even with the line.
- You will see a curve. The correct measure is at the bottom of the curve.

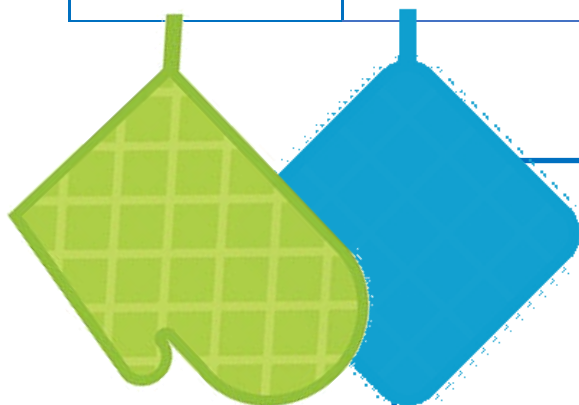


*Online Resources at www.youtube.com - **How to Measure Wet and Dry Ingredients - Kitchen Conundrums with Thomas Joseph**

Rules of the Tools - Kitchen Safety



Safety Topic	Rules
Electrical Equipment	1. Make sure your hands are dry when using electrical equipment like blenders, food processors, and hand mixers. 2. Make sure the cord stays on a dry surface and out of the water. 3. Make sure the appliance is turned off before plugging it in.
Safety and Sanitation	1. Wipe counters and the stovetop with dish detergent and water using a paper towel. 2. Wash your hands before you begin cooking. 3. Wash/disinfect surfaces and cutting boards after they have come in contact with eggs. 4. Always wash your hands right away when you have touched egg before you touch anything else. <i>More rules on next page.</i>



***Online Resources at**

<https://www.youtube.com/watch?v=QXcCctul3IQ>

How to Include Children in the Kitchen

Safety Topic	Rules
Oven Safety	1. Always use 2 dry oven mitts when taking dishes out of the oven or touching hot pan handles. 2. Make sure all group members are aware and safely out of the way before opening the oven. Announce to group members when you are opening the oven. 3. Before leaving the kitchen, make sure the oven is turned off. 4. Move slowly and carefully when putting things into or taking things out of the oven.
Stove Safety	1. Be aware of hot surfaces and pan handles 2. Open hot pots and pans with the lids facing away from you to avoid steam burns. 3. Don't use metal spoons to stir food in hot pans: the metal can get really hot! 4. Pour liquid away from you when draining pasta or other food cooked in water. 5. Before leaving the kitchen, make sure burners are off.
Knives and Sharp Tools	1. Stay focused on what you are doing when using knives and graters. 2. Always hold them by the handle. 3. Walk carefully when carrying knives or other sharp objects and be sure to point the blade down and away from you. 4. Always use a cutting board when you are working with knives. 5. Wash knives as soon as you are done using them; leaving them in the sink can be dangerous.



Food for Thought!

Food labels tell you the nutritional content of a food item. On May 20, 2016, the FDA announced the new Nutrition Facts label for packaged foods to reflect new scientific information, including the link between diet and chronic diseases such as obesity and heart disease. The new label will make it easier for consumers to make better informed food choices. **Here is an example.**

NEW LABEL / WHAT'S DIFFERENT

Servings:
larger,
bolder type

New:
added sugars

Change
in nutrients
required

Nutrition Facts	
8 servings per container	
Serving size	2/3 cup (55g)
Amount per serving	
Calories	230
% Daily Value*	
Total Fat 8g	10%
Saturated Fat 1g	5%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 160mg	7%
Total Carbohydrate 37g	13%
Dietary Fiber 4g	14%
Total Sugars 12g	
Includes 10g Added Sugars	20%
Protein 3g	
Vitamin D 2mcg	10%
Calcium 260mg	20%
Iron 8mg	45%
Potassium 235mg	6%

* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

Serving sizes updated

Calories: larger type

Updated daily values

Actual amounts declared

New footnote

*Online resources at <https://www.fda.gov/food/nutrition-education-resources-materials/new-nutrition-facts-label>



The Kitchen and the Family

“It is proven that people of all ages eat more healthy foods and a wider variety of foods when they share meals with family and friends. This involves cooking together, eating together and talking together.”

To Make This Happen:

- Ask your family about what they'd like to see on the menu: members are more likely to be invested in the meals when they get to have a say in what will be served. Work in some favorites while still keeping an eye toward **creating healthy, balanced meals**.
- Discuss and **schedule family meals** for the week: look at everyone's schedules and decide which meals you'll have together. It doesn't always have to be dinner, breakfast works too. Write it down somewhere so everyone can see the schedule.
- Enlist the help of the whole family. **Giving jobs to everyone** creates a shared experience and can make meals fun and memorable.
- You might have **breakfast for dinner!** Pancakes sprinkled with a handful of blueberries, vegetable omelets and/or fresh fruit...YUMMY!
- Prepare a **themed dinner**. Plan a menu featuring foods from a foreign country, have a meal where every food starts with the same letter, or let each child plan a menu.
- Get out of the dining room. **Pack up the food**, bring a blanket and head out for a DIY “take out” dinner. Go to the park, the lake, or just go into the living room (no TV) for a fun change of pace.
- Use family meals as an **opportunity to talk**. Family meals can be a great way to keep up with everyone.

- An idea might be for everyone to **take turns sharing something good and bad** about their day, or use conversation starters like the Family Choices cards provided at the workshop. This way family members may not feel as though they are being put on the spot.
- If a family member really doesn't want to talk, it may be best not to push too hard but rather encourage them and show interest. It's good just to be with your family and listen to other people talking. **The idea is to make mealtimes enjoyable and social.**

*Online resources at <https://www.choosemyplate.gov/eathealthy/recipes-cookbooks-and-menus> is an online tool featuring a collection of healthy and budget-friendly recipes and resources. Perfect for families! Visit this one-stop site to help families plan meals and menus inspired by the Dietary Guidelines for Americans and MyPlate.

Remember:

Basic Kitchen Rules **So...Kitchens Can Rule!**

- Read the Recipe
- Decide on Duties
- Wash Hands
- Have Fun Together



4-H Kitchens Rule!

Homemade Whole Wheat Baking Mix

A healthy baking mix to have on hand for quick and easy breads that contains whole wheat and ground flaxseed. Helping you to add fiber to your diet and feel fuller longer.

Ingredients:

- 3 cups whole wheat flour
- ¼ cup ground flax seed
- 2 tablespoons + 2 teaspoons baking powder
- 1 teaspoon baking soda
- 1 teaspoon table salt
- 1 tablespoon sugar
- 3 tablespoons cold butter cut into small slices (if needed, put in the freezer)
- 1/4 cup coconut oil

_Add flour, flax seed, baking powder, baking soda, salt and sugar to a large bowl. Whisk to blend.

_Using a pastry blender, blend butter and coconut oil into dry ingredients until the size of small peas.

_Put 2 cups of the mix into a large mixing bowl to be used in preparing a whole wheat breakfast item.

_Put the remainder of the mix into a glass 2-quart jar labeled with your family name and date.

Make ahead when you have time and have this mix on hand! Store in a large jar or in a plastic zip-top bag in the refrigerator for 2 weeks or freeze for several months.

For more information on how to properly freeze prepared foods see: <https://nchfp.uga.edu/publications/uga/FreezingPreparedFoods.pdf>



Banana Muffins

These muffins can be stored overnight at room temperature on a covered cake platter. Then transfer them to the freezer to maintain freshness and have a snack on hand.

Ingredients:

- 2 cups whole wheat baking mix
- ½ cup of butter, melted and cooled
- ¼ cup maple syrup
- 2 large eggs, beaten
- 1 large banana, mashed

_Preheat oven to 350°F and line a muffin tin (12 cups) with liners prepared with non-stick cooking spray.

_In a large mixing bowl, add baking mix, whisk to fluff and make a hole in the center.

_Measure out and prepare all remaining ingredients.

_Pour melted butter, syrup, and beaten eggs, in order, to the baking mix and stir to mix.

_Fold the mashed banana into the batter until combined and divide evenly among the 12 cups.

_Bake until muffins begin to brown, about 18 to 20 minutes.

Your family might like to try:

- 1/2 cup chopped walnuts added to this recipe
- 1/2 cup of applesauce instead of banana, plus 2 teaspoons of cinnamon

To learn about how to get more whole grains into your diet, go to:
<https://www.choosemyplate.gov/10-tips-make-half-your-grains-whole-grains-0>



Cinnamon Roll Pancakes

Hot cakes, Johnnycakes, flapjacks or pancakes! Whatever you call them, almost everyone loves them! This recipe adds a little warmth and spice with cinnamon.

Ingredients:

- 2 cups whole wheat baking mix
- 3 teaspoons cinnamon
- 1 large egg, beaten
- 1 cup milk
- 1 teaspoons apple cider vinegar



Frosting - Instead topping with just syrup, try:

- 1 tablespoons butter, melted and cooled
- ½ cup Greek yogurt
- ¼ cup maple syrup
- 1 teaspoon vanilla

In a bowl, mix together all ingredients until smooth.

_In a large bowl, whisk together the baking mix and cinnamon, and set aside.

_Using a liquid measuring cup, measure out the milk and add the apple cider vinegar. Set it aside.

_Beat egg and set aside.

_Make a well (hole) in the center of the baking mix and add the milk mixture and beaten egg. Stir until combined. Batter will be thick.

_Coat a large skillet placed over medium heat with 1/2 tablespoon of butter. Spoon batter into skillet making 2-3 pancakes (about ¼ cup of batter each). Cook 3-4 minutes or until sides appear golden brown.

_Flip the pancakes. Cook 1-2 minutes, until the bottoms are golden brown.

_Make and drizzle the frosting recipe over pancakes. Also, serve with fresh fruit.

Biscuits with Blueberry Puree

Hot biscuits are a delicious addition to breakfast or dinner. Enjoy them with fruit puree or cheese and ham. This recipe is quick and easy!

Ingredients:



- 2 cups whole wheat baking mix
- $\frac{3}{4}$ cup cold milk
- 1 teaspoons apple cider vinegar
- 2 tablespoons butter, melted (for topping biscuits)

_Preheat oven to 400°F. Prepare a 15x10 baking sheet with parchment.

_In a large bowl, whisk the baking mix to fluff. Measure out cold milk and add the apple cider vinegar.

_Make a well (hole) in the middle of the baking mix and pour in the milk. Mix together thoroughly to form a soft ball, taking up all the baking mix. (If dough is crumbly add a little splash of milk.)

_Turn the dough onto a floured counter or cutting board. Sprinkle flour on the top of the dough and on a rolling pin.

_Roll the dough out into a flat circle to about $\frac{3}{4}$ of an inch thick. Fold the circle of dough over like a taco and roll it out to $\frac{3}{4}$ inch thickness, again. Use a cookie cutter to cut 8 to 10 biscuits.

_Place the biscuits on the baking pan and bake for about 15 to 20 minutes. Brush with melted butter.

_Make blueberry puree and serve with biscuits.

Blueberry Puree - Instead of jelly, try:

- 2 cups frozen blueberries
- 1 tablespoon honey

Cook blueberries and honey in a small pot on medium heat for approximately 10 minutes, stirring frequently and using the back of a spoon to mash the blueberries up and break them down. Serve with biscuits.

Blueberry Lemon Scones

A scone is a lightly sweetened biscuit-like cake. These tender scones feature blueberries, which make them sometimes tart and sometime sweet.

Ingredients:



- 2 cups whole wheat baking mix
- Zest from 1 small lemon (Place the lemon in a small resealable bag and refrigerate.)
- 2/3 cup blueberries, fresh or frozen
- ½ cup Greek yogurt, plain
- 1 large egg
- 2 tablespoons maple syrup

_Preheat oven to 400°F. Prepare a 15x10 baking sheet with parchment.

_In a large bowl, whisk together the baking mix and lemon zest. Gently mix blueberries with the dry ingredients.

_In a small bowl, lightly beat together the yogurt, egg and maple syrup.

_Add yogurt mixture to the dry ingredients and stir very gently, just until combined. The dough will be quite moist, like cookie dough.

_Turn out onto a lightly floured surface and pat into a 1"-thick round. Cut into 8 wedges and transfer to a parchment-lined baking sheet.

_Bake for approximately 18-20 minutes or until scones are golden brown.

Change this into a savory scone!

Instead of syrup, blueberries and lemon, try mixing in:

- ½ cup grated Parmesan cheese
- 2 tablespoons of melted butter, cooled
- 1 tablespoons dry basil

Dill Rice Power Bowl

This rice bowl recipe is filled with two food options families need for good health, whole grain brown rice and lots of vegetables. Easy to prepare and delicious!

Vegetables - Ingredients:



- 2 cups broccoli florets
- 2 cups cauliflower florets
- $\frac{3}{4}$ cup grape tomato halves
- 1 cup sliced mushrooms
- 1 cup sliced yellow bell pepper
- 4 garlic cloves, minced
- $\frac{1}{4}$ cup olive oil
- Salt and pepper to taste

_Preheat oven to 400°F. Prepare a 15x21 baking sheet with parchment.

_Add broccoli, cauliflower, tomatoes, mushrooms, bell pepper, garlic, and oil into a large bowl. Sprinkle with salt and pepper. Toss to coat and spread onto a large baking sheet.

_Roast until the stems are tender-crisp and lightly golden brown (about 25 min.). Spoon a sample size serving over dill rice (recipe on next page) bowls and add a dollop of hummus (see recipe page 21).

To learn more about which foods count as a serving of grain, see:

<https://www.choosemyplate.gov/grains>

Dill Rice - Ingredients

- 2 cups brown rice
- 3 ¼ cups water
- 2 tablespoons dried dill
- 1 teaspoon salt
- Juice from one small lemon
- 2 tablespoons butter
- ¼ cup green onions, sliced

Using a rice cooker, stir together the rice, water, dried dill, salt and lemon juice. Cover and set rice to cook. When rice cooker stops, allow rice to sit (still covered) for about 10 minutes longer. Then fluff rice with a fork. Add butter and green onion. Allow butter to melt and fluff rice again. Spoon into bowls. Serve with roasted vegetables and hummus.

Boiled Eggs - Directions

- Water, enough to fill a small pot about 1 inch above eggs
- 4 large eggs, placed on the counter

_Bring a medium-sized pot of water to a boil. Ensure there's enough water in the pot to cover the eggs by about an inch.

_While waiting for the water to boil, prepare ice water bath in a large bowl.

_Once the water is boiling, reduce the heat to low and use skimmer to gently and slowly add the eggs to the water. Then, turn the heat back up to a boil.

_Allow eggs to boil for about 12 minutes. Then use the skimmer to remove the eggs and immediately submerge them in the ice water bath to stop them from cooking.

_Peel and quarter the eggs. Add to salad platter over spinach.

Roasted Chickpeas -

- ½ of a 15 ounce can chickpeas, drained and rinsed
- ½ teaspoon olive oil
- ¼ teaspoon sea salt
- ¼ teaspoon garlic powder

_In a small bowl, toss peas with the other ingredients. Roast on a parchment covered sheet at 350° for about 25 minutes. Sprinkle on top of salad.



Colorful Cobb Salad

Late one night in the 1920's, restaurant manager, Bob Cobb, fixed a late night meal from leftovers he found in the kitchen. He placed them on a bed of lettuce, added dressing, and invented the Cobb salad! Enjoy this version or make additions to create your own.

Salad - Ingredients:



- 4 cups fresh chopped spinach
- $\frac{3}{4}$ cup grape tomato halves
- 1 cup diced yellow bell pepper
- 1 cup sliced mushrooms
- 3 English cucumbers, sliced
- 1 medium avocado, diced

_On a large platter, spread out spinach, then add rows of quartered egg (recipe and directions on previous page), tomatoes, bell pepper, mushrooms, cucumbers and avocado.

_Top with roasted chickpeas (recipe on previous page). Spoon a sample size serving into 8 bowls and add a dollop of ranch dressing (recipe on page 22).

*Online resource at <https://kidstir.com/salad-fun-kids/> - **Salad Fun with Kids**

- Want your kids and other family members to love greens? Start by turning them into salad chefs. Check out the **Salad Tips and Tricks** for getting the little ones to lend a hand with a pick & eat garden, an at-home salad bar, and a salad dressing kitchen experiment. Also, play **Salad Bowl Charades**, a fast-paced fun variation of charades for the whole family.

Roasted Veggies and Pasta

Good home cooking in a snap! It is the reason for which this recipe was created. Chop the veggies ahead, get the fire roaring and you have a happy crew.

Roasted Veggies - Ingredients:



- 1 medium eggplant, diced
- 1 cup grape tomato halves
- ½ red bell pepper, thinly sliced
- ½ small red onion, thinly sliced
- 1 cup sliced mushrooms
- ¼ cup olive oil
- 1 ½ teaspoons sea salt
- ¼ teaspoon black pepper

_Preheat oven to 400°F. Prepare a 15x21 baking sheet with parchment.

_Add eggplant, tomatoes, bell pepper, onions, mushrooms and oil into a large bowl. Sprinkle with salt and pepper. Toss to coat and spread onto a large baking sheet.

_Roast until veggies are tender-crisp and lightly golden brown (about 25 min.).
Or, roast until toast!

_Serve with pasta (recipe on next page).

Pasta – Ingredients and Assembly of Dish

- 12 cups water
- 2 cups whole wheat pasta
- 2 teaspoons salt
- 2 tablespoons olive oil
- 1 teaspoon garlic powder
- 8 ounces diced mozzarella (from Family 4 and Family 8)
- ½ cup grated Parmesan cheese (from Family 4 and Family 8)

_Boil 12 cups water. Stir in salt and pasta, then cover pot to bring back to boil.

_Remove lid once boiling and stir to keep from sticking.

_Cook for approximately 11 minutes and continually check pasta for al dente texture.

_Drain pasta and transfer to a large serving bowl.

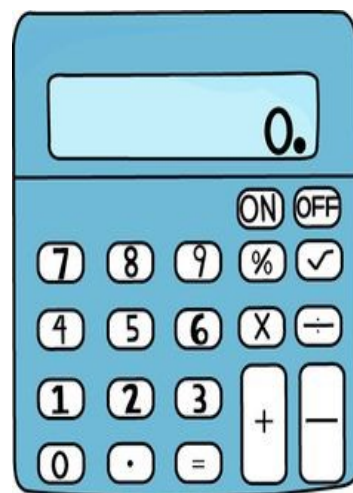
_Toss pasta with olive oil, garlic powder, diced mozzarella and parmesan cheese.

_Toss in roasted veggies and serve.

*Online resource at <https://spendsmart.extension.iastate.edu/plan/what-you-spend/> - **Spend Smart.Eat Smart/What You Spend**

- A great tool to help families budget their food dollars and make wiser choices. Use the calculator provided at this site to get an estimate based on the United States Department of Agriculture's (USDA) Low-Cost Food Plan. How does what you spend on groceries compare to the estimate? Remember, restaurant meals are not included here.

While at this site, explore the many helpful resources



IOWA STATE UNIVERSITY
Extension and Outreach

Meal Planning Calendar - 2

SPEND SMART. EAT SMART.
spendsmart.extension.iastate.edu

	DAY 1	DAY 2	DAY 3	DAY 4	DAY 5	DAY 6	DAY 7
BREAKFAST	• Easy Quiche • Whole wheat English muffin • Skim milk	• Whole grain cereal • Yogurt • Orange	• Oatmeal • Raisins • Skim milk	• Yogurt Parfaits (add nuts and cereal for a complete meal) • 100% Juice	• Peanut Butter Pita Pockets • Skim milk	• Hard boiled egg • Whole wheat English muffin • Banana • Skim Milk	• Oatmeal Pancakes • Berries • Skim milk
SNACK	• Peanut butter balls	• Splendid Fruit Salad	• Cheese stick	• Take-along Trail Mix	• Splendid Fruit Salad leftovers	• Yogurt • Berries	• Peanut butter • Celery sticks



Quick French Omelet

An omelet is a great choice for an easy and quick meal, especially on a weeknight. You can add whatever ingredients you'd like to this dinner omelet.

Filling - Ingredients:



- 1 cup fresh chopped spinach
- ¼ cup grape tomatoes halves
- ¼ cup red bell pepper, diced
- ¼ cup sliced mushrooms
- ¼ cup sliced green onions
- ½ cup grated Parmesan cheese
- ½ cup diced mozzarella cheese

_ Prepare all filling ingredients in individual bowls.

_ ¼ of each ingredient will be used in one of 4 omelets

French Omelet – Ingredients and Assembly of Dish

- 8 large eggs (2 eggs per omelet)
- 8 tablespoons water (2 tablespoons per omelet)
- ½ teaspoon salt (1/8 teaspoon per omelet)
- Dash of pepper for each omelet
- 4 tablespoons butter (1 tablespoon per omelet)

_ Beat 2 eggs, 2 tablespoons water, 1/8 teaspoon salt and a dash of pepper in small bowl until blended.

_ Heat 1 tablespoon butter in 6 to 8-inch nonstick omelet pan or skillet over medium-high heat until hot. Tilt pan to coat bottom. Pour in egg mixture. Mixture should set immediately at edges.

_ Gently push cooked portions from edges toward the center with inverted turner so that uncooked eggs can reach the hot pan surface. Continue cooking, tilting pan and gently moving cooked portions as needed.

_ When top surface of eggs is thickened and no visible liquid egg remains, Place ¼ of each ingredient from filling on one side of the omelet. FOLD omelet in half with turner. With a quick flip of the wrist, turn pan and invert or slide omelet onto plate. Serve immediately.

_ Repeat all steps 4 times to make 4 omelets.

Home Style Hummus, Pita Chips and Carrots

Packed with protein and best enjoyed with fresh vegetables, this Middle Eastern recipe can be a delightful little meal in itself.

Ingredients:

- 2-15-ounce cans chickpeas, drained with liquid reserved
- 1/3 cup chickpea liquid
- 1/2 cup tahini
- 1/4 cup olive oil
- 2 small lemons, juiced
- 2 cloves garlic
- 1 tsp cumin
- 1/2 teaspoon salt



Garnish

- Olive oil
- Paprika
- Fresh chopped parsley

_Add all ingredients to a food processor or blender and secure lid.

_Blend on high for 30 seconds. Remove lid and scrap sides. Blend for another 30 seconds.

_Serve in a bowl garnished with a drizzle of olive oil, dash of paprika and sprinkle of chopped fresh parsley.

Pita Chips and Carrots – Ingredients and Assembly of Dish

- 4 whole wheat pitas
- 3 tablespoons olive oil
- Sea salt to taste

_Preheat oven to 400°. Line a large baking sheet with parchment and set aside.

_With a knife, cut each pita into 8 triangles and arrange evenly on the baking sheet. Brush the triangles with olive oil on both sides. Sprinkle with salt.

_Bake for 10 minutes, or until crispy.

_Serve along with carrot sticks and hummus.

Healthy Ranch Dip and Vegetables

This healthy dip will be a favorite way to eat all your vegetables! Made with Greek yogurt and pantry spices this easy to make dip is creamy, flavorful and packed with protein.

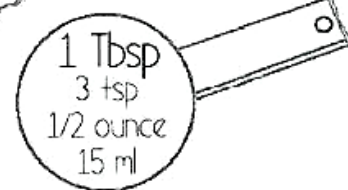
Ingredients:



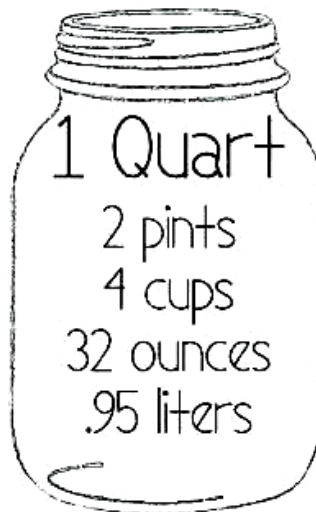
- 1 cup low fat, plain Greek yogurt
- 1 tablespoon olive oil
- 1 teaspoon apple cider vinegar
- 1 ½ teaspoons honey
- 2 teaspoons fresh parsley, chopped
- 1 teaspoon onion powder
- ½ teaspoon sea salt
- ½ teaspoon garlic powder

_In a mixing bowl, whisk the yogurt, oil, vinegar and honey together until smooth. Then add all the spices to the yogurt mixture and continue to whisk until everything is smooth and well combined.

_Serve with fresh vegetables such as English cucumbers, carrots or broccoli.



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4-H Kitchens Rule!

It starts in the kitchen!

Section 7

Promotional Piece



4-H Kitchens Rule!



Come Join Us!

A full day of families in the kitchen!

This food-fun, family day in the kitchen will inspire healthy habits and lead to healthy homes.

- Increase skills and awareness of agriculture, healthy eating, food preparation, and food purchasing.
- Connecting family members by creating a delicious, nutritious meal that everyone can enjoy!



4-H Kitchens Rule!

Who

Where

When

Cost

How to Register

Contact