4-H Food Series
Exploring Foods

Introduction

Feeling hungry? Have you ever gone to look for a snack and could not find anything you wanted? Or have you ever needed to make a meal for yourself and felt lost? This 4-H project will help you learn the basics of cooking - how to read a recipe, how to properly measure ingredients, and what you should always have on hand in your kitchen. You will also learn skills to keep you healthy, like eating according to Canada’s Guide to Healthy Eating, reading food labels, and preventing food borne illnesses. This project will help you appreciate how food makes it to your plate.

There are seven sections called Skill Builders focusing on specific topics. Each builder has activities to help you develop your skills and delicious recipes to try! You and your leader can substitute recipes, just make note on the page and complete the chart for the recipe you made.

If you are ready to learn how to cook, get your apron and chef hat on and come explore food with Andy.

Learning is 3D!

To help you get the most out of your learning, each project meeting has the following parts:

- **Dream it!** Plan for success
- **Do it!** Hands on learning
- **Dig it!** What did you learn?

More Eats!

This More Eats! box will appear throughout the manual. Check out the great website link ideas wherever you see More Eats! These links will lead you to fun online content to help you with your 4-H project.

Meet Andy!

Andy is an apron that has been cooking for a long time. Andy will share exciting and important information with you through out this project book.
What Skills Will You Learn?
Each section or Skill Builder (or Builder) in this project has activities that will help your project group learn to do by doing while learning new skills and having fun!

To complete this project, you must:
- Complete the activities in each Builder OR a similar activity that focuses on the same skills, as you and your leader may plan other activities.
- Plan and complete the Showcase Challenge.
- Complete the Portfolio Page.
- Participate in your club’s Achievement (See the inside back cover for more information about 4-H Achievements).

<table>
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<th>Activities</th>
<th>Page</th>
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<td>• Yogurt Parfait</td>
<td>4</td>
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<td></td>
<td>• Breakfast Muesli to Go</td>
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<td></td>
<td>• Breakfast in a Jiffy</td>
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<td>Skill Builder 7 Food Origins</td>
<td>• Labelled</td>
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<td></td>
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<td></td>
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<td>18</td>
</tr>
<tr>
<td></td>
<td>• Bugged</td>
<td>18</td>
</tr>
<tr>
<td></td>
<td>• CCSC Word search</td>
<td>19</td>
</tr>
<tr>
<td></td>
<td>• Apple Earth</td>
<td>21</td>
</tr>
<tr>
<td></td>
<td>• Buy Local</td>
<td>21</td>
</tr>
<tr>
<td></td>
<td>• Egg and Salsa Burritos</td>
<td>22</td>
</tr>
</tbody>
</table>

When you successfully complete your builders, you will showcase what you have learned.
Showcase & Portfolio
- Explain success in using the skills listed above
- Showcase Challenge
- My Portfolio Page
Skill Builder 1: Reading A Recipe

Andy Says....
Recipes are blueprints for cooking. They help manage time, create an edible product, and teach about foods, utensils, and cooking techniques.

Important words
Watch for these important words throughout this builder:
Recipe, Serving, Ingredient, Prep Time, Cooking Time

SKILLS CHECKLIST
- Identify good recipes
- Explain the segments of recipes
- Know how to choose a recipe

Dream it!
A recipe contains ingredients and instructions that help you make food that tastes the same each time. Recipes are written in different formats, but usually have common sections.
There are two different types of recipes:
- **Standard:** Ingredients are listed first and separate from the method
- **Narrative/action:** Lists ingredients and measurements amongst the method (e.g. In a small saucepan heat 250 ml of water)
Take a look at some different recipes and discuss the similarities and differences between standard and narrative recipes.

Do it!

Rating Recipes
Your leader will pass out some different recipes. Check each for:
- a complete list of ingredients and equipment
- clear step-by-step instructions
- temperature
- time
- servings

I think the best recipe is _____________________________________________________
I think this because ________________________________________________________
_______________________________________________________________________

More Eats!
Want to create your own recipes? Head to
www.dole5aday.com/HTML/Kids/Games%20&%20More/5%20a%20day%20national%20theater.html
Get Cooking

Yogurt Parfait

*Ingredients:*
- 1/2 cup (125 mL) fruit-flavoured yogurt
- 1/2 cup (125 mL) drained, sliced canned peaches (OR you can use any your favorite fruits; frozen, fresh or canned)
- 1 tbsp (15 mL) granola

*Directions:
1. Spoon half of yogurt into a clear glass or dessert bowl.
2. Top with half of fruit.
3. Repeat layers.
4. Sprinkle with granola.

Wake-Up Shake

*Ingredients:*
- 1 banana
- 1 cup fresh, canned or frozen berries (any combination)
- 1 cup (250 mL) milk or vanilla-flavoured soy beverage
- 3/4 cup (175 mL) yogurt (vanilla or other flavour that complements berries)

*Directions:
1. In a blender, liquefy fruit with a small amount of the milk.
2. Add remaining milk and yogurt; blend until smooth. If shake is too thick, add extra milk or soy beverage to achieve desired consistency.

I Like This | I Don’t Like This | Next Time, I Will Change...
--- | --- | ---

Andy Says....
Frozen sliced bananas work well in these shakes and help make them creamy. When bananas start to get brown, pop them in the freezer and take out as needed.

I Like This | I Don’t Like This | Next Time, I Will Change...
--- | --- | ---

Dig it!
While enjoying the fruits of your labour, discuss the following:
- What are characteristics of a good recipe?
- Why is it important to read and follow a recipe?
- How is using a recipe, or a blueprint, for cooking and preparing food similar to other activities you or your parents might do? What are some examples?

What’s next?
Recipes always tell you how much of each ingredient to include when cooking or baking. Learning how to measure these ingredients is important to make sure your food tastes good. You will learn this in the next builder as well as putting your recipe reading skills to practice!
Skill Builder 2: Measuring Up

Andy Says....
Proper measuring is very important to successful baking and cooking and it is important to use the right tool with the proper ingredient.

SKILLS CHECKLIST
- Know why accurate measuring is important
- Compare dry and liquid measures

Dream it!
How big do you think each of these measurements are? Describe an item that is about as big as each term and put them in order of smallest (1) to largest (4).

<table>
<thead>
<tr>
<th>Measurement</th>
<th>Order (1 - 4)</th>
<th>Object about this size</th>
</tr>
</thead>
<tbody>
<tr>
<td>Cup</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Litre</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Tablespoon</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Teaspoon</td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

Do it!

Guess & Check
Your leader will show you different types of measuring tools that have their amounts covered up with tape. It is your job to guess how much is in each container and what it is called. After, your leader will help you fill in the “actual name” and “actual amount” columns.

<table>
<thead>
<tr>
<th>Tool Name?</th>
<th>How Much?</th>
<th>Actual Name</th>
<th>Actual Amount</th>
</tr>
</thead>
<tbody>
<tr>
<td>1:</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>2:</td>
<td></td>
<td></td>
<td></td>
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<tr>
<td>3:</td>
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<td></td>
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<td>4:</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>5:</td>
<td></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

Up until a couple hundred years ago, Europeans didn’t eat off of plates. They ate off a slab of stale bread or shared a large platter with those sitting beside them. No dishes!

Fun Facts
Early settlers in North America sliced off pumpkin tops, removed seeds and filled the insides with milk, spices and honey, then baked them in hot ashes. This is the origin of pumpkin pie!

Get Cooking

Breakfast Muesli To Go

Ingredients:
- 1 cup (250 mL) large flake or 3 minute oats (non instant)
- 1 cup (250 mL) low fat plain yogurt
- 1/2 cup (125 mL) skim milk
- 1 tsp (5 mL) liquid honey or maple syrup
- 1 cup (250 mL) assorted berries (fresh or frozen)
- 1 large banana

Directions:
1. In a plastic container, combine oats, yogurt, milk and honey
2. Gently fold in berries
3. Add banana before serving or add to sealable container before taking muesli on the go
4. Enjoy!

Yield: 2 servings [2 cups (500mL) per 1 serving]

I Like This  I Don’t Like This  Next Time, I Will Change...

From Farming History...

Cheese is a nutritious food made mostly from the milk of cows. It can also be made from sheep, goats, buffalo, reindeer, camels, and yaks. Around 4000 years ago, people began to breed animals and process their milk into cheese.
Breakfast in a Jiffy

Recipe Adapted from: www.eggs.ca

Ingredients:
- 2 eggs
- 2 tbsp (30 mL) milk
- 2 tbsp (30 mL) shredded cheddar cheese
- 1 tsp (5 mL) chopped parsley
- Pinch of dried basil or Italian seasoning

Directions:
1. Beat together eggs, milk and seasonings in a microwaveable mug. Cover loosely with plastic wrap, turning it back slightly to vent.
2. Microwave on medium-high 1 to 1-1/2 minutes. Remove plastic and stir. Sprinkle with cheese and parsley; cover and let stand 1 minute.

Variations/Tips: After beating eggs, add any of the following: chopped green onion or chopped green, red or yellow peppers, or chopped cooked vegetables or meats. Substitute shredded mozzarella, monterey jack, colby or swiss cheese for cheddar cheese. For a breakfast on the go, cut a whole-wheat pita bread in half and spoon egg mixture into both pockets.

Yield: 1 serving

<table>
<thead>
<tr>
<th>I Like This</th>
<th>I Don’t Like This</th>
<th>Next Time, I Will Change...</th>
</tr>
</thead>
</table>

Dig It

Think about the builder and the activities you did...
How did it go? While eating, discuss the list of questions in the Leader Guide.
Compare and contrast dry and liquid measuring below.

<table>
<thead>
<tr>
<th>Compare</th>
<th>Contrast</th>
</tr>
</thead>
<tbody>
<tr>
<td>Both Dry and Liquid Measuring</td>
<td>Dry Measuring Only</td>
</tr>
</tbody>
</table>

What’s next?

Proper measuring takes practice! Through the rest of Exploring Foods, you will be able to practice by making many recipes. In the next builder, you will learn about the basics of stocking and organizing your kitchen to make sure you have the ingredients you need to make tasty and nutritious meals and snacks! Bring pictures of five different foods for an activity next meeting.
Skill Builder 3: Stock & Organize

Andy Says....

Not all foods are stored the same way. To keep products fresh and edible, you need to know if they belong in the pantry or fridge or freezer. When food is stored in the wrong place, it can make you sick if you eat it.

SKILLS CHECKLIST

- Identify the basics for stocking a kitchen
- Explain where to store food

Important Words

Watch for these important words in this builder: Pantry, Storage, Utensils, Perishable, Non-Perishable

Dream it!

Cut some pictures of your favourite foods out of flyers or magazines. Sort through them with your leader and other members for those that should be stored in the pantry, fridge, and freezer. Paste your pictures or write their names in the correct column below. You may draw in more if you want to.

<table>
<thead>
<tr>
<th>Stored in Pantry</th>
<th>Stored in Fridge</th>
<th>Stored in Freezer</th>
</tr>
</thead>
<tbody>
<tr>
<td>![Pantry Image]</td>
<td>![Fridge Image]</td>
<td>![Freezer Image]</td>
</tr>
</tbody>
</table>

More Eats!

Play the game at: http://www.glasgows.co.uk/fsa_interactives/FrdgLoad.swf to learn more about proper refrigerator food storage.
Do it!

Get Cooking

Baked Chicken Nuggets

*Ingredients:*
- 3 skinless, boneless chicken breasts
- 1 cup (250 mL) Italian seasoned bread crumbs
- 1/2 cup (125 mL) grated Parmesan cheese
- 1 tsp (5 mL) salt
- 1 tsp (5 mL) dried thyme
- 1 Tbsp (15 mL) dried basil
- 1/2 cup (125 mL) butter, melted

*Directions:*
1. Preheat oven to 400°F (200°C).
2. Cut chicken breasts into 1 1/2 inch (4 cm) size pieces. In a medium bowl, mix together the bread crumbs, cheese, salt, thyme and basil. Mix well.
3. Put melted butter in a bowl or dish for dipping.
4. Dip chicken pieces into the melted butter first, then coat with the breadcrumb mixture. Place well coated chicken pieces on a lightly greased cookie sheet in a single layer, and bake in the preheated oven for 20 minutes.

*Yield: 6 servings*

Dill Sauce

*Adapted from: Canola Harvest: The Right Choice Recipe Book*

*Ingredients:*
- 2 tbsp (30 mL) Canola oil
- 2 tbsp (30 mL) finely chopped onions
- 1 tbsp (15 mL) flour
- 2 tbsp (30 mL) white wine vinegar
- 1 tsp (5 mL) dillweed
- 1 1/2 tsp (7 mL) sugar
- 1/2 tsp (2 mL) salt
- 1 cup (250 mL) sour cream

*Directions:*
1. Sautee the onions in the canola oil until partially cooked. Add flour, white wine vinegar, dill week, sugar, and salt.
2. Stir until well blended. Whisk sour cream into mixture until creamy. Whisk well for 2-3 minutes. Do not boil.
3. Use as a dipping sauce for Baked Chicken Nuggets or serve over fish or vegetables.

*Yield: 1 cup (250 mL)*

Andy Says....

From pancake syrup to snack foods to soft drinks and desserts, people in Canada eat so much sugar that it adds up to nearly 250 g per person every day or 70 kg per person per year.
Dig it!

While enjoying the food you’ve prepared, discuss:

- Why is it important to use the right cooking utensils?
- Why is it important to properly store perishable and non-perishable food items?
- How would you explain the difference between non-perishable and perishable food items?

What’s next?

Skill Builder 4 will teach you about Canada’s Food Guide and how to make healthy food choices. Eating well plays a very important part in staying in shape and having the energy to do all your activities.
Skill Builder 4: Eating Well

Andy Says....
Life is about moderation and balance. Too much or too little of anything is not good. When eating, you want a plate to be half fruits and vegetables, a quarter meat or alternatives, and a quarter grains or potatoes. Compare this to your last meal. Canada’s Food Guide is attached to your manual, use it as a guide for the activities in this builder.

SKILLS CHECKLIST
- Describe why moderation and balance are important
- Recognize serving sizes

Dream it!
What should you be eating to be healthy? Complete the web with at least 5 words or pictures.

Important Words
Watch out for these important words in this builder:
Moderation, Balance, Healthy Eating, Portions

More Eats!
What's good food? Catapult yourself to healthy eating at:
www.dole5aday.com/HTML/Kids/Games%20&%20More/Catapult_popup.html
**Get Cooking**

**Banana Nut Bread**

*Ingredients:*
- 1 1/2 cups (375 mL) whole wheat flour
- 1 1/2 cups (375 mL) ripe, mashed bananas (3 large)
- 1/2 cup (125 mL) walnut pieces
- 1/2 cup (125 mL) honey
- 1/4 cup (60 mL) butter or margarine
- 2 Eggs, beaten
- 2 teaspoons (30 mL) baking powder
- 1/4 cup light vegetable oil
- 1/2 tsp (7.5 mL) salt
- optional: 1/2 cup (125 mL) dates or apricots, chopped

*Directions:*
- Mix all dry ingredients together. Mash the ripe bananas. Cream the honey and butter/oil and blend in the bananas. Preheat the oven to 350°F (160°C).
- Grease and flour dust a 4” x 8” loaf pan.
- Little by little fold the dry mixture, honey mix, and beaten eggs together in a bowl. When fairly uniform pour into the pan and level the batter.
- Bake 70 minutes or longer until the crust is golden brown and a toothpick comes out dry. Storing the wrapped bread in the cupboard for a few days develops a richer flavour.

<table>
<thead>
<tr>
<th>I Like This</th>
<th>I Don't Like This</th>
<th>Next Time, I Will Change...</th>
</tr>
</thead>
<tbody>
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</tbody>
</table>

**Cookies**

*Ingredients:*
- 1/4 cup (60 mL) soft non-hydrogenated margarine
- 6 tbsp (90 mL) brown sugar
- 6 tbsp (90 mL) white sugar
- 1 egg
- 1/4 tsp (1 mL) vanilla extract
- 1/4 tsp (1 mL) baking soda
- 1 tsp (5 mL) hot water
- 1/2 cup (125 mL) unsalted, shelled sunflower seeds
- 1/4 cup (60 mL) all-purpose flour
- 1/4 cup (60 mL) whole-wheat flour
- 1/4 cup (60 mL) large-flake rolled oats
- 1/4 cup (60 mL) chocolate chips
- 1/4 cup (60 mL) raisins
- 3 tbsp (45 mL) natural wheat bran
- 3 tbsp (45 mL) wheat germ

*Directions:*
- Preheat oven to 350°F (175°C).
- In large bowl, cream margarine, brown sugar, granulated sugar until fluffy.
- Stir in beaten egg, vanilla, and baking soda dissolved in hot water.
- Add sunflower seeds, flours, oats, chocolate chips, raisins, bran, and wheat germ. Combine ingredients thoroughly.
- Drop a spoonful of batter at a time onto non-stick or lightly greased cookie sheets.
- Bake in 350°F (175°C) oven for about 10 minutes.

**Yield:** 18 cookies

<table>
<thead>
<tr>
<th>I Like This</th>
<th>I Don't Like This</th>
<th>Next Time, I Will Change...</th>
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<tbody>
<tr>
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</tbody>
</table>

**From Farming History...**

An average family of Irish labourers would eat up to 20 kgs of potatoes every week. Since this was almost all they ate, about one million Irish died in 1846 and 1847 due to the potato famine.
Lunch Munch

Split a piece of construction paper into 5 sections, 1 for each school day of the week. Cut foods from flyers and magazines to create a lunch for school. Pick your best two lunches and score them on the chart below to see which one you should take.

What you will need: construction paper, flyers, glue, scissors, markers, crayons

<table>
<thead>
<tr>
<th>Scoring Item</th>
<th>Lunch #1</th>
<th>Lunch #2</th>
</tr>
</thead>
<tbody>
<tr>
<td>Has something from the grains category (1 point)</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Has something from the fruits &amp; vegetable category (1 point)</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Has something from the dairy category (1 point)</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Has something from the meats &amp; alternatives category (1 point)</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Provides nutrients for growth (1 point)</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Nothing deep fried (1 point)</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Won’t stick to teeth (1 point)</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Limited artificial flavouring, colouring, and preservatives (1 point)</td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

TOTAL (out of 8 points)

Dig it!

When, Where, Why, With who, How I felt when I ate each food

Foods I Ate Today

Think about this builder and the activities you did...
- Review the skills checklist on page 11.
- What skills have you developed?
- Do you need more practice?

What’s next?

Part of making healthy food choices is knowing how to read labels. In the next builder you are going to find out how food labels provide information to help you choose healthy and tasty foods! You will need to bring a couple empty food items to analyze.
**Skill Builder 5: Reading Labels**

**Andy Says....**
Large Canadian food manufacturers are now required to provide a standard food label for most prepared food: breads, cereals, canned and frozen foods, snacks, desserts and drinks. Conventional foods including raw products (fruits, vegetables and fish) remain voluntary.

**SKILLS CHECKLIST**
- Know the parts of a food label
- Compare the nutritive content of foods

**Dream it!**
Fill in the numbers for what you think the food label for your favourite food is. Check with your leader, use a search engine for “nutritional analysis of _____”, or www.nutritiondata.com/, or an actual food label to see if you are close and record the actual numbers.

**Important Words**
Watch for these important words in this builder:
- Food Labels,
- % of Daily Value,
- Calories,
- Serving Size

**Nutrition Facts**

<table>
<thead>
<tr>
<th>Amount</th>
<th>% Daily Value</th>
</tr>
</thead>
<tbody>
<tr>
<td>Calories</td>
<td></td>
</tr>
<tr>
<td>Fat</td>
<td>%</td>
</tr>
<tr>
<td>Saturated Fat</td>
<td>%</td>
</tr>
<tr>
<td>+ Trans Fat</td>
<td></td>
</tr>
<tr>
<td>Cholesterol</td>
<td></td>
</tr>
<tr>
<td>Sodium</td>
<td>%</td>
</tr>
<tr>
<td>Carbohydrate</td>
<td>%</td>
</tr>
<tr>
<td>Fibre</td>
<td>%</td>
</tr>
<tr>
<td>Sugars</td>
<td></td>
</tr>
<tr>
<td>Protein</td>
<td></td>
</tr>
<tr>
<td>Vitamin A</td>
<td>%</td>
</tr>
<tr>
<td>Vitamin C</td>
<td>%</td>
</tr>
<tr>
<td>Calcium</td>
<td>%</td>
</tr>
<tr>
<td>Iron</td>
<td>%</td>
</tr>
</tbody>
</table>

**From Farming History...**
Peanut Butter was invented by George Washington Carver who wanted to help poor farmers in the southern States. He developed 325 uses for peanuts!

**More Eats!**
For games go to www.hc-sc.gc.ca/fn-an/label-etiquet/nutrition/cons/interactive-
**Get Cooking**

**Granola Snack Bars**

*Ingredients:*
- 1/4 cup (60 mL) margarine
- 4 cups (1 L) miniature marshmallows
- 1 cup (250 mL) rolled oats
- 1 cup (250 mL) crushed graham crackers
- 1/2 cup (125 mL) flax seed
- 1/2 cup (125 mL) raisins, chopped
- 1/4 cup (60 mL) shelled sunflower seeds
- 1/4 cup (60 mL) unsweetened coconut

*Directions:*
1. In a large saucepan, over low heat, melt margarine.
2. Add marshmallows, stirring constantly until marshmallows are melted and mixture is smooth.
3. Remove from heat.
4. Stir in remaining ingredients and thoroughly coat.
5. Press into a greased 9 x 13 inch (22 x 33cm) pan. Let cool. Cut into 6 rows lengthwise and 4 crosswise.
6. Dried fruit may be added.

*Yield: 24 bars*

<table>
<thead>
<tr>
<th>I Like This</th>
<th>I Don’t Like This</th>
<th>Next Time, I Will Change...</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
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</tbody>
</table>

**Hummus**

*Ingredients:*
- 1 can (15 to 16 ounces) garbanzo beans, drained and liquid reserved
- 2 tablespoons tahini (sesame seed paste)
- 1 clove garlic, cut in half
- 3 tablespoons (45 mL) lemon juice
- 1 teaspoon (15 mL) salt
- Pita bread wedges, crackers or raw vegetables

*Directions:*
1. Place bean liquid, tahini and garlic all in the blender. Cover and blend on high speed until mixed.
2. Add beans, lemon juice and salt. Cover and blend on high speed, stopping blender to occasionally scrape down the sides.
3. Spoon into serving dish and serve with pita wedges or vegetables.
4. Serve this Middle Eastern favourite as a dip, a spread, sandwich filling or as a salad.

*Yield: 2 cups (500 mL)*

<table>
<thead>
<tr>
<th>I Like This</th>
<th>I Don’t Like This</th>
<th>Next Time, I Will Change...</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

**Pita Chips**

*Ingredients:*
- 1 small Pita bread
- 1 tbsp (15 mL) Oil
- 1 tsp (5 mL) Italian seasoning
- 1 tsp (5 mL) Garlic powder
- 1 tsp (5 mL) Onion powder
- 1 tsp (5 mL) Basil
- 1 tsp (5 mL) Parsley

*Directions:*
1. Preheat oven to 450°F.
2. Cut pita bread into 6-8 triangles.
3. Brush both sides of pita bread with oil.
4. Sprinkle with seasonings.
5. Put pita pieces on a cookie sheet and bake for 5 minutes or until golden brown.
6. Cool and dip into freshly made salsa or hummus.

*Yield: 1 serving*
What’s next?

The next builder will help you prevent food poisoning and other food borne illnesses.
Good food shouldn’t make you sick!

Dig it!

Picky Eater

Sit in a circle and pick an item out of the box. Describe the product by the label. Is this product grown locally? Would you buy it? The two labels at right are of cereals. Which one would you choose? Star the healthiest choice.

Answer the following questions:
• Pick a food product - from the label, what are the advantages and disadvantages of purchasing that product?
• Is the product grown locally in Canada or in your province?
• Would you by that product? If so, why or why not?
• How would you store it?

Think about your Learning...
Review the Skills Checklist on page 14. What skills have you developed? Do you need more practice?

What’s next?

The next builder will help you prevent food poisoning and other food borne illnesses.
Good food shouldn’t make you sick!

Labelled

Health Canada has specified what labels need to be on Canadian products. Pick two labels and see if they have all of the following information:

Name of Product
Nutritional Information
Ingredient List
Storage and Handling
Preparation Instructions
Expiry Date
Name and Address of Company

Labels from Mission Nutrition

Dig it!

Picky Eater

Sit in a circle and pick an item out of the box. Describe the product by the label. Is this product grown locally? Would you buy it? The two labels at right are of cereals. Which one would you choose? Star the healthiest choice.

Answer the following questions:
• Pick a food product - from the label, what are the advantages and disadvantages of purchasing that product?
• Is the product grown locally in Canada or in your province?
• Would you by that product? If so, why or why not?
• How would you store it?

Think about your Learning...
Review the Skills Checklist on page 14. What skills have you developed? Do you need more practice?

What’s next?

The next builder will help you prevent food poisoning and other food borne illnesses.
Good food shouldn’t make you sick!

What’s next?

The next builder will help you prevent food poisoning and other food borne illnesses.
Good food shouldn’t make you sick!
Skill Builder 6: Food Safety

Soapy Solutions

It’s time for an experiment! Find a group of five people. One person needs to be a recorder, one person needs to collect the materials and be the time keeper, and the others will do the experiment. The three experimenters will cover their hands with 15 mL (1 tbsp) of cooking oil and then sprinkle 5 mL of cinnamon on. The cinnamon is pretending to be bacteria.

Member 1: Wash hands with cold water and no soap for 20 seconds
Member 2: Wash hands with warm water and no soap for 20 seconds
Member 3: Wash hands with warm water and soap for 20 seconds

Record your results in the table by describing the amount of cinnamon left as none, a little, some, a lot, all of it.

The best method is ____________

<table>
<thead>
<tr>
<th>Member</th>
<th>Amount of Cinnamon Left</th>
</tr>
</thead>
<tbody>
<tr>
<td>#1 : Cold Water, No Soap</td>
<td></td>
</tr>
<tr>
<td>#2 : Warm Water, No Soap</td>
<td></td>
</tr>
<tr>
<td>#3 : Warm Water, Soap</td>
<td></td>
</tr>
</tbody>
</table>

Dream it!

Washing your hands is an easy way to reduce the number of bacteria in your kitchen. To do the best job, you need to wash your hands for at least 20 seconds. Come up with a little song you can sing to make sure you have spent 20 seconds scrubbing and write the words below.

Andy Says....

Bacteria are everywhere - the air, the soil and sometimes the water. Humans carry bacteria in their mouth, nose and intestinal tract, as well as on their face, hands, hair and clothes. Raw meat and fruits and vegetables also contain bacteria. In the right conditions, bacteria will double in number every 20 minutes at room temperature.

SKILLS CHECKLIST

- Reduce the risk of food borne illness
- Know safe food handling practices.

Important Words

Watch for these important words in this builder:
Food borne Illness, Personal Hygiene, Bacteria

Tap water can be hot enough to burn or scald. Be sure to check the water temperature!
Get Cooking

Homemade Burgers

*Ingredients:*
- 4 lb (2 Kg) ground beef
- 1 cup (250 mL) dry breadcrumbs
- 1 cup (250 mL) minced onion
- 4 lightly beaten eggs
- salt and pepper to taste

*Directions:*
1. Lightly combine all ingredients, seasoning with salt and pepper.
2. Gently form into sixteen 3/4 inch (2 cm)-thick patties. Place patties in a single layer onto plastic wrap-lined baking trays; cover loosely with plastic wrap and freeze just until meat is firm (1 - 2 hours). Wrap patties in heavy foil or place them into freezer bags and freeze for up to 3 months.
3. Cook frozen patties over medium-high heat on a lightly oiled grill. Cook in closed barbecue for 10 - 12 minutes per side, testing doneness with a digital rapid-read thermometer inserted sideways into centre of each patty – burgers are completely cooked when thermometer reads at least 160°F (71°C), regardless of meat colour.

Make-Ahead Meatballs:
1. Form burger mixture into 1 inch (2.5 cm) meatballs. Bake on lightly oiled foil-lined baking tray in 400°F (200°C) oven for 15 minutes, until digital rapid-read thermometer inserted into centre of several meatballs reads at least 160°F (71°C).
2. Place cooked meatballs in a single layer onto several foil-lined baking trays; cover loosely with plastic wrap and freeze just until meat is firm (about 1 hour). Place meatballs into freezer bags; freeze for up to 3 months. Thaw cooked meatballs in the fridge or microwave before using.

*Yield: 16 servings or about 120 meatballs*

<table>
<thead>
<tr>
<th>I Like This</th>
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<th>Next Time, I Will Change...</th>
</tr>
</thead>
</table>

Bugged

After your leader reads off question #1, circle either true or false in that box. Do the same for the rest of the questions. At the end of the game, your leader will give you the correct answers. Highlight all the ones you got right. If you have four highlighted boxes (across, down, or diagonally), you win and keep the bugs away. If not, you better start washing your hands.

<table>
<thead>
<tr>
<th>1</th>
<th>True</th>
<th>False</th>
</tr>
</thead>
<tbody>
<tr>
<td>5</td>
<td>True</td>
<td>False</td>
</tr>
<tr>
<td>9</td>
<td>True</td>
<td>False</td>
</tr>
<tr>
<td>13</td>
<td>True</td>
<td>False</td>
</tr>
</tbody>
</table>

More Eats!

www.canfightbac.org has some great interactive activities about food borne illnesses.
Do you know when to throw food out? http://lancaster.unl.edu/food/ftmar07.shtml
Do you know where food comes from? There are many steps between the farm gate and your plate. The last builder will help you value your food and where it comes from.

Dig it!

The three components in food safety are people, food, and facilities. Can you fill the bubbles in with what you have learned about how each component can keep food safe?
Skill Builder 7: Food Origins

Andy Says....
One in seven Canadians is directly or indirectly employed in the agriculture and agri-food industry. It’s not just farmers, there are food researchers, breeding program technicians, processing and marketing analysts, chemical, electrical and computer engineers, agronomist, etc.

Dream it!

How many steps are required to take food from farm gate to your plate? Number the pictures in the correct order of the path.

More Eats!
To learn more about agriculture go to www.bam.gov/sub_foodnutrition/diningdecisions_games.html or http://www.gov.mb.ca/agriculture/wheresagr/

Andy Says...
What do you think of when you hear the word “agriculture”? It is not just cows. Suntan lotion, toothpaste, crayons, soap, kitty litter, paint, and even airplane de-icer come from agricultural products. Agriculture is everywhere!
Do it!

Apple Earth
How much of the earth do you think is used for farming? Colour your guess in on the apple. Do the activity with your leader to see how close you were.

Get Cooking

Egg and Salsa Burritos
Adapted from www.eggs.ca

Ingredients:
- 8 eggs
- 1/4 cup (60 mL) milk
- 1 green onion, finely chopped
- 1 tbsp (30 mL) butter
- 8 flour tortillas, heated
- 8 small lettuce leaves
- 1/2 cup (125 mL) salsa
- 1 cup (shredded cheddar cheese)

Directions:
1. Beat together eggs, milk, green onion, salt, pepper and hot pepper sauce. Heat medium non-stick skillet over medium-high heat. Add butter. When melted, pour in egg mixture and immediately reduce heat to medium-low.
2. As mixture begins to set, gently move spatula across bottom and sides of skillet to form large, soft curds. Cook until eggs are thickened and no visible liquid egg remains, but they are still moist.
3. Place a lettuce leaf on each tortilla. Spoon egg mixture evenly onto centre of each tortilla. Top with salsa, sour cream and cheese. Roll up. Secure with toothpick. Garnish to taste. Serve hot or cold.

Yield: 8 burritos

<table>
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</table>

More Eats!

Supporting Manitoba agriculture producers is important to the success of our province. One of the ways we can all do this is by committing to buy locally grown food. There are many delicious and creative recipes using Manitoba food products at the following sites:
http://www.gov.mb.ca/agriculture/food/greattastes/greattastes.html or
http://www.gov.mb.ca/agriculture/food/millennium/index.html
**Buy Local**

In a group, brainstorm a list of foods grown locally in your area. Using these foods create a balanced meal plan. You could expand on this idea and prepare this meal for your Showcase Challenge.

- Appetizer:  
- Grain:  
- Drink:  
- Fruit:  
- Meat:  
- Dessert:  
- Vegetable:  
- Other:  

**Dig it!**

**Record it . . .**
Discuss what you have learned with your leader so that the information can be recorded on your portfolio page.

**Think about this builder and the activities you did...**
Review the skills checklist on page 20. What skills have you developed? Do you need more practice? What skills did you use to make this builder a success?

**Apply it . . .**
How would you explain to others the steps our food takes to make it to our plates?

You have cooked your way through reading recipes, healthy eating, and food safety. Congratulations!

**What's next?**

The showcase challenge will give you a chance to showcase your new skills. Think about what you have done in Exploring Foods and use the next two pages to make a plan. Remember to complete the My Portfolio page to wrap up your Exploring Foods Project.
Now that you have finished this project, it is time to think about how you will share your experiences and knowledge with others. You may put your new skills to work by helping at a community event or at your club Achievement or teaching others about your topic. The goal of the Showcase Challenge is to help highlight your new skills and help you understand how you can use them. It can be an opportunity to receive feedback from others on your project. So go back through your manual and find some highlights of your learning (what you are proud of) and think about how you will “showcase” it.

### Showcase Challenge

**Bringing it all together!**

Now that you have finished this project, it is time to think about how you will share your experiences and knowledge with others. You may put your new skills to work by helping at a community event or at your club Achievement or teaching others about your topic. The goal of the Showcase Challenge is to help highlight your new skills and help you understand how you can use them. It can be an opportunity to receive feedback from others on your project. So go back through your manual and find some highlights of your learning (what you are proud of) and think about how you will “showcase” it.

### Dream It!

Here are some Showcase Challenge Suggestions:

- Demonstrate something you made or learned about
- Make a poster or display
- Make a menu
- Make a computer presentation (e.g. PowerPoint)
- Give a speech
- Create a picture book
- Use your new skills to help with the Club Achievement plans
- Or come up with your own idea. It is up to you and your leader!

### My Showcase Challenge Plan

My showcase idea: ____________________________________________

__________________________________________________________

What materials and resources do I need? _______________________

__________________________________________________________

Who do I need to help me? __________________________________

__________________________________________________________

When do I need to have things done by? _______________________

__________________________________________________________

23
Do It!
Insert or attach your finished product or a photo of you sharing your skills in your Showcase Challenge.

Dig It!
Now that you have showcased your project skills;
- How did your Showcase Challenge go?
- What would you do differently next time?
- How will you use your new skills in the future? (in different situations?)
# My 4-H Portfolio

Name: __________________  Date: _____________  Year in 4-H: ___
Club: ______________  Hours Spent on 4-H: ___(Project and Other 4-H Activities)

## Exploring Foods Project Skills Chart

To be completed by the leader and the member based on observations and conversations throughout the project.

### Skill Builder | Members will be able to... | We know this because...
--- | --- | ---
| | Each Skill Builder had a Skills Checklist which identified the skill you will learn. | Identify activities completed and record observations and information from discussions about activities. |
| 1 | • Identify good recipes • Explain the segments of recipes • Know how to choose a recipe | |
| 2 | • Know why accurate measuring is important • Compare dry and liquid measures | |
| 3 | • Identify the basics for stocking a kitchen • Explain where to store food | |
| 4 | • Describe why moderation and balance are important • Recognize serving sizes | |
| 5 | • Know the parts of a food label • Compare the nutritive content of foods | |
| 6 | • Reduce the risk of food borne illnesses • Know safe food handling practices | |
| 7 | • Know where our food comes from • Recognize Manitoba’s agricultural industry | |

### Showcase Challenge
- Explain success in using the skills listed above.

### Additional Comments/Activities:

---

**Leader Point of Praise!**

I am most impressed by...

I acknowledge that the member has completed the 4-H project requirements.
Above and Beyond!
In addition to project skills, 4-H also increases skills in meeting management, communications, leadership, community involvement through participation in club, area, or provincial 4-H events or activities. List below any activities you participated in this year in 4-H.
(Some examples include Executive Positions Held, Workshops, Communication, Community Service, Rally, Bonspiels, Conferences, Judging, Camps, Trips, Awards, Representation to Area or Provincial Councils, etc)

_____________________________________       _______________________________________
_____________________________________       _______________________________________
_____________________________________       _______________________________________
_____________________________________       _______________________________________
_____________________________________       _______________________________________
_____________________________________       _______________________________________ 

**Feel Free to add additional pages that include awards, certificates, new clippings, photos or other items that describe your 4-H involvement.

Member Point of Pride!

What I learned...

What I need to improve on...

What I want others to notice...

Member’s Signature: _______________________________

Point of Praise! Another’s perspective on your achievements in 4-H.

I am most impressed by...

I believe that you have learned...

In the future I encourage you to...

Signature: _______________________________
4-H Achievement

4-H Achievement is... a 4-H club celebration when members have completed their projects. Achievements are planned by the club to give recognition to members and leaders for their accomplishments in their 4-H projects and club activities.

A 4-H Achievement can take many different formats: from choosing a theme, to member project displays, to members using their new skills for the event (entertainment, food, decorating, photographer, etc.), to members presenting their project to the whole group, the options are endless and open to the creativity of the members and leaders in each club!

Clubs may also plan their Achievement to promote 4-H to the community or to recognize sponsors and others who have helped the club.

Members and leaders - be sure to check your project books for the project completion requirements, so you will be ready for your club’s Achievement celebration!

If you have any questions, comments or suggestions for this or other 4-H projects contact:

Manitoba 4-H Projects
Manitoba Agriculture
1129 Queens Avenue
Brandon, MB R7A 1L9

Email: 4h@gov.mb.ca
Phone: 204-726-6613
Fax: 204-726-6260

This manual is for educational use only and is not intended as professional advice.

For more information about 4-H and the many 4-H opportunities available please visit

http://www.gov.mb.ca/agriculture/4-h/
What is 4-H?

4-H is an international youth organization involving more than 7 million members in 80 countries around the world.

In Canada, 4-H began in 1913 in Roland, Manitoba as a community-based organization dedicated to growth and development of rural youth. Today’s 4-H program reaches both farm and non-farm youth across Canada. The motto of “Learn to Do by Doing” is embodied in the program, as 4-H focuses on skill development as well as personal development of life skills such as communications, leadership and citizenship.

4-H Motto

“Learn To Do by Doing”

4-H Pledge

I pledge,
My HEAD to clearer thinking,
My HEART to greater loyalty,
My HANDS to greater service,
My HEALTH to better living,
For my club, my community, and my country.

Manitoba 4-H project material is developed by
Manitoba Agriculture