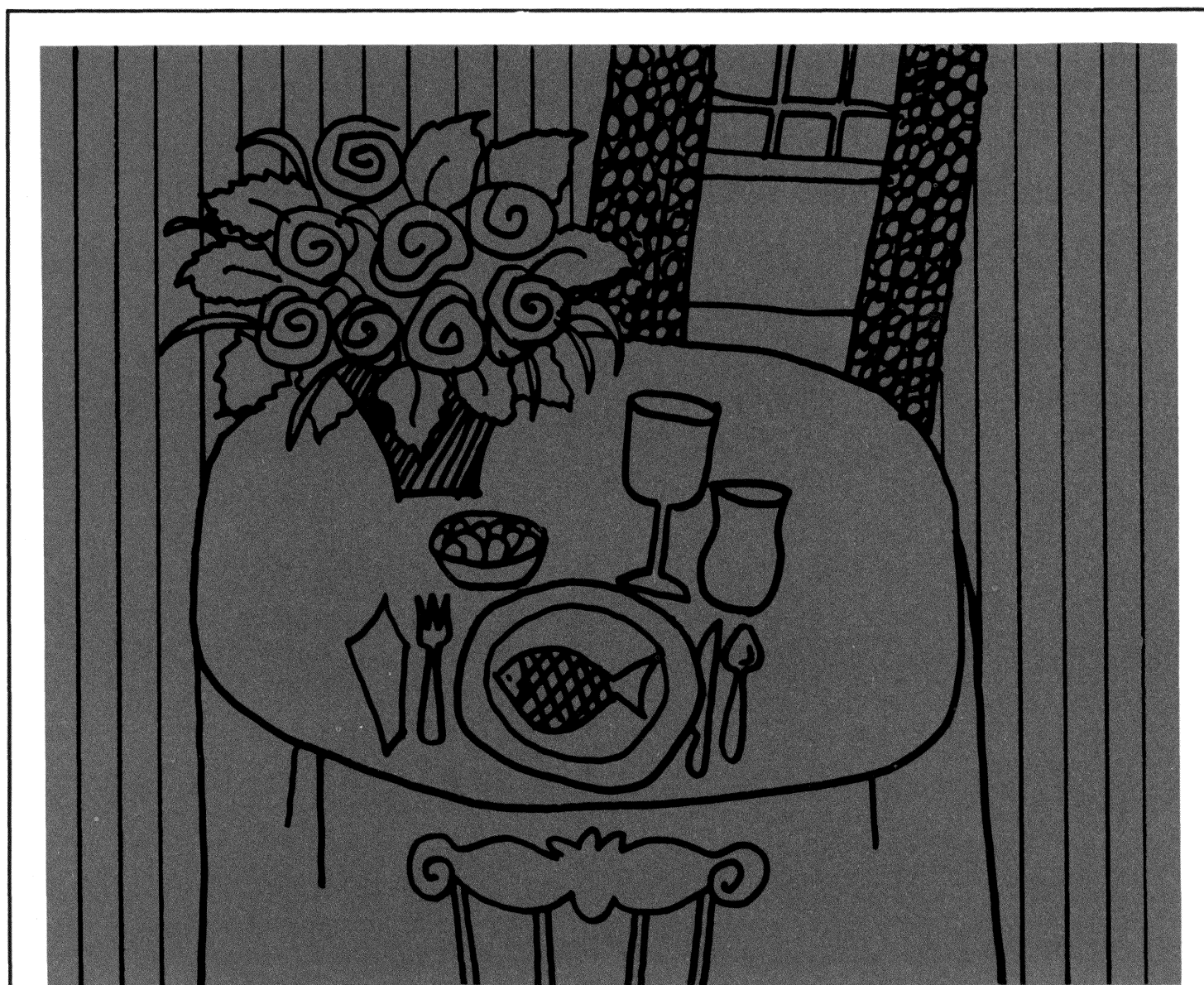


# 4-H Foods & Nutrition 3

*Lunches to grow and go on*



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# LUNCHESES TO GROW AND GO ON

## 4-H Foods and Nutrition 3

*by JoAnne Barton, Extension Specialist, Foods and Nutrition*

Hello, again! Welcome to 4-H Foods and Nutrition 3, "Lunches to Grow and Go On." Now that you know what foods you need to eat each day to supply the materials needed for body building, repair, and for fuel, you are going to learn to prepare and serve more of them.

Breakfast was emphasized in 4-H Foods and Nutrition 2. Dinner is the main meal of the day whether served at noon or night. You will learn more about foods for dinner in 4-H Foods and Nutrition 4. The "other" meal will be emphasized in this project. It is called lunch if served at noon; supper, if served in the evening.

Many of the foods you prepared in "Breakfast — The Best Start" are appropriate for lunch and supper. Some of the foods you will learn to prepare this year are good for breakfast and snacks, too.

You may choose to plan, prepare, and serve complete meals for your family or you may choose to prepare one part of the meal while your mother or another family member does the rest.

Read through the requirements listed below. Check the 8 or more items you plan to do this year. In addition, you may want to do some activities listed under "More Things To Do" on page 7.

You will learn more and increase your chances of earning recognition by keeping a neat, complete, and accurate 4-H project record.

### Requirements for Unit 3

- A. Participate in project meetings conducted by your 4-H leader or Extension Agent.
- B. Keep a record of work done. Summarize on the form in the back. Turn the record in when it is requested.
- C. Do at least 8 of the following:
  1. Prepare vegetables for family meals 10 times.
  2. Prepare the salad for family meals 10 times.

3. Prepare the main dish for family meals 5 times.
4. Make quick breads (muffins, biscuits, waffles, pancakes) for the family 10 times.
5. Prepare the dessert for family meals 5 times.
6. Plan 10 lunch or supper menus for the family.
7. Plan and prepare lunch or supper for the family 5 times.
8. Give a demonstration or illustrated talk to your 4-H club or other group.
9. Set the table for lunch or supper 10 times.
10. Record your height and weight at the beginning and end of the club year.
11. Prepare and freeze 10 packages of berries, or other fruit.
12. Keep a weekly record of the cost of a fresh fruit or vegetable.
13. Collect labels from food products. What information do you find on each label?
14. Exhibit products you have made at a fair or food show.

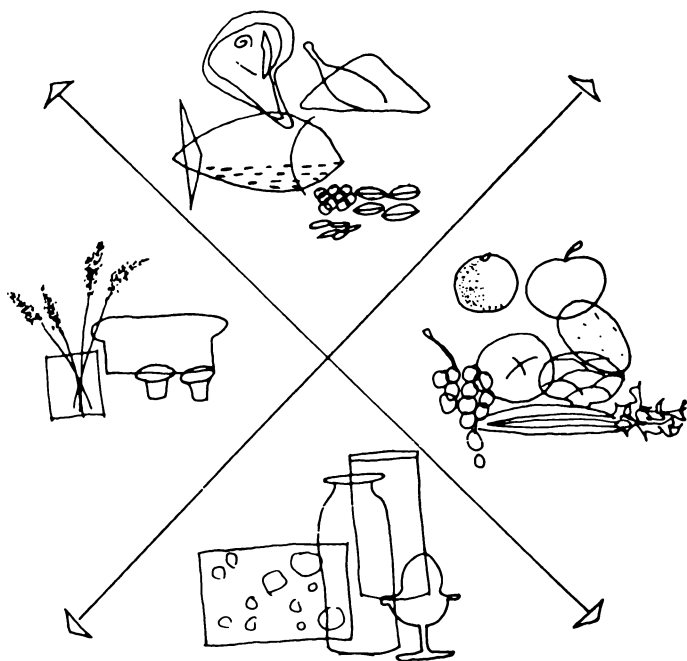
### For Parents

Participation in this 4-H project will bring several valuable learning experiences for your daughter or son. She or he will learn to prepare a variety of foods which can be combined for tasty, nutritious meals. Just as important is the experience of working with others. Giving a demonstration or illustrated talk helps to develop poise in speaking before a group.

You can help by (1) encouraging attendance at each 4-H project meeting; (2) providing opportunities for the 4-H'er to prepare foods and meals at home; (3) giving a pat on the back for a job well done; (4) providing a place to keep 4-H project literature and records; (5) encouraging 4-H-ers to keep project records; and (6) encouraging participation in club and county 4-H events and activities.

## Test Your Memory

Write in the names of the food groups and the number of servings you need from each group every day.



## Fruits and Vegetables

Fruits and vegetables are a valuable part of the daily diet. The Daily Food Guide says that everyone needs 4 or more servings from the Fruit and Vegetable group each day. Fruits and vegetables add color, flavor, and texture to meals and snacks.

Not only do fruits and vegetables look good and taste good, but they're good for you. Deep yellow fruits and vegetables such as squash, carrots, sweet potatoes, cataloupe and yams, and dark green vegetables such as turnip greens, mustard, spinach, kale and broccoli are rich in vitamin A. Color is a good index of vitamin A content—those with the most color have the greatest amount. Thus, turnip greens, broccoli, and carrots have more vitamin A than cabbage, snap beans, or corn.

Vitamin A helps eyes adjust to dim light, helps keep skin smooth, helps keep lining of mouth, nose, throat and digestive tract healthy and resistant to infection, and promotes growth.

Vitamin C helps hold body cells together and strengthens walls of blood vessels, helps in healing wounds, and helps resist infection.

Oranges, grapefruit, sweet potatoes, turnip greens, mustard, kale, broccoli, brussels sprouts, tomatoes, green peppers and raw cabbage are good sources of vitamin C.

Most fruits and vegetables supply small amounts of food energy. We often add calories (a measure of food energy) when we cook fruits and vegetables. A boiled potato without butter or margarine has about 80 calories. Each pat of butter or margarine adds 50 calories. Ten potato chips have about 115 calories; 10 french fries, 155 calories. You will learn more about calories in 4-H Foods and Nutrition 4.

## BUYING FRUITS AND VEGETABLES

Most fruits and vegetables can be purchased in a variety of forms. Fresh, canned, frozen, and dried are the most common forms. How much you pay for fruits and vegetables depends on a number of things. The cost of fresh produce (fruits and vegetables) is lowest when in season. The quality of the fruit or vegetable also influences the cost. High quality fruits and vegetables cost more. Sometimes, the process of canning, freezing, or drying adds to the cost. At other times, these forms cost less than fresh.

You might keep a weekly record of the cost of a fruit or vegetable. Check the price of the same amount of the same brand at the same store. Make a graph showing the weekly prices. Does the price change from week to week?

## PREPARATION OF VEGETABLES

Your 4-H project leader will show you how to prepare vegetables in a variety of ways. You will want to prepare vegetables for family meals. If you have questions, ask your mother or leader.

To prepare fresh, green vegetables for cooking, discard any bruised areas, wilted or yellow outer leaves, and cut off tough or dried stem ends. Scrape off large scales of asparagus that

hold sand. Strip kale leaves off woody midribs. Wash thoroughly. Lift vegetables out of the water so that grit which has settled to the bottom of the pan is not poured back over the vegetables.

Root vegetables may either be pared or cooked with the skin on. Washing with a stiff brush can make paring unnecessary. If you pare, make the parings as thin as possible.

To shorten cooking time, vegetables may be cut in pieces or sliced, diced or shredded coarsely.

Do not overcook. The flavor, color, texture, and food value are damaged when vegetables are cooked too long.

### Boiled

To boil, add vegetables (fresh or frozen) to lightly salted boiling water. Cover and quickly bring water back to boiling; reduce heat and cook until tender. The liquid from canned vegetables should be used instead of water. Home canned vegetables should be boiled 10 minutes before tasting or combining with other foods.

GUIDE TO BOILING TIME		
Approximate time to allow after water returns to boil		
Vegetable	Fresh	Frozen
	Minutes	
Asparagus -----	10-20	12-18
Beans, green lima -----	20-30	6-10
Beans, snap -----	15-30	12-18
Beets: young, whole -----	30-45	
sliced or diced -----	15-25	
Broccoli, heavy stalks split -----	10-20	5-8
Brussels sprouts -----	10-20	4-9
Cabbage: shredded -----	3-10	
quartered -----	10-15	
Corn: on cob -----	5-10	
whole grain -----	5-10	
Greens: beet and spinach -----	3-15	5-10
mustard, kale, collard, turnip --	10-30	8-12
Onions -----	15-30	
Parsnips, quartered -----	10-20	
Peas -----	8-20	5-10
Potatoes, white: whole, small ---	25-35	
quartered, peeled -----	20-30	
Potatoes, sweet, quartered -----	15-25	
Turnips: whole -----	20-30	4-6
cut in pieces -----	10-20	

### Panned Vegetables

Panning is a quick steaming method which works well for tender fresh vegetables and most frozen vegetables. For each 4 servings, heat 1 tablespoon of butter, margarine, meat drippings, or oil in a heavy pan. Add the shredded or chopped vegetable, and put on a tight cover to hold in the steam. Cook over low heat until the vegetable is just tender, stirring occasionally to prevent sticking. You may need to add a little water.

Bits of crumbled crisp bacon or cooked ham make a nice addition to vegetables panned with pork drippings. Finely chopped onion cooked with the vegetable is also good.

### Baked

Potatoes, sweet potatoes, and yams may be baked with the peeling on. Scrub and rub with shortening. Bake at 350° F. until soft, about 1 hour.

Potatoes are sometimes pricked before baking to avoid bursting the skins. As soon as they are done, squeeze gently to make them mealy. Cut a slit in the top to let out the steam so they won't be soggy.

Fresh, frozen, and canned vegetables may be cooked in the oven. Prepare as for panning but place in a 350° F. oven. Allow 45 to 60 minutes for cooking.

### Vegetable Plates

Plan a meal of vegetables which vary in flavor, color and texture. Serve with cheese or bacon muffins and a glass of milk.

### PREPARATION OF FRUITS

Many fruits are best when served raw. Fruits may be baked, stewed (boiled), fried, or panned in much the same way vegetables are prepared. Salt is omitted. Sugar is frequently added. Look in a cookbook for recipes. Add tested ones to your collection.

### FREEZING FRUITS

Most fruits can be frozen satisfactorily, but the quality of the frozen product will vary with the kind of fruit, ripeness, and the way it is prepared for freezing.

The flavor of fruits that have been frozen is good but their texture may be softer than that of fresh fruit. Some fruits require special treatment when packed to make them more pleasing in color, texture, or flavor after thawing.

### Freezing Strawberries, Raspberries, And Blackberries

Select firm, ripe berries. About  $\frac{2}{3}$  quart of fresh berries is required for each pint container. Wash berries in cold water. Lift out of water and drain. Remove hulls from strawberries and slice if berries are large. Spread in a shallow bowl or pan. Sprinkle sugar over berries ( $\frac{3}{4}$  cup sugar to each quart) and turn over and over until sugar is evenly distributed.

Pack berries into a container leaving  $\frac{1}{2}$ -inch head space. Press lid on firmly to seal. Label

package with name of fruit and date frozen. Freeze; then store at 0° F. or below.

You might give a demonstration on freezing berries or other fruit to your 4-H project or club group.

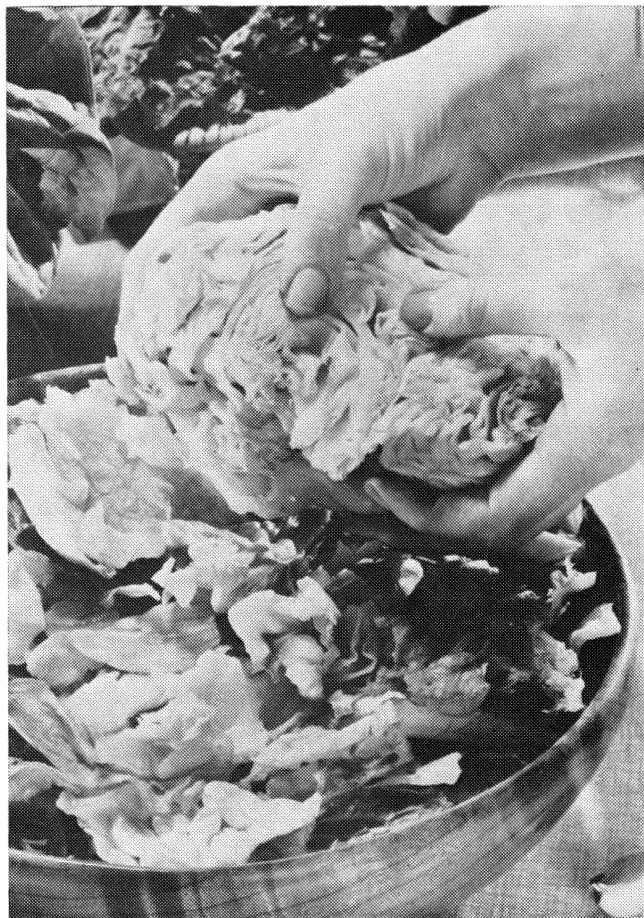
If you are interested in learning more about freezing fruits and vegetables, ask your 4-H project leader or Extension Agent for a copy of USDA Home and Garden Bulletin No. 10, *Home Freezing of Fruits and Vegetables*.

### SALADS

Salads add color, flavor, and texture to a meal. They need not be hard to prepare or expensive.

One of our favorites is sliced tomatoes. A peach or pear half filled with cottage cheese is easy and economical. Cucumber and onion slices in vinegar or sour cream add zip to a meal. Apple wedges with the peel on alternated with grapefruit sections to make a pinwheel are colorful and tasty. A tossed green salad is a favorite of many. Use a variety of salad greens and other ingredients to add interest and food value. Raw vegetables are often combined with pickles and olives to make a relish tray.

Important tips in preparing any salad are to have the ingredients cut into edible sized portions,



arranged simply, and without a fussed-over look. The textures and color should please the eye and the flavor stimulate the taste buds and complement other foods in the meal.

You may make a variety of salads at one of your 4-H project meetings. The adult or junior leader may give a demonstration on making salads. Perhaps you will give a demonstration on salad making at one of the project group meetings or to the total 4-H club.

Check in cookbooks for salad recipes you'd like to try. Make a copy of the recipes you try and like for your recipe file.

#### Cole Slaw

4 cups shredded or chopped cabbage  
1 carrot, shredded or chopped

Dressing:

½ cup evaporated milk	sprinkle of pepper
¼ cup sugar	4 tablespoons vinegar
¼ teaspoon salt	

Mix evaporated milk, sugar, salt, and pepper in a bowl. Stir in vinegar 1 tablespoon at a time. Pour dressing over shredded cabbage and carrot and toss to mix. Stir again just before serving as cole slaw tends to pack.

#### COOK'S CODE

tsp. =	teaspoon
Tbsp. =	tablespoon
c. =	cup
pt. =	pint
qt. =	quart

### MAIN DISHES

Meals are usually planned around a main dish featuring one or more foods from the Meat and Meat Substitute group of the Daily Food Guide.

You might use a sandwich as the main dish. Try this hot one made with ground beef.

#### Juicy Burgers

1 lb. ground beef	1 cup tomato catsup
1 medium onion, chopped	1 teaspoon chili powder
1 teaspoon salt	1 tablespoon Worcester- shire sauce
1 teaspoon pepper	

Brown the ground beef in a heavy saucepan or skillet. Stir frequently to prevent sticking. Spoon off any excess fat. Add the onion and cook until clear. Add other ingredients and simmer for 30 minutes to an hour. Serve on a bun or use as spaghetti sauce. Serves 6.

Serve with raw carrot and celery sticks and a glass of milk for a tasty lunch.

Or prepare a combination main dish by making a Hamburger Corn Pone Pie.

#### Hamburger Corn Pone Pie

Make 1 recipe for Juicy Burgers but substitute 2 cups canned tomatoes for the catsup. Add 1 cup cooked pinto or kidney beans. Simmer for 15 minutes.

#### Corn Pone Topping

1 cup cornmeal	½ teaspoon baking soda
1 teaspoon salt	¾ cup buttermilk
1 teaspoon baking powder	

Mix or sift the dry ingredients together. Add the milk. Stir just enough to wet all ingredients.

Pour the Juicy Burger-bean mixture into a baking dish or pan. Spread the corn pone topping over this mixture. Bake in a 425° oven for about 20 minutes or until the bread is browned. Makes 8 servings.

Add cole slaw and milk for an easy and tasty lunch.



Combination main dishes may be almost complete meals. A food adding a contrasting texture, flavor, or color may add interest to the meal. What could you serve with this combination?

#### Green Beans-Corn-Hot Dogs

- 1 tablespoon butter, margarine, or bacon drippings
- 1 small onion, chopped
- 1 can (1 lb.) green beans
- 1 can (1 lb.) cream style corn
- 1 teaspoon prepared mustard
- 1 pound hot dogs

Melt butter, margarine, or bacon drippings in bottom of heavy saucepan. Add onion and cook until onion is clear but not browned. Add green beans, corn, and mustard. Stir. Cut hot dogs into inch long pieces and stir in. Cover and cook about 20 minutes. Stir often to keep the corn from sticking.

Or use a pan that can go into the oven. You might split the hot dogs and lay them on top of the bean-corn mixture. Cook in a 350° F. oven until the hot dogs brown—about 30 minutes. Serves 6 to 8.

#### MACARONI COOKERY

Macaroni, spaghetti, and noodles are often used in main dishes. To cook, put 2 quarts (8 cups) of water and 1 teaspoon of salt into a large deep saucepan. Bring to a rapid boil. Gradually add 8 ounces of macaroni, spaghetti, or noodles. The water should not stop boiling. Stir occasionally to separate pieces and prevent sticking. Cook until tender but still firm, about 10 minutes.

To test, cut through a piece with a fork. If it is just tender and not hard in the center take off at once and drain off the cooking water so that it will not keep on cooking.

An 8 ounce package of macaroni, noodles, or spaghetti will measure about 4 cups when cooked.

#### Supper-in-the-Round

- |                      |                             |
|----------------------|-----------------------------|
| 8 oz. elbow macaroni | ¼ cup oil                   |
| 3 eggs               | 1 cup bread crumbs          |
| 1 cup milk           | 1 cup grated cheddar cheese |
| 1 teaspoon salt      |                             |
| ¼ teaspoon pepper    | 1 cup diced cooked ham      |

Cook macaroni in 2 quarts boiling, salted water until tender yet firm. Drain. While macaroni is cooking, beat together the eggs, milk, salt, and pepper. Mix in oil, bread crumbs, and cheese. Stir in drained macaroni and ham. Put into well-greased 6-cup ring mold or 1½ quart baking dish. Bake in preheated 350° F. oven 30 to 40 minutes or until golden and bubbly. Let stand for 10 minutes before unmolding. Serve with Peas in Cheese Sauce (see recipe below).

#### WHITE SAUCE

Many recipes use white sauce or a variation of a white sauce. You will want to master the art of making a smooth sauce of just the right consistency. It isn't hard if you use the correct methods.

#### Medium White Sauce

- |                                   |                   |
|-----------------------------------|-------------------|
| 2 tablespoons butter or margarine |                   |
| 2 tablespoons flour               | ¼ teaspoon pepper |
| ½ teaspoon salt                   | 1 cup milk        |

Melt butter or margarine over low heat in a small, heavy saucepan or skillet. Set off heat and stir in flour, salt, and pepper. Set back on heat. Let mixture bubble for 3 or 4 minutes, stirring constantly. Set off heat again. Blend in a small amount of milk, about a tablespoon. Continue to add milk gradually. Set back on heat. Cook until mixture thickens, stirring frequently.

**Cheese Sauce**—Add ½ cup grated cheese after mixture thickens.

**Quick Cheese Sauce**—Combine 1 can (11 oz.) condensed cheese soup and ¼ cup milk. Heat.

If you dumped all of the ingredients into the saucepan to start with, the chances are good that you'd end up with a lumpy white sauce. The fat separates the starch granules of the flour and keeps them from lumping. White sauce scorches easily so keep the heat low and stir the mixture frequently.

#### Peas in Cheese Sauce

- 1 cup cheese sauce
- 2 cups cooked or canned peas, drained

Stir peas into cheese sauce and heat. Pour into center of molded Supper-in-the-Round. Or serve over squares of baked macaroni mixture.

#### Macaroni and Cheese

Now that you know how to prepare cheese sauce and macaroni, you can bake macaroni and cheese for your family. Combine cooked macaroni and cheese sauce. Pour into a greased baking dish. Sprinkle with bread crumbs. Bake in a 350° F. oven until crumbs are brown.

Serve with green vegetable, sliced tomatoes, and milk.

## Breads

Baking is fun! You feel you have really accomplished something when you can serve your family and friends piping hot, golden brown biscuits, or melt-in-your-mouth blueberry muffins.

You learned to make muffins in "Breakfast—The Best Start." You may want to perfect your skills in muffin making this year. Muffins are just as good for lunch or supper as for breakfast.

### PANCAKES AND WAFFLES

Muffin batter may be used for making waffles and pancakes for quick lunches or suppers. Serve with the traditional butter and maple sirup, or jam, or with a white sauce with chopped cooked chicken (Chicken à la King) or a cheese sauce with sliced, hard cooked eggs (Eggs à la Goldenrod). You will need to add  $\frac{1}{2}$  cup milk to the muffin batter for pancakes. Put a small amount of fat on the griddle. Test by sprinkling a few drops of water on the hot griddle. It is hot enough if the drops dance on the surface. Drop a tablespoon of batter onto the griddle. Bake until top is bubbly and underside is nicely browned. Turn and brown other side.

For waffles, use regular muffin batter. Ask your mother or leader to show you how to operate the waffle iron.

### BISCUITS

Biscuits are quick and easy to make. Good hot biscuits add a special touch to family and company meals.

#### Baking Powder Biscuits

2 cups sifted all-purpose flour	$\frac{1}{4}$ cup shortening
$\frac{3}{4}$ teaspoon salt	$\frac{2}{3}$ to $\frac{3}{4}$ cup milk
1 tablespoon baking powder	

Sift flour, salt, and baking powder into mixing bowl. Cut in shortening until mixture resembles coarse corn meal. Add  $\frac{3}{4}$  cup milk. Stir with a fork until mixture rounds up in a ball. If mixture is too dry to form a ball, add remaining milk.

Turn dough onto lightly floured board. Knead very lightly 5 or 6 times, just to smooth up the dough. Roll out with a lightly floured rolling pin to  $\frac{3}{8}$ " thickness. Cut and place on ungreased baking sheet. Place biscuits close together for soft sides; separate 1" for crusty sides.

Bake in center of a preheated oven set at 450° F. for 12 to 15 minutes or until golden brown.

#### TIPS FOR BISCUIT BAKERS

Handle biscuit dough gently and as little as possible. Over-stirring or kneading will develop too much gluten in the flour and make the biscuits tough.

Baking powder is the leavening agent in biscuits. The baking powder combines with liquid to form a gas called carbon dioxide (CO<sub>2</sub>). When the biscuits bake, the gas expands. This stretches the strands of gluten and tiny air cells form.



If you are using a single-acting baking powder, all of the carbon dioxide is formed when the milk is added to the dry ingredients. You must be sure to get the biscuits into the oven quickly before the carbon dioxide escapes. If you delay, the biscuits will be flat and heavy.

If you use double-acting baking powder, some carbon dioxide is formed when the milk is added but more is formed when the biscuits go into the oven. Read the label to see which kind of baking powder you are using.

If you make buttermilk or sour milk biscuits, use baking soda. Sour milk and buttermilk contain acid which works with the soda to form carbon dioxide.

Self-rising flour is a mixture of all-purpose flour, leavening, and salt. Each cup contains the equivalent of 1½ teaspoons of baking powder and  $\frac{1}{2}$  teaspoon of salt. So to make biscuits, just cut in the shortening, stir in the milk, shape and bake.

If the dough should be too soft to knead and roll out, make drop biscuits. Ask your mother or 4-H leader to show you how.



## JUDGING BISCUITS

Are your biscuits good? Check to see if they have these qualities.

### APPEARANCE

Good biscuits are of a uniform medium size and have smooth, level tops with straight sides. Both the top and bottom crusts are golden brown without yellow or brown spots. The biscuits should be light in proportion to size.

### TEXTURE

The inside of the biscuit should be flaky and peel off in thin strips. It should have fine, even cells, and be creamy white in color with no yellow or brown spots.

### FLAVOR

Biscuits should not taste of any one ingredient, but should have a blended flavor.

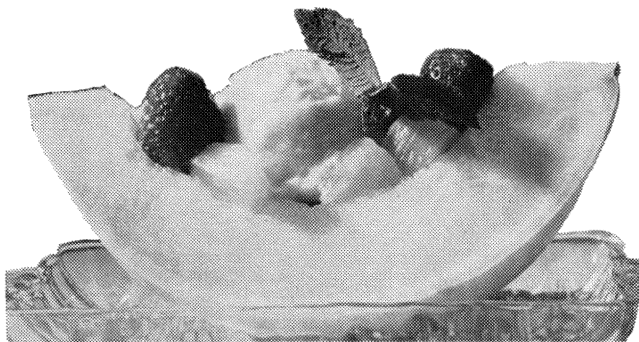
	Perfect	Good	Fair	Poor
Appearance				
Texture				
Flavor				

Bake biscuits and take them to the next 4-H project meeting to be judged by fellow 4-H'ers and leaders.

## Desserts

Desserts should be planned or chosen as carefully as the rest of the meal. Light desserts should be served following a filling meal.

Fruit is the best dessert. Fresh fruit is always a favorite but canned and frozen fruits may be used for colorful, appetizing desserts. A colorful bowl or platter of fresh fruits, washed and chilled, gives each person a choice. The fruits offered would depend on the season. Peaches, plums, melons, and cherries are available in the summer. A winter bowl might include bananas, apples, oranges, and grapes.



You may want to combine fruits for colorful and tasty fruit cups. Serve with cookies for a light and refreshing dessert.



### Ambrosia

2 oranges                      ¼ cup confectioners' sugar  
3 ripe bananas                1½ cups shredded coconut

Peel orange with a knife as you would peel an apple, removing all of the white membrane around outer edge. Cut out sections. Remove seeds. Peel bananas and cut into thin slices. Mix with orange juice. This is important because the orange juice will keep the banana slices from turning brown. Mix sugar and coconut together. Spoon a layer of fruit mixture into serving dish. Sprinkle with part of coconut mixture. Add a layer of fruit. Top with coconut mixture. Chill before serving. Serves 4.

Pineapple, apple, marshmallows, and berries are sometimes added.

You might like to serve baked apples, apple crisp, apple brown betty, pineapple upside-down cake, or this fresh apple cake.

### Fresh Apple Cake

¼ cup shortening              1 cup sifted all-purpose  
1 cup sugar                      flour  
1 egg, well-beaten            1 teaspoon baking soda  
2 cups chopped apples       ¾ teaspoon cinnamon  
(2-3 medium sized       ½ teaspoon salt  
apples)                            1 cup chopped nuts

Cream sugar and shortening together. Add egg; beat well. Stir in chopped apples. Sift dry ingredients together and add to mixture in thirds. Beat only until blended. Do not overbeat. Stir in chopped nuts. Turn

into greased and floured 8 x 8 x 2" cake pan. Bake in moderate oven 350° F. 45 minutes or until done. Delicious served warm or cold.

#### Pumpkin Cookies

½ cup shortening	4 teaspoons baking powder
1 cup sugar	1 teaspoon salt
2 eggs	3 teaspoons pumpkin pie spice
1 cup cooked or canned pumpkin	1 cup raisins
1 ¾ cups all-purpose flour	1 cup chopped nuts, if desired

Soften the shortening. Gradually beat in the sugar until the mixture is light and fluffy. Break eggs into a separate bowl. Beat until egg whites and yolks are well mixed. Add eggs and pumpkin to shortening-sugar mixture. Mix well. Mix flour, baking powder, salt, and spice together. Stir these dry ingredients into the pumpkin mixture. Mix until well blended. Add raisins and nuts, if using nuts. Drop by spoonfuls onto baking sheet. Bake at 350° F. for about 15 minutes or until cookies are lightly browned. Makes 4 dozen cookies.

#### More Things To Do

You might like to plan some special table settings for family meals. Be creative in combining table appointments and accessories to make attractive tables.

You will probably want to add some tested and liked recipes to your card file or notebook.

You could plan, prepare, and serve lunch for your friends or your mother's friends.

You can show and tell others what you have

learned by giving a demonstration or illustrated talk.

You should continue to evaluate products you make. You might judge biscuits at a 4-H project meeting. Each member could bring products to be judged.

If there is a fair or food show in your area, you may want to exhibit a plate of your best biscuits.

Your 4-H project group might set up an exhibit in a public place during National 4-H Week. This would give others a chance to see what you are doing in your 4-H project.

Perhaps, your 4-H leader or Extension Agent will help you to arrange a tour of a supermarket in your area.

You might compare the quality and convenience of fruits and vegetables sold fresh, canned, and frozen. For example, you might buy 2 packages of Brand X frozen corn—one regular and the other in a heat-in-the-pouch bag. Record the cost of each. Prepare the 2 packages as directed. Which is the easier to prepare? Which takes the longer time? Taste each. Which tastes better? Which is the better buy?

Your 4-H project group might go out to lunch. If there is a cafeteria in your area, it might be fun to have lunch there. Did you choose a meal which looked good, tasted good, and had foods from 2 or more of the Four Food Groups? You did use your very best table manners, didn't you?

LUNCHES TO GROW AND GO ON

4-H Foods and Nutrition 3 Record

19----

Name ----- Age----- County -----

Address ----- Club -----

Club office ----- Committees -----

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

-----

Demonstrations

Title	Where Given	Award, if any
-------	-------------	---------------

Exhibits

Title	Where Given	Award, if any
-------	-------------	---------------

First of year: Height ----- Weight-----; End of year: Height ----- Weight -----

I planned ----- lunch or supper menus for the family. I prepared ----- of these menus.

I set the table for lunch or supper at least 10 times. Yes ----- No -----

I prepared ----- packages of fruit for the freezer. The fruits I prepared were -----

-----

The most important things I learned this year were:

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

List the foods prepared, the method of preparation and the number of times prepared. Star those you do best.

Vegetables	Salads	Main Dishes	Quick Breads	Desserts
Baked Potatoes 2				

# LUNCHES TO GROW AND GO ON

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19\_\_\_\_

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-------	-------------	---------------

### Exhibits

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-------	-------------	---------------

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