



# Owyhee County 4-H Cloverbud Cooking Activity Book



Name \_\_\_\_\_

Age \_\_\_\_\_ Year in 4-H \_\_\_\_\_ 20 \_\_\_\_\_

Club Name \_\_\_\_\_

\_\_\_\_\_

Member's Signature \_\_\_\_\_

Parent/Guardian's Signature \_\_\_\_\_

Leader's Signature \_\_\_\_\_

Projects or activities I worked on this year were: \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

I attended \_\_\_\_\_ club meetings.

I helped the community by: \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

I like being in 4-H because: \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

This year I learned how to: \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

This year I showed others how to: \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_



Here are some pictures of me and things I did in 4-H this year . . .

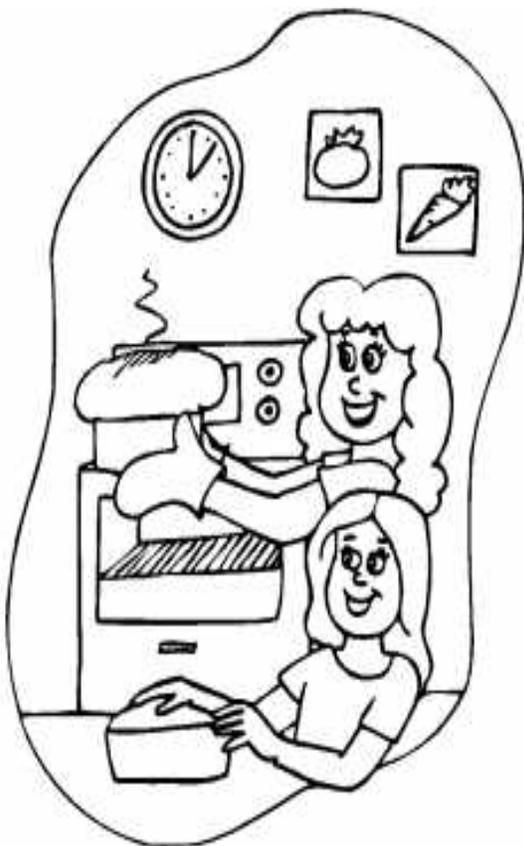


Here is a drawing or story about me and 4-H . . .



**Be Safe! ALWAYS work with an adult or responsible teenager in the kitchen!**

Only adults should use sharp knives.



Always use oven mitts and pot holders.

**Be Safe! ALWAYS work with an adult or responsible teenager in the kitchen!**

If it falls on the floor,  
don't eat it!



Don't lick your  
fingers while  
cooking.

**Be Safe! ALWAYS work with an adult or responsible teenager in the kitchen!**

**ALWAYS wash your hands!**

**START** →



1. Wet hands



6. Turn off taps with towel



5. Towel dry

# HAND WASHING STEPS



4. Rinse



2. Soap (20 seconds)



3. Scrub backs of hands, wrists, between fingers, under fingernails.

HINT: Do you know how long 20 seconds is (see 2, above)? An easy way to remember is to sing "Happy Birthday" to yourself (outloud only if you'd like!) **TWO TIMES**. This is more fun than counting to 20, don't you think!?



# Measuring in the Kitchen

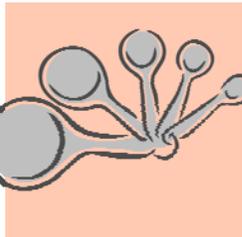
You are cooking and your recipe calls for the following ingredients. Draw a line from the ingredient, below, to the type of measuring device you would use:



Baking Soda



Flour



Milk



## Let's Measure!

1. Go to the kitchen and find the measuring cups and spoons — don't forget to ask permission first!
2. Find at least one liquid (like water) and one solid (like sugar) measure to use.
3. Practice filling the different measuring cups and spoons with these two things. To avoid spills, hold the measuring cup or spoon over a plate or bowl.
4. Find out how the measuring cups and spoons compare to each other, and circle the answers to the following questions:

- Do two half cups make one cup?                      Yes                      No
- How many teaspoons fill a tablespoon?            6            4            3            2
- Do coffee cups really hold one cup?              Yes              No
- Would a coffee cup be good to use for measuring?              Yes              No
- Would your cereal spoon be a good teaspoon measure?    Yes              No

For many recipes, you will need to measure the ingredients. You might think it would be easier to just add a little of this and a little of that. Easier, yes, but you may have a treat that's not good to eat! Remember these things:

1. Follow the recipe.
2. Measure ingredients carefully. Using just the right amounts will produce just the right results!
3. Use a liquid measuring cup (usually clear with a spout) for all liquid ingredients. Check the cup at eye level to see that the top of the liquid matches the measuring line.
4. Use dry measuring cups for all dry ingredients and for fats like margarine.
5. Enjoy the treats you made!

# Tools in the Kitchen

Draw a line to the kitchen tool you would use if you were making or serving:

Cut out cookies



Spaghetti



Pizza



Soup



Mashed potatoes

Pie crust



# What's on your plate?



Before you eat, think about what and how much food goes on your plate or in your cup or bowl. Over the day, include foods from all food groups: vegetables, fruits, whole grains, low-fat dairy products, and lean protein foods.



Make half your plate fruits and vegetables.



Make at least half your grains whole.



Switch to skim or 1% milk.



Vary your protein food choices.

## Cut back on sodium and empty calories from solid fats and added sugars



Look out for salt (sodium) in foods you buy. Compare sodium in foods and choose those with a lower number.

Drink water instead of sugary drinks. Eat sugary desserts less often.

Make foods that are high in solid fat—such as cakes, cookies, ice cream, pizza, cheese, sausages, and hot dogs—occasional choices, not every day foods.

Limit empty calories to less than 260 per day, based on a 2,000-calorie diet.

## Be physically active your way

Pick activities you like and do each for at least 10 minutes at a time. Every bit adds up, and health benefits increase as you spend more time being active.

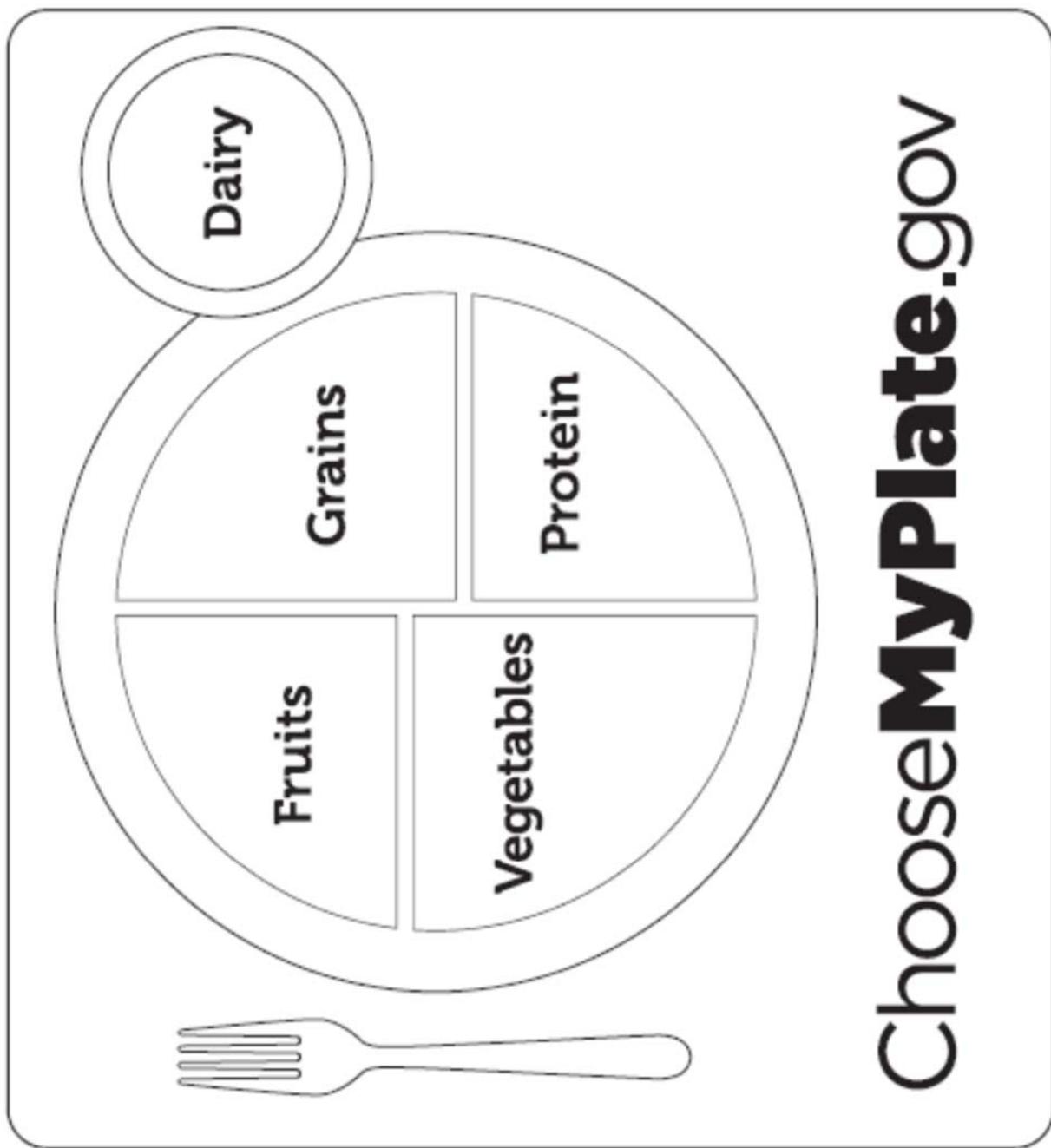
Children and adolescents: get 60 minutes or more a day.

Adults: get 2 hours and 30 minutes or more a week of activity that requires moderate effort, such as brisk walking.

Vegetables	Fruits	Grains	Dairy	Protein Foods
<p>Eat more red, orange, and dark-green veggies like tomatoes, sweet potatoes, and broccoli in main dishes.</p> <p>Add beans or peas to salads (kidney or chickpeas), soups (split peas or lentils), and side dishes (pinto or baked beans), or serve as a main dish.</p> <p>Fresh, frozen, and canned vegetables all count. Choose "reduced sodium" or "no-salt-added" canned veggies.</p>	<p>Use fruits as snacks, salads, and desserts. At breakfast, top your cereal with bananas or strawberries; add blueberries to pancakes.</p> <p>Buy fruits that are dried, frozen, and canned (in water or 100% juice), as well as fresh fruits.</p> <p>Select 100% fruit juice when choosing juices.</p>	<p>Substitute whole-grain choices for refined-grain breads, bagels, rolls, breakfast cereals, crackers, rice, and pasta.</p> <p>Check the ingredients list on product labels for the words "whole" or "whole grain" before the grain ingredient name.</p> <p>Choose products that name a whole grain first on the ingredients list.</p>	<p>Choose skim (fat-free) or 1% (low-fat) milk. They have the same amount of calcium and other essential nutrients as whole milk, but less fat and calories.</p> <p>Top fruit salads and baked potatoes with low-fat yogurt.</p> <p>If you are lactose intolerant, try lactose-free milk or fortified soy milk (soy beverage).</p>	<p>Eat a variety of foods from the protein food group each week, such as seafood, beans and peas, and nuts as well as lean meats, poultry, and eggs.</p> <p>Twice a week, make seafood the protein on your plate.</p> <p>Choose lean meats and ground beef that are at least 90% lean.</p> <p>Trim or drain fat from meat and remove skin from poultry to cut fat and calories.</p>
<p><b>For a 2,000-calorie daily food plan, you need the amounts below from each food group.</b> To find amounts personalized for you, go to <a href="http://ChooseMyPlate.gov">ChooseMyPlate.gov</a>.</p>				
<p><b>Eat 2½ cups every day</b></p> <p>What counts as a cup? 1 cup of raw or cooked vegetables or vegetable juice; 2 cups of leafy salad greens</p>	<p><b>Eat 2 cups every day</b></p> <p>What counts as a cup? 1 cup of raw or cooked fruit or 100% fruit juice; ½ cup dried fruit</p>	<p><b>Eat 6 ounces every day</b></p> <p>What counts as an ounce? 1 slice of bread; ½ cup of cooked rice, cereal, or pasta; 1 ounce of ready-to-eat cereal</p>	<p><b>Get 3 cups every day</b></p> <p>What counts as a cup? 1 cup of milk, yogurt, or fortified soy milk; 1½ ounces natural or 2 ounces processed cheese</p>	<p><b>Eat 5½ ounces every day</b></p> <p>What counts as an ounce? 1 ounce of lean meat, poultry, or fish; 1 egg; 1 Tbsp peanut butter; ½ ounce nuts or seeds; ¼ cup beans or peas</p>

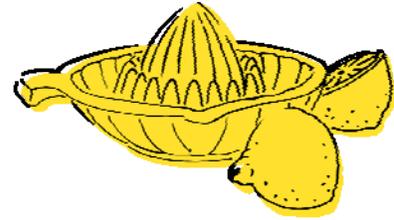


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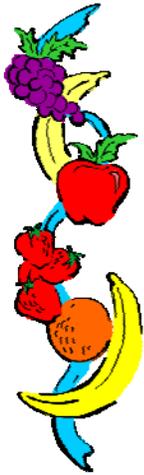


# Lemonade

- 1 Cup water
- 1 1/2 Tablespoon lemon juice
- 3/4 Tablespoon sugar
- Ice



Cut and squeeze lemons to obtain lemon juice. Combine juice with water and sugar. Add ice.



# Summer Slush

Freeze apple juice in ice cube trays. Place cubes in blender. Blend. Add apple juice until desired consistency is obtained.



You also can use grape, orange, pineapple, or cranberry juice. You can also add fresh or canned fruit to slush.

# Apple Cider



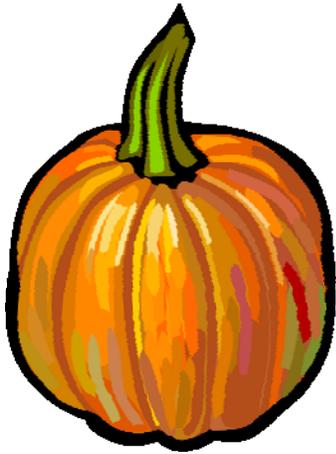
- 10 Cups Apple Cider or Apple Juice
- 2 Whole Cloves
- 2 Whole Allspice
- 1 Cinnamon Stick

Pour Apple Cider or juice in a large bowl or pan. Add spices. Microwave or cook on stove top. Allow to cool slightly and serve warm.

## Pumpkin Seeds

Seeds from a pumpkin (You can use the pumpkin seeds when you make your jack-o-lantern!)

1/4 cup melted butter



Salt or Seasoned Salt

- Clean seeds and wash with water. Wash until seeds are no longer slimy.
- Soak in water overnight, using 1 teaspoon salt for every 2 cups of cold water.
- Drain seeds and pat dry with paper towels.
- In a mixing bowl, combine seeds and



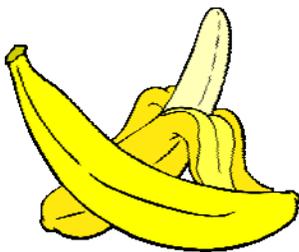
## No Bake Cookies

1/2 Cup Corn Syrup

1/2 Cup Peanut Butter

3 Cups Rice Puff Cereal

Mix syrup and Peanut Butter; stir until smooth. Stir-in the rice cereal. Drop spoonfuls of the mixture on wax paper. Allow to set until firm.



## Frozen Bananas

Cut a firm ripe banana in thirds. Insert a popsicle stick lengthwise through the center of each section. Cover with plastic wrap. Freeze. Remove wrap. Frost with peanut butter diluted to spreading consistency with orange juice. Roll in toasted wheat germ or chopped nuts.

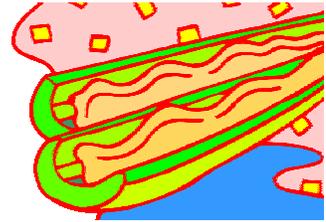
## Ants on a Log

Celery Stalks

Peanut Butter or Cheese Spread

Raisins or Peanuts

- Separate Celery Stalks,
- Wash Celery and trim leaves
- Fill Celery Stalk with Peanut Butter or Cheese Spread
- Place Raisins or peanuts on Peanut Butter

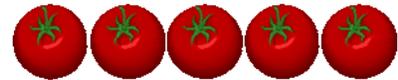


## Veggie Caterpillar



Cherry Tomatoes

Celery Leaves



Toothpicks or Hard Plastic Straws

- Clean Tomatoes and Celery Leaves
- Skewer Cherry Tomatoes on Tooth Picks or Straws
- Poke two Small Holes in last Tomato
- Put Celery Leaves into Holes

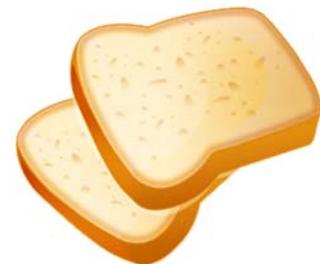
## Cinnamon Toast

1 Slice of Bread

1/8 teaspoon Cinnamon

Butter to cover toast

1/2 Teaspoon Sugar



Toast the bread and butter it. Sprinkle about 1/2 teaspoon sugar and the 1/8 teaspoon cinnamon on the hot buttered toast. Cut slice in half and serve.

## Corn Chips

- 1 Cup Boiling Water
- 1/2 teaspoon salt
- 1/4 Cup Margarine
- 1 Cup Cornmeal



Combine first three ingredients. Add cornmeal. Make into 1" balls. Place on lightly greased cookie sheet. Spread with spoon or pat with fingers until very thin. Bake at 350 for 20 minutes, or until crisp and golden brown.

## Sunshine Shake



- 1 Cup Plain Yogurt
- 1 Cup Vanilla Ice Cream, or Orange Sherbet
- 1 Cup sliced peaches or apricots

4 ice cubes

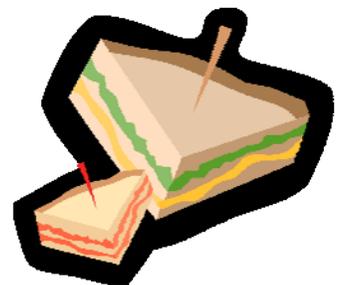
In a blender combine first three ingredients. Place blended ingredients and ice cubes in tight sealing container. Shake.



## Garden Sandwich

- 1 Avocado, mashed
- 1 Tablespoon Mayonnaise
- 1/2 Teaspoon Lemon Juice
- 1 Hard Cooked Egg diced
- Whole Wheat Bread slices
- Alfalfa Sprouts

ix all ingredients except sprouts, spread over bread, sprinkle with sprouts.



## Seed Balls

- 1/2 Cup Peanut Butter
- 1/2 Cup Honey
- 1/2 Cup Wheat germ Toasted
- 1 Cup Peanuts
- 1/2 Cup Sunflower Seeds
- 1/2 Cup Carob Powder

Combine ingredients. Roll into 1 inch balls. May cover with flaked coconut. Chill, and enjoy!



## Granola

- |                           |                       |
|---------------------------|-----------------------|
| 4 Cups Regular Oats       | 1/2 Cup Vegetable Oil |
| 1 Cup Sliced Almonds      | 1/2 Cup Sesame Seeds  |
| 2 Cups Raw Wheat Germ     | 1/4 Cup Water         |
| 3/4 Cup Brown Sugar       | 1 Cup Flaked Coconut  |
| 1 Cup Raw Sunflower Seeds | 1/2 Cup Raisins       |



Combine first six ingredients. Mix brown sugar, oil, and water for syrup. Add syrup to oatmeal mixture. Place on shallow baking pan. Bake at 300 degrees for one hour until brown. Stir every 15 minutes. Add raisins. Variation: Use dried chopped apricots instead of raisins.

## Marshmallow Treats

- 1/4 Cup Margarine
- 40 Marshmallows
- 6 Cups Rice Puffed Cereal
- 13" x 9" pan

Melt margarine and marshmallows. Add rice cereal, stir until well coated. Let cool slightly.

Press the warm mixture evenly and firmly into the buttered pan.



# Food Trivia

## Baking Soda and Baking Powder

Uses. The most common use of baking soda and baking powder is in cakes and baked goods as a leavening agent.

Too Much or Too Little. If you use too much baking powder or soda than a recipe suggests, it can make the mixture taste bitter. It also could cause it to rise too rapidly and the air bubbles burst and cause the mixture to “fall”. Too little baking powder or soda results in a tough product that has a poor texture.

## Eggs

- ◆ The U.S. produced 90 billion eggs in 2005, up from 6.1 billion in 1990.
- ◆ A hen requires about 24-26 hours to produce one egg.
- ◆ Typically a hen lays an average of 266 eggs per year.
- ◆ Eggs will age more in one day at room temperature than in one week in the refrigerator.

4 jumbo eggs = 1 cup  
4 Extra Large eggs = 1 cup  
5 Large eggs = 1 cup  
5 Medium eggs = 1 cup  
6 Small eggs = 1 cup



## Salt

- ◆ In the early 1800's salt was four times as expensive as beef on the frontier. It was essential in keeping people and livestock alive.
- ◆ Only 6% of the salt used in the U.S. is used in food; another 17% is used for de-icing streets and highways in the winter.



## Vanilla

Where Do Vanilla Beans Come From? Vanilla beans come from Indonesia, Mexico, Uganda, Tonga, Comoros, and Madagascar.

How Do They Grow? Vanilla beans come from one of the few of the over 20,000 varieties of orchids that produce anything edible. The plant produces one flower which lasts for only one day. It is then another year before it flowers again. It takes about 6 weeks for the bean pods to develop and reach its full size of 6 and 10 inches long (and it looks like a green string bean). It takes another 9 months to mature, and then they are hand picked and immediately dipped in boiling water to stop growth. After that, they are “cured” for 20 days, and then air dried for 4-6 months. They are then ready to be crushed and the flavors extracted.

## Milk

- ◆ A gallon of milk weighs 8.59 lbs.
- ◆ U.S. chocolate manufacturers use about 3.5 million pounds of whole milk every day to make chocolate.
- ◆ It takes 3 to 3 1/2 cups of broccoli to equal the calcium in one cup of milk.
- ◆ More than 1/3 of the milk produced in the U.S. each year goes into manufacturing cheese.
- ◆ To Make:
  - 1 lb. of Butter takes about 21.2 lbs. whole milk
  - 1 lb. of Ice Cream (1 gal.) takes about 12.0 lbs. whole milk
  - 1 lb. of Whole Milk Chees takes about 10.0 lbs. whole milk



## Sugar

- ◆ The average American consumes over 61 pounds of refined sugar each year.
- ◆ Up until the 1500's, sugar was so expensive that it was used in small amounts as medicine and to sweeten wine, but not in food.
- ◆ The U.S. produces about 8.4 million metric tons of sugar each year.
- ◆ There is the equivalent of almost 16 cubes of sugar in each 20 ounce bottle of cola.

Sugar cane and sugar beets produce most of the sugar we use. Even though these plants grow in different climates, sugar cane in the tropics and sugar beets in temperate zones (like Idaho!), once their sugar is refined, there is very little difference between the two.



# Where does food come from?

Draw a line from the item to the picture to show where it comes from. There could be more than one answer.

Butter



Sugar



Milk



Vanilla



Flour

---

## What I learned . . .

Fill in the blank in each of the following statements:

1. ALWAYS work with an \_\_\_\_\_ or responsible teenager in the kitchen.
2. If it falls on the floor, \_\_\_\_\_ eat it!
3. ALWAYS \_\_\_\_\_ your hands when you work with or eat food.
4. \_\_\_\_\_ half cups make one cup.
5. When measuring flour, use a \_\_\_\_\_ measuring cup.
6. Eggs will age \_\_\_\_\_ in one day at room temperature than in one week in the refrigerator.
7. It takes 3 cups of broccoli to equal the calcium in \_\_\_\_\_ cup of milk.
8. Sugar can be made from \_\_\_\_\_ which grows in countries where it is hot. It also can be made from \_\_\_\_\_ that grow where it is colder — like in Idaho!

# What's your favorite!?

Draw a picture of your favorite breakfast, lunch, dinner, dessert, or snack, — or all of them! Can you find a recipe and make one of them?



I Pledge

(Right Hand over Heart)



(Arms at Sides)



4-H Pledge

My Head to Clearer Thinking,

My Heart to Greater Loyalty,

My Hands to Larger Service

and My Health to Better Living,

For My Club, My Community, My Country, and My World.



(Right Hand Points to Forehead)



(Arms Slightly Bent Palms Up)

University of Idaho Extension

To enrich education through diversity, the University of Idaho is an equal opportunity/affirmative action employer and educational institution. University of Idaho and US Department of Agriculture cooperating

Would you like to learn more about all the 4-H projects and activities in Owyhee County?

Contact us at:  
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www.owyheecounty.net