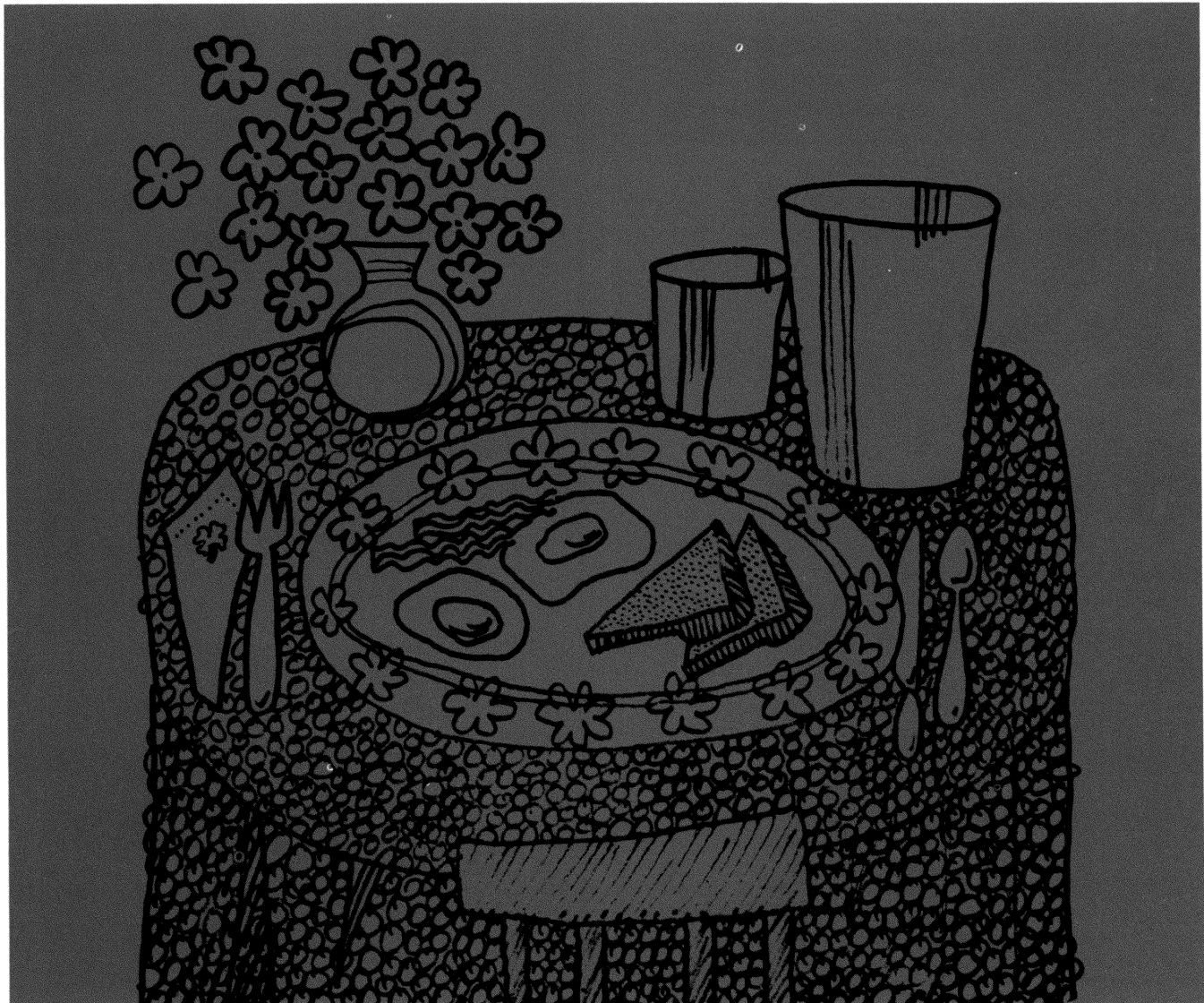


# 4-H Foods & Nutrition 2

*Breakfast - the best start*



Photos on page 6 courtesy Poultry and Egg National Board

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# Breakfast--The Best Start

## 4-H Foods and Nutrition 2

*Prepared by  
Jo Anne Barton  
Extension Specialist, Foods and Nutrition*

Hi! I'm glad to see that you want to learn more about foods and nutrition and that you have enrolled in Unit 2 of this 4-H project. Eating is important to each of us. 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 mealtime so much they seem to "live to eat."

In this project, the emphasis is on breakfast. Breakfast is the first meal of the day, breaking the long fast since the last meal of the previous day. Many foods are good for breakfast. You will prepare some of them. You may choose to plan, prepare, and serve complete

breakfasts for yourself or for your family, or you may choose to prepare one part of the meal while your mother does the rest.

Several suggested activities are listed below for you to choose from. Record your height and weight at the beginning and end of the year (page 13). Keep on trying new foods or familiar foods prepared in different ways. You will probably continue to prepare snacks for yourself and others.

You'll need to enlist the aid of your family. They will be pleased to eat the breakfast foods and snacks.

### Requirements for Unit 2

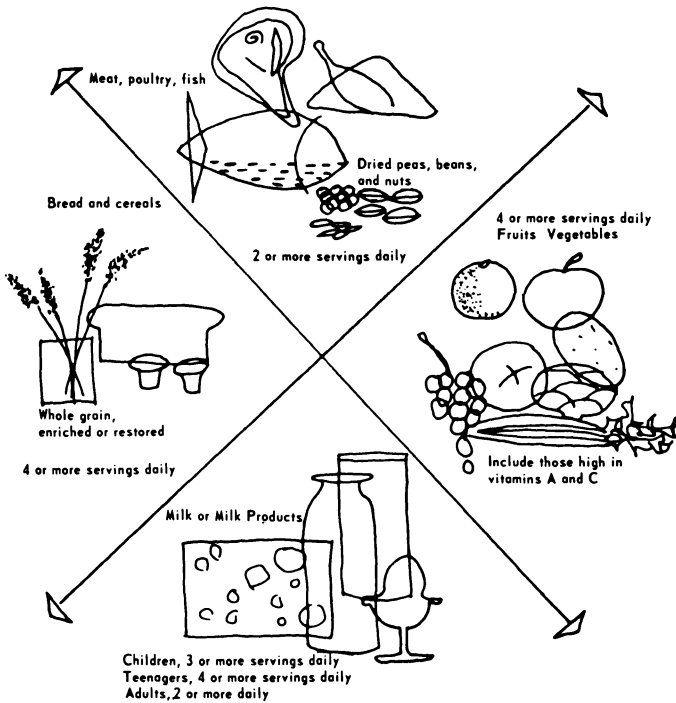
- A. Participate in 4-H project meetings conducted by your adult leader, teen leader or Extension Agent.
- B. Keep a record of work done. Summarize on the form in the back of this publication. Turn this record in when it is requested.
- C. Do at least 8 of the following:
  1. Record your height and weight. Are you tall for your age? Is your weight within the average range for your height?
  2. Eat at least 5 new foods. These may be foods you've never tasted or familiar foods prepared in different ways.
  3. Plan, prepare, and serve snacks 10 times for yourself, your family, guests, or 4-H'ers at a club or project group meeting.
  4. Keep a record of what you eat for breakfast each day for a week. Check against the Four Food Groups to see how many groups you included each day.
  5. Plan 10 breakfasts for your family.
  6. Prepare fruit for breakfast 5 times.
  7. Prepare quick breads 5 times.
  8. Serve cereal for family breakfasts in 5 different ways.
  9. Prepare eggs 5 times.
  10. Prepare 5 complete breakfasts for yourself or your family.
  11. Set the table for breakfast at least 10 times.
  12. Give a demonstration or illustrated talk for your 4-H club or other group.

#### Do You Remember?

If you completed 4-H Foods and Nutrition 1 "Me and My Food," you learned about the

Daily Food Guide. The Four Food Groups of this guide are pictured below.

Food contains all of the raw materials which are needed for body building and repair, and for fuel. These raw materials are called nutrients. All foods with the exception of black coffee and tea supply some nutrients but no 2 foods are exactly alike. The easiest and tastiest way of getting the essential raw materials is to eat a variety of foods. A good guide to follow is the Four Food Groups. Choosing to eat the recommended number of servings from each of the groups each day will ensure your getting all of the needed nutrients.



New Foods I Tried This Year:

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## The Fourth Meal

When we think of eating, we automatically think of meals. Breakfast, lunch or supper, and dinner are the traditional 3 meals. But in recent years, we've added a fourth meal — snacks. Some teenagers get as much as a fourth of their food energy from snacks.

A nutritious snack supplies some of the needed building materials as well as fuel. As you plan and prepare snacks for yourself, your family and friends, use foods from one or more of the Four Food Groups. You may use the recipes from "Me and My Food" or look for new recipes in Extension publications or cookbooks.

Snacks I Prepared This Year:

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## The First Meal

Breakfast is the first meal of the day. As the name indicates, it is a breaking of the fast from the night before. The body needs refueling for the day's activities.

A lot of young people, and older ones, too, skip breakfast. They say they don't have time to eat, they'd rather sleep late, nobody fixes breakfast for them, they aren't hungry, or give other excuses. This is a real mistake.

Breakfast does make a difference! You say, "Prove it." O.K.

Breakfast habits were studied in Iowa over a 10-year period. All age groups and both sexes were included. The group you will be most interested in is 12 to 14 year old school boys. These boys lived at home and attended a parochial school in Iowa City. During the experiment, the teacher made careful observations and records of the attitudes and scholastic attainments of the boys. The report showed that the majority of the boys had a

definitely better attitude and a better scholastic record during the period when breakfast was included than when it was omitted. For example, some of the boys were careless and inattentive during the late morning hours when breakfast was omitted. These same boys were much more attentive and made better grades when they ate breakfast.

Try this experiment yourself. Skip breakfast one day. How do you feel by noon? Tired? Cranky? Sleepy? Did you have to have a snack to get through the morning?

### **Breakfast Skippers Only**

If you're already a breakfast skipper, try eating breakfast. You might start with a very small one. Eat an orange, apple or banana as you run to catch the bus. Get up a few minutes earlier each day the next week and have a glass of milk and a piece of toast before you dash off to school with fruit in hand. If you will get up just a few minutes earlier, you can have cereal and fruit with a glass of milk. Can you tell any difference? Does the morning seem not quite so long?

## **A Breakfast Checkup**

Breakfast may provide a serving from each of the Four Food Groups. The traditional breakfast is usually fruit or juice, a protein food, a bread or cereal, and a beverage.

Keep a record of what you eat for breakfast each day for a week. You might use page 10 for this record. Check to see how many of the Four Food Groups were included each day. Be prepared to report at your next 4-H project group meeting.

## **From the Fruit-Vegetable Group**

Orange juice, orange slices, grapefruit juice, grapefruit half, tomato juice, sliced tomatoes, strawberries, and cantaloupe are sources of vitamin C frequently used at breakfast. Pineapple, apple, grape, or prune juice may be served. Prunes, bananas, berries, peaches, melons, apples, figs, potatoes, and apricots add variety.

Your 4-H leader or Extension Agent will show you how to prepare some fruits and vegetables for breakfast. You might ask your mother to show you how to prepare others.

## **From the Milk Group**

Milk is the beverage of choice for breakfast. You may take it plain or with flavoring added. Cocoa is a good wintertime breakfast beverage. Milk over cereal is a natural combination.

You may choose to add cheese to scrambled eggs or you may have cheese on toast (a toasted cheese sandwich). Some people even use ice cream on cereal for breakfast. Or maybe you'd like to sip a cup of hot soup made with milk?

## **From the Bread-Cereal Group**

Toast is a standard part of breakfast for most of us. Spread it with butter and jelly for good eating. Or spread some peanut butter on toast for peanut butter toast. With two pieces of hot toast, you can make a grilled cheese sandwich. Or maybe you'd like a slice of last night's roast beef with your breakfast toast.

Sprinkle a cinnamon-sugar mixture onto buttered toast for a taste treat. Dip bread slices into a mixture of egg and milk and brown in hot fat for French toast.

How many ways can you suggest for serving cereal? There are cornflakes with bananas, puffed rice with strawberries, shredded wheat with peaches, oatmeal with maple syrup, oatmeal with raisins, cream of wheat with ice cream,

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You can eat cereal every morning without eating the same old thing.

Prepare foods from the Breads and Cereals group at a 4-H project meeting. Perhaps, you'd like to work with toast. Or maybe you could look for pictures showing cereal served in different ways.

### MUFFINS

There are many tasty breads which are good for breakfast. One of the simplest to make is muffins.



Muffins are a tasty quick bread – quick to make and quick to bake. They are good for all 4 meals! Once you've mastered the skills required for baking plain muffins, you can make many variations. Get your mother, leader or Extension Agent to show you how to make muffins.

#### Muffins

- 1 egg
- 1 cup milk
- 1/4 cup vegetable oil or melted shortening
- 2 cups sifted all-purpose enriched flour
- 2 Tbsp. sugar
- 2 tsp. baking powder
- 1/2 tsp. salt

Preheat oven to 400 degrees F.

Grease bottoms of muffin cups. This recipe makes 12 medium muffins.

In a mixing bowl, beat egg slightly with a fork. Measure and stir in the milk and vegetable oil or melted shortening.

Photo courtesy Betty Crocker of General Mills

Measure and blend the flour, sugar, baking powder and salt. Add all at once to the liquid mixture. Stir just enough to moisten dry ingredients.

Fill each muffin cup 2/3 full. Wipe off any spilled batter and place pan in center of preheated oven. Bake 20 to 25 minutes. Remove to cooling rack. Loosen and lift out muffins with spatula. Serve piping hot.

#### Secrets for Muffin Makers

Don't overstir the batter. Extra strokes cause toughness and tunnels. For light, tender muffins, stir batter just until all of the dry ingredients are moistened.

Choose shiny pans. Shiny metal reflects heat to give muffins a delicately browned, tender crust.

Take care of the empties. If you grease too many muffin cups for the amount of batter, fill empty ones half full of water. This prevents the grease from scorching while muffins bake.

Extra muffins may be stored in a plastic bag in the refrigerator or freezer for a short time. Fasten the bag securely to keep moisture in and air out. To serve, split and toast under the broiler or wrap in foil and heat in a 400 degree F. oven for 5 to 10 minutes.

Dress Up Muffins	
Kind	Fold into muffin batter with last few strokes of mixing
Blueberry	1 cup fresh or 3/4 cup canned blueberries, well-drained
Raisin	1 cup finely cut-up raisins
Date	1 cup finely cut-up dates
Coconut	1 cup shredded coconut
Cheese	1/2 cup grated, sharp yellow cheese
Chive	1/4 cup chopped chives
Bacon	1/4 cup crisp, diced cooked bacon

Short Cut: Muffins may be made from a commercial or homemade biscuit mix.

- 2 cups biscuit mix
- 2 Tbsp. sugar
- 1 egg, slightly beaten
- 3/4 cup milk

Spoon out and level off 2 cups of biscuit mix. Add sugar, egg, and milk. Mix and bake as directed above.

Cook's Code	
tsp.	teaspoon
Tbsp.	tablespoon
c.	cup

### Score Your Muffins

Were the muffins you made good ones? They were if they had the qualities listed below.

**Appearance** — Good muffins are golden brown in color, have a gently rounded top which is pebbly rather than smooth, and a creamy white inside.

**Tenderness** — Good muffins break easily without crumbling, are light and tender.

**Texture** — Good muffins have a uniform medium texture, are slightly moist, and free from tunnels.

**Flavor** — Good muffins have a delicate, slightly sweet and pleasing flavor.

	Perfect	Good	Fair	Poor
Appearance				
Tenderness				
Texture				
Flavor				

Each 4-H'er might bring muffins to a project meeting to be judged.

### Extra

You might like to make jam to serve with the muffins. This is an easy way to make raspberry jam from frozen, sweetened raspberries.

### UNCOOKED RASPBERRY SPREAD

- 1 cup crushed raspberries ( a 10 oz-package of commercially frozen berries)
- 1 1/3 cups sugar
- 2 tablespoons liquid pectin

Crush the fruit. Gradually stir in the sugar. Let fruit-sugar mixture stand for 20 minutes stirring occasionally. Add the liquid pectin. Stir for 3 minutes.

Pour into sterilized jelly glasses or into freezer containers; cover and let stand at room temperature until set, about 24 hours.

Store in refrigerator or freezer.

### UNCOOKED STRAWBERRY SPREAD

Strawberries may be substituted for raspberries. Use 3 tablespoons plus 1 teaspoon of liquid pectin if using strawberries.

## From the Meat and Meat Substitutes Group

One of the foods at breakfast should provide protein. Eggs, peanut butter, meat, cheese, or cereal and milk may be used. Since eggs are probably most frequently used, let's learn how to prepare eggs.

### Hard Cooked Eggs

Eggs should never be "hard boiled." Hard cooked is the proper term meaning that both the white and yolk of the egg are firm or coagulated.

Have you ever wondered what caused the greenish coating on the yolks of some hard cooked eggs? Try this experiment: Place two eggs in a saucepan and cover with cold water. Bring to boiling point and boil rapidly. After 20 minutes, remove one egg and cool in cold water. After 30 minutes remove the other egg and cool in cold water. Place a third egg in a saucepan and cover with cold water. Bring to boiling point.

Reduce heat and simmer for 20 minutes (bubbles should not break at surface of water). Cool in cold water.



Now take the eggs out of the shell. Make sure you know which one is the 30 minute egg. You can tell anyhow. It will have a green coat on the yolk. Taste it. It is apt to taste like sulfur or an "old" egg. The white will be tougher than the whites of the other eggs. The 20 minute boiled egg will probably have a slight greenish coat on the yolk; the simmered egg will not.

Reason? There is iron in the yolks of eggs. The whites contain sulfur. If the egg is overcooked, or cooked at too high a temperature, the sulfur combines with the iron. They make a ferrous sulfide — the greenish coat you see. The egg is perfectly all right to eat — but you may not like its appearance or taste. The same thing happens when you cool eggs in the cooking water or use old eggs.

### Fried Eggs

High temperatures cause protein to get hard or coagulate. Heat fat in skillet. Test the temperature by shaking a few drops of cold water into the fat. If the water just sizzles, it's time to add the egg. Cook to desired degree of doneness. Remove the egg. Now let the fat get hotter. Add an egg and cook to the desired degree of doneness. Compare the 2. The white of the egg cooked at the lower temperature should have set more slowly and be more tender.

The edges of the white of the egg cooked at the higher temperature will probably be hard and browned.

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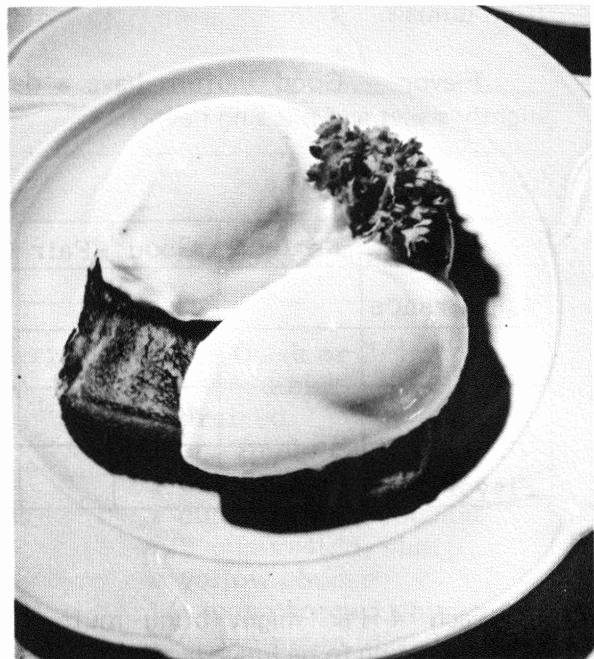
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### Which Happened First?

Does the white of an egg or the yolk get hard first? If you were a careful observer when you fried eggs, you noted that the white set first. Egg white begins to thicken at 144 degrees F., but egg yolk does not begin to thicken until the temperature reaches 149 degrees F. At this point, the white has thickened enough so that it will not flow.

### Poached Eggs

Pour 2 inches of water into a shallow pan. Bring water to a boil. Break egg into saucer. Set water off heat. Slide egg into hot water. Cover and let stand for 5 minutes or until egg is as firm as desired. Remove egg with a slotted pancake turner or spoon.





Some people add salt or vinegar to the water when poaching eggs to speed up the coagulation of the egg protein. If you want to try this, add 3/4 teaspoon of salt or 1 teaspoon of vinegar for each 2 cups of water in the pan. A technique which some people use for improving appearance of the egg is to swirl the water just before slipping the egg into it. Use a spoon to make swirls. Slip the egg into the center of the swirl. Cover and cook as before. An egg poached in this way should be more rounded than one cooked in still water.

### Scrambled Eggs

Try these 3 methods of scrambling eggs.

A. Beat together 1 egg, 1 Tbsp. of milk and a pinch of salt. Put 1 tsp. of fat in a very small frying pan or saucepan and heat until the fat is quite hot but not until it smokes. Add the egg mixture. Do not reduce the heat during the cooking period. Stir only enough to remove coagulated material from the bottom and sides of the pan; avoid overstirring. Stop cooking while the mixture is still shiny and before coagulation is complete. Place on plate immediately.

B. Use the same ingredients as above but heat the pan only slightly before adding the mixture, and keep the heat low during the cooking period. Stir only enough to remove coagulated material from the bottom and sides of the pan; avoid overstirring. Stop cooking while the mixture is still shiny and before coagulation is complete. Place on plate immediately.

C. Use the same ingredients as above but heat the pan only slightly before adding the egg mixture, keep the heat low, and stir the mixture vigorously during the entire cooking period. Place on plate immediately.

Score, using 3 for desirable; 2 acceptable; and 1 undesirable.

	A	B	C
Appearance			
Consistency			
Acceptability			

Which method would you recommend for scrambling eggs? \_\_\_\_\_

Why? \_\_\_\_\_

## Planning Breakfast Menus

Now that you've prepared all kinds of breakfast foods, you are ready to put them together into a complete meal for yourself and your family.

Remember as you plan breakfasts that every member of the family needs the same nutrients. The family member who is growing rapidly needs more of the building materials than an adult who has stopped growing. Food also supplies energy. Family members who use a lot of energy in work and play need more food to supply energy so probably need to start the day with a bigger breakfast.

Most teenagers are growing very rapidly and are also quite active so they require lots of food for building and for energy.

Plan 10 different breakfasts.

### SAMPLE

Orange Juice  
Scrambled Eggs  
Jam  
Cocoa

Muffins

Butter

(1) \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

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\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

## Preparing Breakfast

Now prepare some of the breakfast menus that you have planned.

Write down what you plan to serve. Make a list of all the things you need. Check with your mother to see if they are all available. Decide which food will take the longest time to prepare. Work out a schedule so that you can have everything done at the same time. You may decide to set the table and possibly do some of the food preparation the night before.

When you've finished, ask yourself how it went. Was everything ready on time? Did the meal look and taste good? Did you and your family enjoy it? What could you have done to improve it?



## More Things To Do

You may want to review table courtesies at one of your 4-H club meetings. You might do a skit showing how to act in various situations.

You might like to plan some special table settings for the breakfasts you serve to the family. Use the china, glassware, flatware, and table linens which you have with some imagination to set an attractive table. Don't forget to include a centerpiece in your table setting. You might like to refer to Extension Publication 256, *Making Family Meals More Attractive*, for ideas.

You might like to set up an exhibit on breakfasts at school, at the county fair, or other public place.

Or perhaps you could show others how to prepare foods for breakfast by giving a demonstration. The emphasis might be on planning and serving a good breakfast. This information could be presented in an illustrated talk.

You may want to add some recipes for snacks or foods for breakfast to your card file or notebook.

It is important that you learn to recognize good products. You might have a judging contest at your 4-H club meeting. Each member could bring muffins (or other chosen product)

to be judged. Use the description of desirable qualities on page 5 to decide which muffins are the best. How could they be improved?

Your 4-H project group might tour a supermarket, processing plant, bakery or a poultry farm to see food on its way from field to table.

## **And Next Year**

Enroll in a 4-H foods and nutrition project again next year. "Lunches to Grow and Go On" is the name of 4-H Foods and Nutrition 3.

## Notes

# Breakfast--The Best Start

## 4-H Foods and Nutrition 2 Record

Name \_\_\_\_\_ Age \_\_\_\_\_ County \_\_\_\_\_

Address \_\_\_\_\_ Club \_\_\_\_\_

Club office \_\_\_\_\_ Committees \_\_\_\_\_

I attended \_\_\_\_\_ 4-H club meetings. Other 4-H events I attended: \_\_\_\_\_

\_\_\_\_\_  
\_\_\_\_\_

I included foods from \_\_\_\_\_ food groups in at least one of the breakfasts I checked.

I included foods from the \_\_\_\_\_

\_\_\_\_\_ Group (s) most often. I included foods from

the \_\_\_\_\_ group least often.

I planned, prepared, and served snacks at home \_\_\_\_\_ times.

I am \_\_\_\_\_ inches tall and weigh \_\_\_\_\_ pounds. I am tall \_\_\_\_, short \_\_\_\_, or average \_\_\_\_ in height. My weight is greater than \_\_\_\_\_, less than \_\_\_\_\_, or within \_\_\_\_\_ the average range for my height and age.

I tried these new foods: \_\_\_\_\_

\_\_\_\_\_

I prepared fruit for breakfast \_\_\_\_\_ times. The fruits I prepared were: \_\_\_\_\_

\_\_\_\_\_

I made quick breads \_\_\_\_\_ times. I made these different kinds: \_\_\_\_\_

\_\_\_\_\_

I prepared eggs for family breakfasts \_\_\_\_\_ times.

I set the table for breakfast \_\_\_\_\_ times.

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

I planned breakfast for my family \_\_\_\_\_ times. I prepared a complete breakfast \_\_\_\_\_ times.

Our favorite breakfast menu is

Table setting for the breakfast

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Demonstrations

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

Exhibits

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

The most important things I learned this year: \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

# Breakfast--The Best Start

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I tried these new foods: \_\_\_\_\_

\_\_\_\_\_  
I prepared fruit for breakfast \_\_\_\_\_ times. The fruits I prepared were: \_\_\_\_\_

\_\_\_\_\_  
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\_\_\_\_\_  
I prepared eggs for family breakfasts \_\_\_\_\_ times.

I set the table for breakfast \_\_\_\_\_ times.

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I planned breakfast for my family \_\_\_\_\_ times. I prepared a complete breakfast \_\_\_\_\_ times.

Our favorite breakfast menu is

Table setting for the breakfast

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**Demonstrations**

Title	Where Given	Award, if any
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<hr/>	<hr/>	<hr/>
<hr/>	<hr/>	<hr/>

**Exhibits**

Title	Where Given	Award, if any
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<hr/>	<hr/>	<hr/>
<hr/>	<hr/>	<hr/>

The most important things I learned this year: \_\_\_\_\_

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