

Foods & Nutrition 1

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Four-H is for the enjoyment and enrichment of boys and girls everywhere. Young people like 4-H. That is why more than 2-1/2 million boys and girls, who are 9 to 19 years old, belong to 4-H in the United States. We are pleased that you are one of them.

Many of your friends are also in 4-H. Are there others who would like to belong to 4-H? If so, tell your 4-H leader about them so that she can help your friends become 4-H'ers.

The name "4-H" stands for Head, Heart, Hands, and Health. The 4-H pledge helps tell the purpose of the 4-H program.

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

The 4-H motto is "To Make the Best Better."

You will want to learn more about 4-H. Each month you will receive in the mail a 4-H club paper. You will enjoy reading this and learning more about 4-H. It will tell you about 4-H activities such as camp, achievement day and Club Congress.

This 4-H project is called "Me and My Food." Your 4-H project leader will review the information and activities with you. When you have questions, be sure to ask your leader, your parents or your Extension Agent.

Again, welcome to 4-H.

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ME AND MY FOOD

4-H Foods and Nutrition I

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Extension Specialist
Foods and Nutrition*

Do you like to eat? What do you eat? Why do you eat? When do you eat?

Everyone likes to eat. We eat because we are hungry. Or because food is available. Or because we don't have anything else to do. Or because eating makes us feel better.

We have to "eat to live" because food supplies the raw materials which we must have for body building and repair and for fuel. Some people enjoy eating so much they seem to "live to eat."

In this 4-H project you will learn why it is important to eat a variety of foods. You will learn to prepare snacks which contain many of the materials your body needs. Food selection and preparation are only a part of the total story, however. You need to know how to serve the food, how to eat the food, and how to clean up following "chow time."

It's a good idea to let your parents know what you're planning to do. You might ask your mother to look through this book to see what kinds of things you're going to be doing. She'll be happier about letting you use the kitchen if you leave it in good shape.

There are lots of things you can do in this project. Look at the list below. You may want to do all of the suggested activities in Section D or you may have time to do only 6, 7, or 8 of them. You might check those you'd really like to do.

There are so many fun things to do. Don't you want to get started?

Requirements for Unit I

- A. Participate in project meetings conducted by your 4-H adult or junior leader or Extension Agent.
- B. Keep a record of work done in this 4-H project. Summarize on the form in the back of this book. Turn this record in when it is requested.

C. Study the Four Food Groups. Learn the number of servings you need from each group each day.

D. Do at least 6 of the following:

1. Record your height and weight at the beginning and end of the year. Are you growing up or out?
2. Try 2 new foods.
3. Keep a record of the milk you drink and of the ice cream and cheese you eat each day for a week. Did you have enough milk or other milk products each day to supply the calcium you need?
4. Help plan, prepare, and serve snacks for your friends at a 4-H club meeting or party. Include foods from at least one of the Four Food Groups each time. Do this at least twice.
5. Prepare and serve snacks at home 5 times. Include foods from the Four Food Groups.
6. Share what you have learned with others by giving a demonstration or an illustrated talk.
7. Learn the best way to wash dishes. Wash dishes at home at least 5 times.
8. Learn to set the table to suit the occasion. Set the table correctly 5 times.
9. Study table manners and practice what you've learned.

Raw Materials Which Make Me Grow and Go

Your body has to have food to supply the materials which are needed for body building and for fuel. A car needs fuel to go on but the gasoline you put in a car is used only to make it go, not grow!

Record your present height and weight. Check it again at the end of the year to see how much you've grown.

Date	Height	Weight
_____	_____	_____
_____	_____	_____

Food contains all of the necessary raw materials for body building and fuel. But not until you eat and digest a food are these materials available. Food left on your plate is not available for building.

The raw materials in foods which are used for building and repair are called nutrients. There are many of these nutrients which are needed by your body. No one is more important than another. These nutrients are: (1) vitamins, (2) minerals, (3) protein, (4) carbohydrates, (5) fats, and (6) water. There are several different vitamins and minerals and many kinds of protein, carbohydrate, and fat. Water is found in most foods. An apple is 85% water!

How can you be sure you get all of the nutrients or materials needed for building? The surest way is to follow the Daily Food Guide. The Four Food Groups of this guide have all of your favorite foods plus some which you probably haven't tried.

You're saying, "I eat some of those foods every day." That's good, but do you eat enough of each to supply the building materials you need?

A boy or girl of 10 needs 3 glasses of milk a day. Milk contains vitamins, minerals, protein, and water. Milk has more of 2 minerals, calcium and phosphorus, than any other food. It is also one of our best sources of the vitamin, riboflavin. You can get some of the same building materials from cheese, ice cream, and other products made with milk.

Everyone needs 2 servings of foods from the meat group each day. There are many foods to choose from—hamburger, meat loaf, steak, roast beef, pork chops, ham, chicken, turkey, fish, peanut butter, cheese, dried beans and peas, and eggs. These foods are important because of the protein, vitamins, and minerals they supply.

Fruits and vegetables add needed vitamins and minerals. Everyone should have 4 or more servings of fruits and vegetables every day. Citrus fruits (oranges, lemons, grapefruit, tangerines), tomatoes, raw cabbage, turnip greens, kale, collards, mustard, cantaloupe, strawberries, broccoli, Brussels sprouts, and green and red peppers contain vitamin C. In fact, fruits and vegetables are the only foods that have vitamin C. You should eat a food that contains vitamin C every day.

Dark green and deep yellow or orange fruits and vegetables are sources of vitamin A. Those that are darkest in color have the most vitamin A. Choose from broccoli, turnip greens, kale, collards, mustard greens, carrots, pumpkin, sweet potatoes, winter squash, apricots, and cantaloupe. Eat one of these foods at least every other day.

Enriched and whole grain breads and cereals are sources of vitamins, minerals, carbohydrates, and protein. You should have 4 or more servings each day.

If you're still hungry when you've eaten the recommended number of servings from each group, choose additional foods from one or more of the groups or from the foods not included in one of the groups.

Are there some foods listed which you haven't tried or don't like? Trying new foods or familiar food prepared in different ways can be a real adventure. Select 2 foods to try this year. Which foods did you select?

(1) _____

(2) _____

Don't just taste them once and say, "UGH!" Give them a fair chance. Babies push all solid foods out of their mouths. If someone didn't insist, they'd probably never learn to like anything but milk. Wouldn't that be a boring diet?

Dips

One fun way to try foods from each of the groups is to prepare a dip and serve with strips or chunks of foods in the Vegetable-Fruit and Bread-Cereal groups.

Prepare one or more of these dips at your 4-H project group meeting. Perhaps you could demonstrate how to make one of the dips at the next meeting of your 4-H club. Fellow 4-H'ers will be interested in tasting what you have prepared.

DAILY FOOD GUIDE

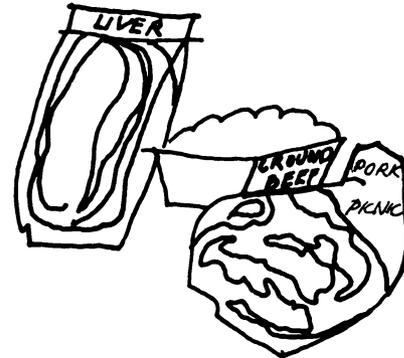
MILK GROUP

SOME for everyone



MEAT GROUP

2 or more servings

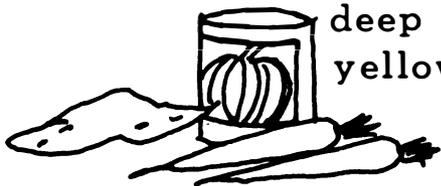


VEGETABLE--FRUIT GROUP

4 or more servings



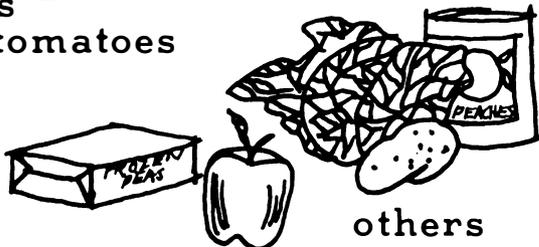
dark green



deep yellow



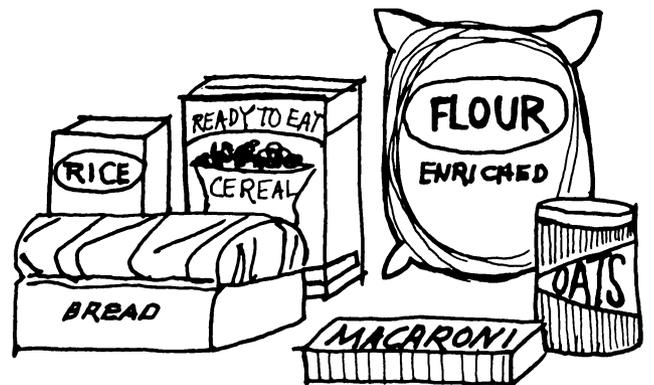
citrus and tomatoes



others

BREAD--CEREAL GROUP

4 or more servings



everyday eat foods from each group

eat other foods as needed to round out meals

FOLLOW THE FOOD GUIDE EVERYDAY

SOME
for Everyone

MILK GROUP

COUNT AS A SERVING 1 CUP  OF MILK

Children under 9 —   to   Adults —————  or more

Children 9-12 —————   or more Teenagers —————   or more

2
or more
SERVINGS

MEAT GROUP

COUNT AS A SERVING 2 OR 3 OUNCES OF COOKED LEAN MEAT, POULTRY OR FISH — — SUCH AS



A HAMBURGER



OR A CHICKEN LEG



OR A FISH

OR -2 EGGS  

OR 1 CUP  COOKED DRY BEANS OR PEAS

OR 4 TABLESPOONS  PEANUT BUTTER 

4
or more
SERVINGS

VEGETABLE-FRUIT GROUP

COUNT AS A SERVING ½ CUP  (RAW OR COOKED)

OR 1 PORTION SUCH AS



OR



OR



4
or more
SERVINGS

BREAD-CEREAL GROUP (WHOLE GRAIN OR ENRICHED)

COUNT AS A SERVING

1 SLICE  OF BREAD OR 1 BISCUIT 

OR 1 OUNCE READY-TO-EAT CEREAL — — — —  

OR ½ CUP  TO ¾ CUP  COOKED CEREAL,
CORNMEAL, GRITS, MACARONI, RICE OR SPAGHETTI

EAT OTHER FOODS AS NEEDED TO ROUND OUT MEALS

CAKLEBERRY DUNK

1 pint cottage cheese
2 hard cooked eggs, chopped
1/2 teaspoon salt
1/4 teaspoon pepper
1/4 teaspoon chili powder
1/4 cup catsup

Mix all ingredients together. Put in small bowl in center of tray with "dip sticks". Strips of raw carrot, green pepper, celery or turnips, cauliflowerets, radishes, green onions, and crackers or strips of toast are good with Cackleberry Dunk.

DEVILED DIP

1-1/2 cups creamed cottage cheese
1 can deviled ham
1 teaspoon chopped parsley
1 tablespoon minced onion
Dash pepper

Combine all ingredients and mix thoroughly. Place in serving bowl and surround with dippers.

STICKY DIP

1 cup sugar
1/2 cup light corn syrup
1/2 cup evaporated milk
1/2 cup peanut butter

Mix sugar, corn syrup, and evaporated milk in a saucepan. Stir over medium heat until the mixture comes to a boil. Boil 1 to 2 minutes. Set off heat and stir in peanut butter. Serve at room temperature. If it gets too cold, it will be too thick for dipping.

Good dip sticks for Sticky Dip are graham crackers, toasted strips of bread, banana and pineapple chunks, apple slices, and cubes of cake.

It is interesting to note that one of our favorite fluids, milk, is our major source of calcium and phosphorus which makes our bones hard!

Fluid Fuels

A lot of people—both young and old—do not drink enough milk. Do you?

Keep a record of the milk and foods made from milk you drink or eat each day for a week. Count up your score for each day giving yourself 25 points for each 8 ounce glass of milk, 20 points for each cup of cottage cheese, 20 points for each slice of cheese, 20 points for each cup of cocoa, and 5 points for each dip of ice cream. Put the total score for each day in the record on pages 13 and 15.

A score of 75 or above is excellent; 50 to 75 is not bad, but if your score is usually below 50, you need to include more milk and milk products in your diet.

Try a cold glass as an after-school snack. You might like to add 2 tablespoons of maple or chocolate syrup or peanut butter, or 1/4 cup crushed pineapple occasionally to make a milk drink with a different flavor.

Fruit juices can also be used for refreshing after-school snacks. Order orange juice or lemonade when you stop at the drugstore after school. If you mix your own, use equal amounts of orange juice and a carbonated beverage, or of orange juice and lemonade. Mix 1 cup apple juice with 1/4 cup apricot nectar and 1/2 teaspoon lemon juice for a "golden cooler". Heat apple cider or tomato juice for a warm snack on a cold day.

Serve milk or fruit drinks at the 4-H club meetings. Someone from your project group might show how to prepare the drinks.

Solid Fuels

If you're too hungry for just a beverage, make some things to munch on. Your 4-H leader or agent will show you how to make some tasty snacks. You will want to make these snacks at home. Check with your mother to be sure she has all of the ingredients you need. You might also ask her to show you how to operate the oven or electric skillet.

BITS AND PIECES

1-1/2 cups puffed oats cereal
1-1/2 cups shredded rice, bite-size biscuits
1-1/2 cups shredded wheat, bite-size biscuits
1 cup puffed corn
2 cups slim pretzel sticks
1 cup salted peanuts, skinless
1/3 cup butter or margarine
1 package onion soup mix

Melt butter or margarine in a large oblong baking pan or electric skillet. Stir in onion soup mix. Add the dry cereals, the pretzel sticks broken in smaller pieces, and the salted peanuts. Mix well. Bake in a slow oven (300 degrees F.) or in an electric skillet (200 degrees F.), stirring every 10 minutes or so, for about a half hour or until lightly browned. One cup of oven-toasted rice cereal may be added to the ingredients, if desired. Cool before serving. Yield: 2 quarts.



POPCORN

3 tablespoons salad oil or melted vegetable shortening
1/2 cup popcorn
Salt

Put the oil or melted shortening in a large, heavy pan. Add 1 kernel of popcorn. Cover the pan. Set on medium heat. When the kernel pops, the oil is at the right temperature for popping the corn.

Add the rest of the popcorn. Cover the pan and shake over the heat until the popping stops. Sprinkle with salt (as much as you like). Makes about 2 quarts of popcorn.

CHEESE POPCORN

Measure 4 cups of popped corn into a bowl. Sprinkle with 1/3 cup grated cheddar cheese and 1/3 cup melted butter or margarine. Toss with two forks or two spoons until all of the ingredients are well mixed.

Sandwiches

Do you always have the same kind of sandwich? Be adventuresome. Try something different. There are lots of possibilities. The bread you use might be whole wheat, rye, raisin, pumpernickel, or white, toasted or plain. Or you might use a crusty roll or a biscuit for the outside of your sandwich.

You may spread the bread with mustard, chili sauce, mayonnaise, salad dressing, butter, or margarine. The filling may be bologna, salami, a hamburger, a frankfurter, sliced chicken, roast beef, pork, ham, or cheese or a combination of 2 or more of these.

Extras you may add are lettuce, tomato slices, onion rings, pickles, crisp bacon bits, olives, or nuts. Favorite spreads are deviled ham, pimento cheese, peanut butter, jam, jelly, potted meat, and cream cheese.

Salads are often used as sandwich fillings. Tuna, egg, coleslaw, shrimp, and chicken are some that you may have eaten.

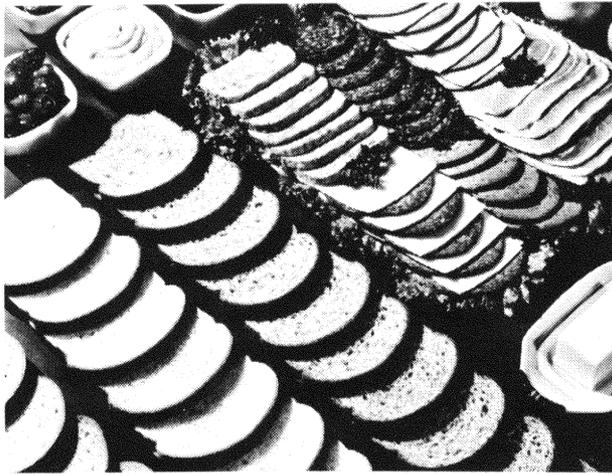
Think of the sandwiches you can make!! Will it be cream cheese and nuts on raisin bread or will you have a Dagwood type with a little of everything?

Making Sandwiches

Once you have decided on the makings for your sandwich, this is an easy way to put it together. Choose two slices of bread that lie next to each other in the loaf so the sandwiches will have even edges and be easier to cut. Leave the crusts on the bread unless you are making fancy sandwiches for a party.

Spread the bread evenly with softened butter or margarine. This keeps the filling from soaking through. Place the filling on one slice of bread. Spread it on evenly all the way to the edge.

If you use lettuce, coleslaw, or pickles, be sure they are well-drained or the liquid will soak the bread. If you make sandwiches ahead of time, leave these off until you are ready to eat the sandwich.



Cut the sandwiches in half so they will be easy to eat. Always cut sandwiches on a board or plate so you won't cut or mark the top of the table.

You could show others how to make sandwiches now that you've had some practice.

Freezing Sandwiches

It is sometimes a good idea to make up several sandwiches at one time and freeze them for future use. You might use them in your lunch or dad's or they could be used for after school snacks for the gang.

Sandwich fillings that have raw vegetables and hard cooked egg whites in them don't freeze well.

Choose a wrapping material that keeps all moisture in and all air out of the package. Heavy duty aluminum foil, freezer paper, plastic bags, and plastic film are some materials which are good to use in the freezer.

Wrap the sandwich carefully. Start by placing the sandwich in the center of the wrapping material. Bring the ends of the paper together and make

a 1/2" fold. Continue folding until the folded paper is snug against the sandwich. Turn the ends of the paper under the sandwich and seal with tape. Place the sandwiches in a box or container to keep them from crushing.

Wrap together the number of sandwiches that will be used at one time. Label the package with the kind of filling, the number of sandwiches and the date.

Sandwiches will keep in the freezer about 3 weeks. When you are ready to use them, thaw in sealed packages for about 3 hours.

You might make up a lot of sandwiches at your project group meeting and freeze them to use later at a 4-H club function.

Cookies

There are lots of kinds of cookies. They come in many flavors, sizes, and shapes. Some are round, some are square, some are big, and some are little. Some are baked in the oven, some are cooked on top of the stove, and some don't need to be cooked or baked at all!

There are a number of skills involved in making good cookies. Your 4-H leader or agent will show you how to measure liquid and dry ingredients, how to mix and shape cookies, and how to use the range. You will want to practice these skills at home.

HONEY MILK BALLS

(A cookie that doesn't have to be baked)

- 1/4 cup honey
- 1/4 cup peanut butter
- 1/2 cup dry milk
- 1/2 cup crushed cereal flakes

Mix honey and peanut butter. Gradually add milk, mixing well. Form into balls. Roll in crushed cereal flakes. Chill until firm. Makes 30 small balls.

BUTTERSCOTCH CRUNCHIES

(Another no-bake kind)

- 1 6-oz. package butterscotch-flavored morsels
- 1/2 cup peanut butter
- 3 cups cereal flakes or 3 oz. chow mein noodles

Combine butterscotch-flavored morsels and peanut butter in a large saucepan. Place over medium heat. Stir until butterscotch-flavored morsels melt. Remove from heat and stir in cereal flakes. Mix well.

Drop teaspoonsful of the mixture onto a sheet of waxed paper. Let set. Makes 36 crunchies.

EASY COCONUT MACAROONS

1-1/2 cups shredded coconut
1/3 cup sweetened condensed milk
1 teaspoon vanilla

Preheat oven to 350° F. Mix ingredients together thoroughly. Drop by teaspoonful on greased cookie sheet.

Bake 8 to 10 minutes at 350° F. Makes 15 cookies.

RAISIN HONEY DROPS

3/4 cup butter or margarine
3/4 cup honey, syrup or molasses
3/4 cup sugar
1 egg
2 cups flour
1 teaspoon salt
1 teaspoon cinnamon
1/2 teaspoon baking soda
2 cups rolled oats
1 cup raisins

Let butter or margarine stand at room temperature until soft but not melted. Put in mixing bowl. Add the honey, syrup, or molasses and stir. Add the sugar a little bit at a time. Stir after adding each bit of sugar. When all the sugar has been beaten in, add the egg and beat it in.

Measure the flour, salt, cinnamon, and baking soda and mix them together. You can do this by sifting or by stirring. Sift or dump the flour into the mixing bowl and stir it in.

Add the rolled oats and raisins.

Drop by heaping teaspoonsful on to cookie sheet or other flat pan. Bake in a moderately hot oven (375° F.) until lightly browned, about 12 to 14 minutes. This recipe makes about 4 dozen cookies.

The cookies will be very soft when you take them out of the oven so let them cool on the pan for about 5 minutes.

Freezing Baked Cookies

It is easy to freeze baked cookies. Pack the cooled cookies in a stiff freezer container or a box. If you use a box, put the cookies in a plastic bag. The plastic bag will help keep the air out and the box will keep the cookies from getting crushed.

Crisp cookies break easily so fill the empty space at the top of the box with pieces of crumpled paper. This will keep the cookies from jiggling and breaking.

When you pack soft cookies, lay a piece of waxed paper or cellophane between each layer to keep them from sticking together.

Label the container. Include the kind and number of cookies and the date.

Place in the freezer.

Thaw the cookies in the container in which you froze them. Keep the container closed. If you don't, the cookies will absorb moisture from the air and become damp and soggy.

If you are in a hurry, place a single layer of the frozen cookies on a cookie sheet and place them in an oven set at 250° F. for a few minutes.

Tally Sheet

Record here snacks prepared and number of times each was prepared.

Setting the Table

You may help with meal preparation by setting the table. A few simple rules will see you through most situations.

Put the plate down in the center of the area set aside for each person, 1" from the edge of the table. Place the knife at the right side of the plate with the cutting edge turned toward the plate. Place the spoon to the right of the knife. The fork goes on the left side of the plate. The napkin is usually placed at the left of the fork. The napkin, fork, plate, knife and spoon should be in a line 1" from the edge of the table.

The water glass is placed at the tip of the knife. The cup and saucer are placed to the right of the spoon.



More Things To Do

You may want to know more about how to eat. If so, ask your Extension Agent or 4-H leader to discuss table manners with you. Knowing how you should act at the table whether at home, at a friend's house, in the school lunchroom or at the local drugstore can save you a lot of embarrassment.

Your 4-H project group might like to go out together for snacks. This would give you a good chance to practice choosing snack foods from the Four Food Groups and your table manners. Or maybe you'd like to plan a party for some of your friends. Serve snack foods you have learned to prepare in this project.

Your 4-H club might like to tour a supermarket, bakery, processing plant, or an institution kitchen.

Setting up an exhibit is one way of sharing what you've learned with others. You could set up an exhibit of snacks at school. If possible, you might provide free samples of some of the snacks for your school friends.

Another way of sharing information is to give a demonstration or illustrated talk. Your 4-H leader or agent can help you plan such a presentation to give to your own club or other group.

You may want to try recipes for snacks found in Virginia Tech and USDA publications or your mother's cookbooks. You might like to start a card file of recipes you have tried and liked.

As surely as day follows night, clean-up follows food preparation! Dishwashing isn't really such a bad job. Practice helps, so wash the dishes at home and give Mom a break.

And Next Year

Have you liked this project in foods and nutrition? We hope so. If you'd like to learn more about foods and nutrition, enroll in 4-H Foods and Nutrition 2, "Breakfast—The Best Start".

Notes

Me and My Food

4-H Foods and Nutrition I Record

19 _____

Name _____ Age _____ County _____

Address _____ Club _____

Club office _____ Committees _____

I attended _____ 4-H club meetings. Other 4-H events I attended: _____

I kept a record of the milk and milk products I consumed in a week. I figured my score, using these points:

Milk, 1-8 oz. glass	25	Cheese, 1 slice	20
Cottage cheese, 1 cup	20	Cocoa, 1 cup	20
Ice cream, 1 dip	5		

	Mon.	Tues.	Wed.	Thurs.	Fri.	Sat.	Sun.
My scores were	<input type="text"/>						

I (do, do not) need to drink more milk.

I helped plan, prepare and serve snacks _____ times for a club meeting or party.

We served _____

_____ at one meeting or party and _____

_____ at another.

I prepared and served snacks at home _____ times. My favorite snack is _____

_____. It includes foods from these food groups:

Give this completed record to your 4-H project leader when requested.

I tried eating _____, _____, _____, _____ which I had never eaten before. I liked _____ best because _____

I was _____ inches tall and weighed _____ pounds at the beginning of the year. I am now _____ inches tall and weigh _____ pounds. I have added _____ inches to my height and _____ pounds to my weight. I seem to have grown (up, out) this year.

I learned to wash dishes and washed them correctly _____ times.

I learned to set the table and set it correctly _____ times at home.

I think it is important to have good table manners. These are the most important rules to remember: _____

Demonstrations

Title	Where Given	Award, if any
_____	_____	_____
_____	_____	_____
_____	_____	_____

Exhibits

Title	Where Given	Award, if any
_____	_____	_____
_____	_____	_____
_____	_____	_____

The most important things I learned this year:

Me and My Food

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Exhibits

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_____	_____	_____
_____	_____	_____
_____	_____	_____

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