

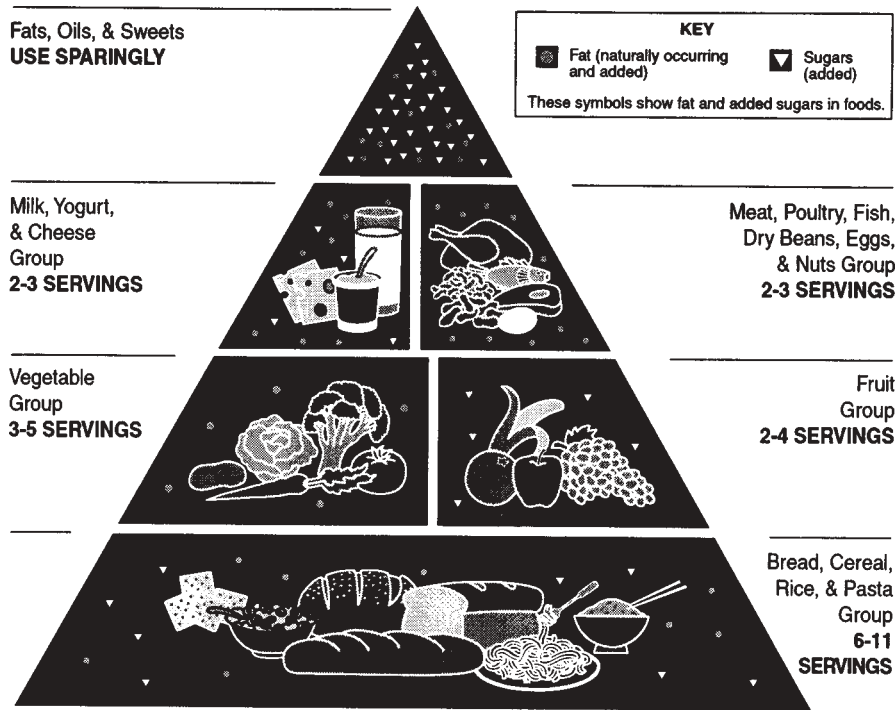


LET'S BEGIN COOKING

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Food Guide Pyramid

A Guide to Daily Food Choices



Source: U.S. Department of Agriculture/U.S. Department of Health and Human Services

Food Guide Pyramid

A Guide to Daily Food Choices

Use the Food Guide Pyramid to help you eat better every day ... the Dietary Guidelines way. Start with plenty of breads, cereals, rice, and pasta. An example of one serving is one slice bread or 1/2 cup cooked rice or pasta. One-half cup cooked cereal or 1 ounce of ready-to-eat cereal also equals one serving.

Next, move up and add fruits and vegetables. For those 8 years old and older, one serving would equal 1/2 cup of chopped raw or cooked vegetables or 1 cup of leafy raw vegetables. So would one piece of fruit or melon wedge, 3/4 cup of juice, or 1/2 cup of canned or dried fruit. For children under 8, one serving equals 1 tablespoon of fruit or vegetable for each year of age.

Next, add two to four servings from the milk, yogurt, and cheese group. A serving might include 1 cup of milk or yogurt or 1 1/2 to 2 ounces of cheese.

Add two to three servings from the meat group. A serving equals 2 1/2 to 3 ounces of cooked lean meat, poultry, or fish. Count 1/2 cup of cooked beans or 1 egg or 2 tablespoons of peanut butter as 1 ounce of lean meat, or about 1/3 serving.

Each of these food groups provides some, but not all, of the nutrients you need. No one food group is more important than another—for good health you need them all. Go easy on fats, oils, and sweets, those foods in the small tip of the Pyramid. These include such foods as salad dressings, cream, butter, margarine, sugars, soft drinks, candies, and sweet desserts. Also, remember that alcoholic beverages provide calories only and no significant amount of nutrients. When choosing foods for a healthy diet, consider the fat and added sugars in your choices from all the food groups, not just fats, oils, and sweets from the Pyramid tip.

LET'S BEGIN COOKING



Food Project

Everyone enjoys good food, and it is fun to learn to cook. You'll enjoy serving good food to your family and friends. Good food gives us energy for work and play. Food helps our bodies to grow and gives us the glow of good health.

You Will Learn To:

- Measure correctly
- Make milk drinks
- Make fruit drinks
- Experiment with food
- Make cookies
- Select nutritious snacks
- Make snacks that add vitamins and minerals
- Do a demonstration on making snacks, milk/fruit drinks, or cookies, or plan a demonstration of your own
- Be clean when you prepare and serve food
- Exhibit biscuits or cookies at your club meeting, fairs, and rallies
- Follow safety rules in the kitchen

Plan to Do the Following:

- Measure with standard spoons and cups
- Prepare and serve fruit and milk drinks, vegetable snacks, and cookies to your family and friends
- Compare the cost of different types of milk
- Buy fruits and vegetables
- Do food experiments
- Rate your biscuits and cookies
- Give a foods demonstration using one of the experiments in this publication, or plan a food demonstration of your own
- Keep a record of your 4-H food project

Before You Start Cooking

1. Wash your hands and clean your fingernails.
2. Be sure that your hair is neat and held in place.
3. Wear a clean apron or pin a clean towel around your waist.
4. Be sure the place where you are working is clean, and keep it as neat as possible.
5. Use different spoons for stirring and tasting. Use a spoon for tasting instead of licking your fingers.
6. Wash your hands after using a handkerchief and after going to the bathroom.
7. As you work, wash or stack dirty dishes and soak the sticky ones.
8. Put away supplies and equipment in their proper places.

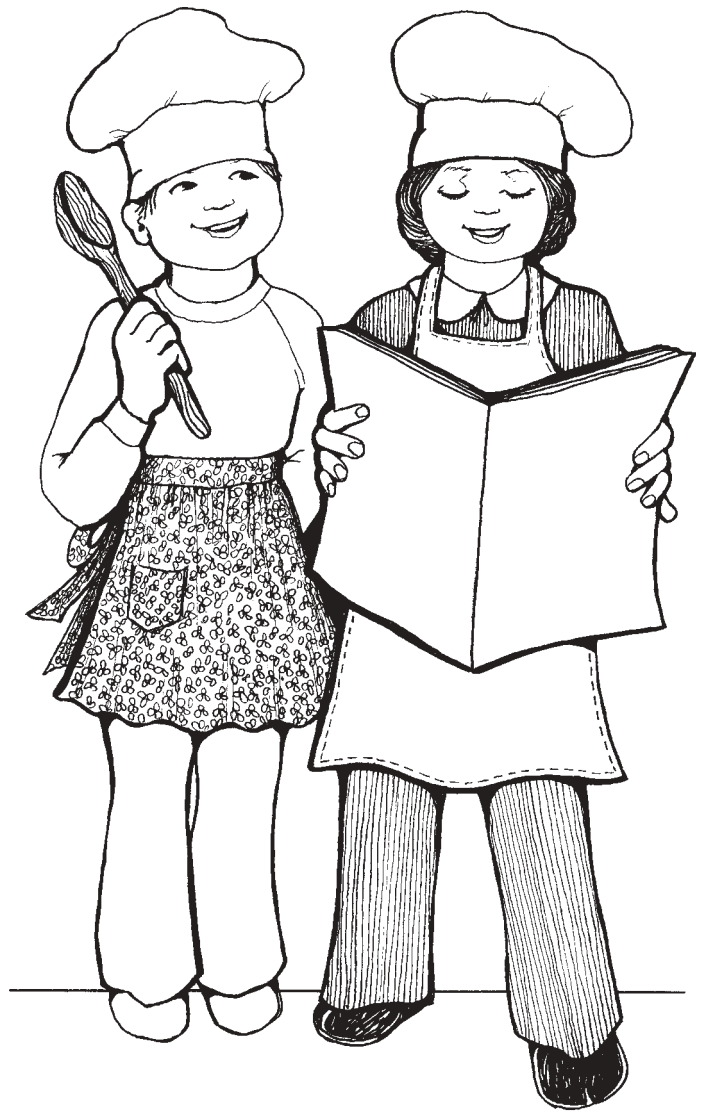
What Is a Recipe?

A recipe is a guide or map that tells you what to do and what equipment you will need. Always read the recipe before you start to cook. You may find letters to tell you how much of an ingredient to use. The letters are:

c for cup

t or **tsp** for teaspoon

T or **tbsp** for tablespoon



How to Read a Recipe

Your recipe has a list of ingredients, usually presented in the order they are added. The directions for mixing and cooking are given. If the food is to be baked, the recipe will give you the size of pan to use. It will also give the temperature for the oven and the baking time for the recipe.

Practice reading a recipe, and ask for help if you don't understand the directions. Before you start, make sure you have all the ingredients. Gather the equipment and ingredients together in one place before you begin.

Terms Used in Cooking

Beat—To stir a mixture rapidly with a spoon or beater to make it light, fluffy, and smooth

Cream—To combine sugar and fat or shortening by working them together until the mixture is smooth and creamy

Blend—To mix two or more ingredients until they are smooth

Mix—To combine two or more ingredients in any way

Stir—To mix with a circular motion

Knead—To fold and stretch bread dough with a pressing motion

Sift—To put dry ingredients such as flour or sugar through a screen or sifter

Cut in—To mix solid fat into dry ingredients by chopping with knives or a pastry blender until finely divided

Cut—To divide food materials with a knife or scissors

Kitchen Tools

- Measuring cup— liquid
- Nest of cups— dry
- Graduated measuring spoons
- Sifter
- Spatula or straight-edged knife to level off ingredients being measured
- Set of bowls in different sizes
- Rotary egg beater
- Wooden or metal spoons for mixing
- Rubber scraper (It saves time and food.)
- Electric mixer (Ask for help before you use it.)
- Pastry blender
- Vegetable peeler



Lesson 1.

Introduction to Measuring

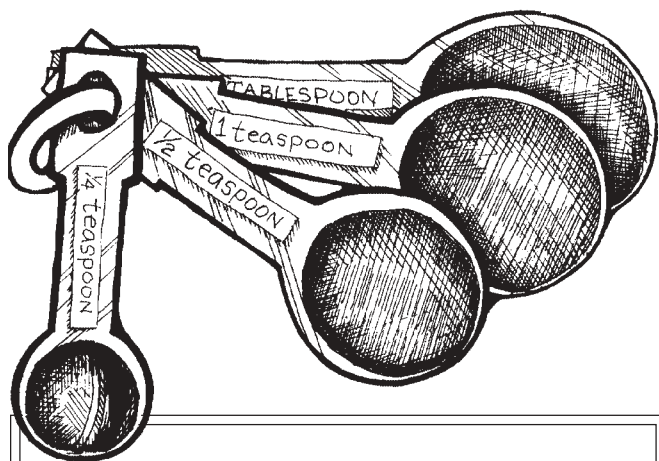
Accurate measurements help give you good results. Always use standard measuring cups and spoons. If you do not have measuring cups and spoons, save your money and buy a set.

Liquid measuring cups now have both metric and standard measurements. Most of the recipes you use will have only standard measurements. You will find recipes in books and magazines that give you both measures, but the recipes in this book have standard measurements.

In the pictures at right, notice the difference between the cup for measuring liquid ingredients and the one for measuring flour, sugar, and other dry ingredients. There is a space at the top of the liquid measuring cup so that the liquid will not spill when pouring.

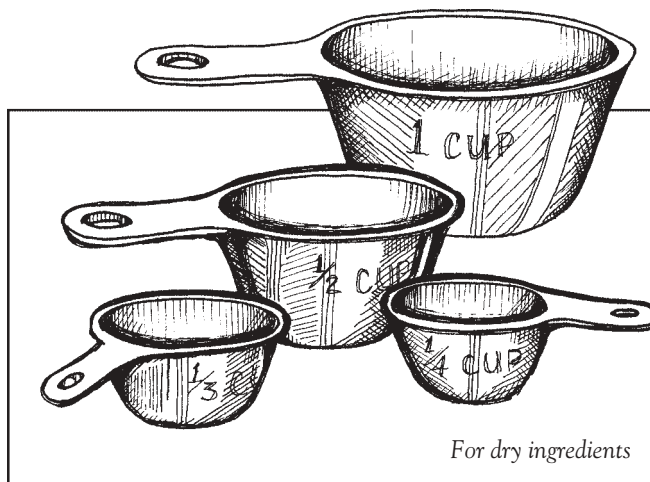
Follow These Tips for Measuring:

1. Always sift flour before measuring. Pile flour lightly into the measuring cup with a spoon. Scrape across the top with a knife or spatula. Do not tap the cup to level the flour. Packing down the flour will lead to using more than the amount called for in the recipe.
2. Pack brown sugar into the cup and level the top with a knife or spatula.
3. To measure soft fat or shortening, pack it into the cup and even off with a knife or spatula.
4. When measuring liquids, place the cup on a level table and fill to the needed level.

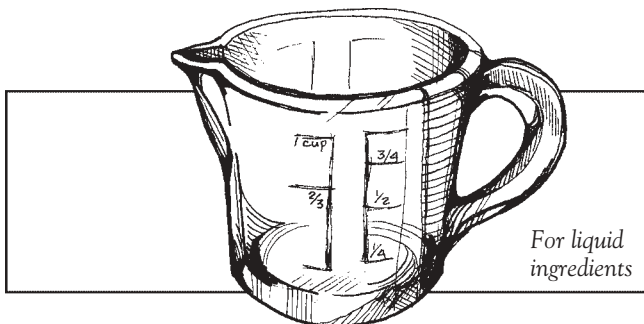


SCIENCE CUE

Measuring is an exact science. To be sure that you get the kinds of cookies, cakes, or other foods that you want, always use standard measuring cups and spoons.



For dry ingredients



For liquid ingredients

Experiment 1

Try these activities to see the importance of measuring with standard measuring spoons and cups:

- ❑ Measure a teaspoon of sugar (using table silver) and level it with a spatula. Pour it into a standard measuring tablespoon. Place two more teaspoons of sugar in the tablespoon. Is there a difference? _____ If so, how much difference? _____
- ❑ Fill a coffee cup to the top with sugar and level it with a spatula. Pour the sugar into a standard measuring cup. How much difference did you find? _____ Was there more or less? _____

Coffee cups come in many different sizes, and it would be unusual to find one exactly the same size as a standard measuring cup. You certainly don't want to ruin your cookies or cakes by using the wrong size spoons and cups.

Recipes

Here are some recipes for you to try. Remember to measure carefully and accurately.

Peanut Butter Balls

- 1/2 cup peanut butter
- 1/4 cup nonfat powdered milk
- 2 tbsp honey or syrup
- Finely chopped nuts (optional)
- Cereal, such as corn flakes

Combine peanut butter, powdered milk, and honey. Mix together until smooth. If dough is too sticky, add more powdered milk. Pinch off dough in pieces and roll into small balls. Roll balls in crushed cereal or chopped nuts. Eat at once or store in refrigerator. *Makes 2 dozen.*

Try a different kind of biscuit for a special snack.

Cheese Biscuits

- 2 cups all-purpose flour (measure after sifting)
- 3 tsp baking powder
- 3/4 tsp salt
- 1/4 cup shortening
- 3/4 cup milk
- 1/4 to 1/2 cup shredded, sharp cheddar cheese.

Heat oven to 450°F. Sift flour and measure. Add baking powder and salt, and sift or stir together to mix. Stir shredded cheese into flour mixture. Cut shortening into dry mixture with a pastry blender or two table knives until it is as fine as coarse crumbs. Add milk and stir in with a fork.

Turn dough out on lightly floured board or pastry cloth and knead just until smooth. Roll dough out about 1/2-inch thick and cut with a floured cutter. Place biscuits on a lightly greased baking sheet and bake 10 to 12 minutes. *Makes about 1 1/2 dozen.*

Bacon Biscuits: Omit cheese and add three strips of cooked, drained, crumbled bacon after cutting in shortening.



SAFETY TIP

To keep from getting burned, always turn the handles of saucepans or frying pans toward the back of the range. The handles should be away from where you walk. Always use a dry pot holder to pick up hot handles and lids.

Lesson 2.

Milk & Fruit Drinks

Let's start with milk. It's a favorite for snacks. You can make delicious, quick-and-easy milk drinks from many kinds of milk.

Are you familiar with the milk products listed below?

- Whole milk
- Low-fat milk
- Skim milk
- Nonfat powdered milk
- Buttermilk
- Evaporated milk
- Condensed milk
- 2% milk



Recipes

Make some milk drinks flavored with fruit or fruit juices. Here are several drinks you will want to try. You may find other recipes in cookbooks. To blend ingredients, you can use the rotary egg beater or electric mixer, or you can shake the drink in a jar with a tight-fitting lid.

Milk Shake

- 1 large scoop of ice cream
- 1 cup cold milk
- 1 or 2 tbsp chocolate syrup or 1 tbsp jam

Place ice cream, milk, and chocolate syrup or jam in a mixing bowl. Beat with rotary egg beater or mixer until well blended. Pour in a cold glass to serve. *Makes one serving.*

Fruit Milk Shake

- 1/2 cup sweetened fruit juice
(peach, cherry, berry, or grape)
- 2/3 cup cold milk

Place cold milk in a large glass; add juice a little bit at a time. Stir with a spoon as you add juice to the milk. Add a dash of cinnamon or nutmeg if you wish. It's ready to drink. *Makes one serving.*

Banana Milk Shake

- 1 ripe banana
- 1 tbsp sugar
- 2/3 cup cold milk
- Few grains salt

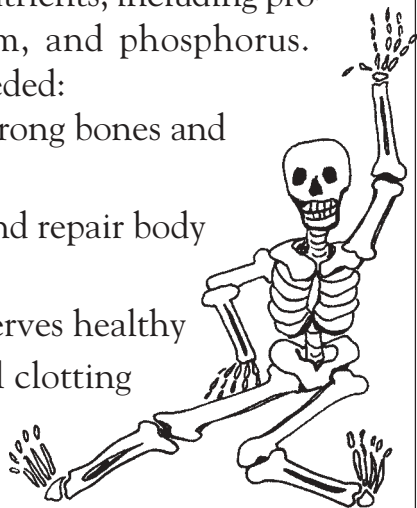
Slice banana into a bowl and mash it with a fork. Add sugar, salt, and milk. Beat until mixture is foaming. Now it's ready to serve. If you like, place a scoop of ice cream in the glass and then pour in the milk shake. *Makes one serving.*

NUTRITION TIP

What does milk do for you? Milk has important nutrients, including protein, calcium, and phosphorus.

They are needed:

- To build strong bones and teeth
- To build and repair body tissue
- To keep nerves healthy
- For normal clotting of blood



Cocoa

3 tbsp cocoa

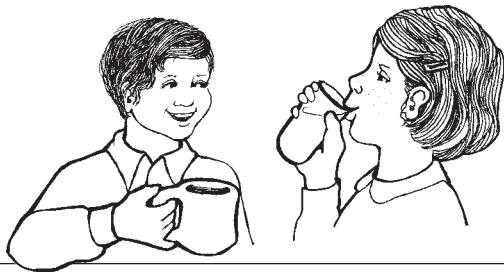
3 tbsp sugar

Dash of salt

1/2 cup cold water

3 1/2 cups milk (whole or nonfat dried)

Mix cocoa, sugar, salt, and water in a saucepan and place on the range. Turn heat to medium. Stir until smooth; boil about two minutes. Add milk. If cocoa isn't served immediately, keep it hot by placing the pan in another pan of hot water. Beat well with spoon or egg beater to keep scum from forming. A marshmallow or spoonful of whipped cream may be put on the top of each cup of cocoa. *Makes 4 cups.*



SCIENCE CUE

Why does the scum form on cocoa? Heat causes part of the protein to thicken (coagulate). This thickened protein rises to the top, and some of the minerals and fat particles rise with it. Beating breaks up the scum, but it will form again. That is why it should be beaten just before serving.

How Was Your Cocoa?

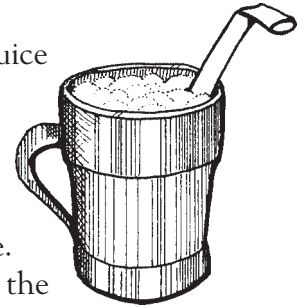
Did it have scum on top? _____
Why? _____

Did you beat it with a rotary beater? _____
Did you see any difference between beaten and unbeaten cocoa? _____
How did it taste? _____
Was it served hot? _____

Add variety to your drink snacks by serving nutritious fruit drinks. Many fruit drinks have a sweet flavor without sugar. Look for recipes using little or no sugar.

Orange Juice Float

1 can (6 oz) frozen orange juice
Vanilla ice cream



Read the directions on the orange juice can to find out how much water to use. Open the can and empty the juice into your quart jar. Add the right amount of water. Cover the jar tightly and shake until the frozen juice is well blended. Refrigerate until just before you serve the floats. At serving time, put a scoop or spoonful of vanilla ice cream in each glass. Fill each glass with orange juice. Place a straw in the glass and a spoon beside the glass. *Makes 4 to 6 servings.*

Lemonade

For an easy syrup, warm 1 cup of sugar and 1 cup of water until sugar is dissolved. Store in refrigerator. For each serving of lemonade, mix 3 to 4 tbsp of syrup, 1 1/2 tbsp of lemon juice, and 1 cup of water. Pour into ice-filled glasses. For "pink lemonade," put in a drop of red food coloring.

Peppy Tomato Juice

1 small finely chopped onion
2 cups canned tomato juice
2 tsp lemon juice
Dash salt and pepper

Add onion to tomato juice and chill thoroughly. Strain and add lemon juice, salt, and pepper. *Makes 4 servings.* Try this with a cheese dip and crackers.



NUTRITION TIP

Fruit juices made of orange or grapefruit juice are good sources of vitamin C. This vitamin helps wounds heal, makes blood vessels and tissues strong, and helps your body use minerals.

Experiment 2

On a trip to the grocery store look at the many kinds of milk in the dairy case. Write down the cost of the following:

- 1 gallon whole milk _____
- 1/2 gallon whole milk _____
- 1 quart whole milk _____
- 1 quart skim milk _____

- There are four quarts of milk in a gallon. Divide the cost of a gallon by four:

\$ _____ (cost of one quart)

4 \$ _____ (cost of one gallon)

Is this figure smaller or larger than the cost for one quart? _____ Which do you think would be the better way to buy milk, by the quart or by the gallon? _____

If your family uses a large amount of milk, the gallon is usually the better buy. It should be bought in the size container that would stay fresh the longest.

- Locate the nonfat dried milk. (It's usually found with condensed and evaporated milk.) Write down the price of a 12-quart box of nonfat dried milk. Divide the cost by 12:

12 \$ _____ (cost of a 12-quart box)

What did a quart of fluid skim milk cost? _____ How much more or less does a quart of nonfat dried milk cost? _____ Which is the better buy? _____

- Think about what you have eaten today, then read the nutrition information in the front of this publication. What would be better for you to have for a between-meal drink?

- ___ A milk drink?
- ___ A fruit or vegetable drink?
- ___ Your favorite soda pop?

Why? _____

Lesson 3.

Super Snacks

Snacks rate when they come from the first four food groups. Snacks from the fats, oils, and sweets group should be used sparingly since they primarily add calories. However, you need some calories, too, because calories provide the energy you need to go to school, study, and play games with your friends.

Choose snacks that are among the foods you need to eat each day. What is a snack? It is a small meal that is eaten at a time other than mealtime. Snacks, in addition to your daily meals, can add nutrients to your diet.

Do you know what a nutrient is? A nutrient is something that is nourishing. A variety of foods will give you vitamins, minerals, and other nutrients to make you grow and keep you healthy. Vegetables, fruit, meat, and cheese snacks add many more nutrients than sweet snacks.

Rate Your Snacks

List all the snacks you have eaten today:

_____	_____
_____	_____
_____	_____
_____	_____
_____	_____

Put a check by each one that belongs in the milk, meat, fruit and vegetable, or bread and cereal groups.

If all snacks are checked, give yourself a “super”; if all but one are checked give yourself a “good”; if only two snacks are checked, a “fair”; and if none, “poor.”

Check your rating:

- Super
- Good
- Fair
- Poor

If all snacks were not checked, what snacks could you have eaten to get a super score?

Rate your snacks for a week, and keep your score below.

	Super	Good	Fair	Poor
Monday				
Tuesday				
Wednesday				
Thursday				
Friday				
Saturday				
Sunday				

Did you do better on the last day you kept a record of your snacks than on the first day? _____

In Lesson 4 there are some snacks for you to try. They are easy to prepare, and you can make them just as pretty as you want. Remember that “super” snacks should not come too close to mealtime. And, try to eat sweet snacks when you can brush your teeth.

Lesson 4.

Vegetable & Fruit Snacks

You need five servings from the fruit and vegetable group each day. Remember! You should also have one serving of these at least every other day:

- Dark green leafy vegetable
- or

Deep yellow or orange vegetable (These are rich in vitamin A.)

- Every day you should also have at least one serving of a food rich in vitamin C

List Four Foods Rich in Vitamin C:

Remember to eat them often!

What Is a Serving?

One serving is:

- 1/2 cup vegetables or fruit
or a typical portion, such as
- One potato
- One carrot
- One apple, banana, peach, or orange
- A glass of juice

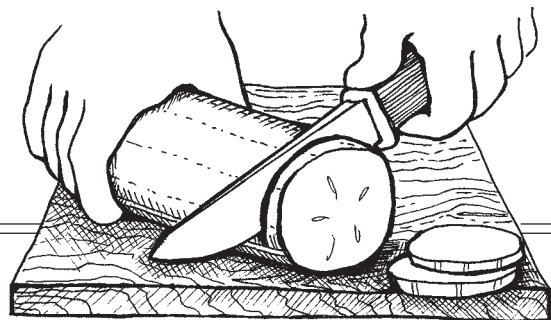
What are your favorite green vegetables?

Yellow or orange vegetables?

Remember to try a new fruit or vegetable.

List the vegetables and fruits you would like for a snack:

You will learn about fruit snacks in the next lesson.



SAFETY TIP

Remember! Cut away from yourself. Always use a cutting board to slice or chop vegetables.



Vegetable Nibblers & Snacks

Choose three or four raw vegetables from the refrigerator. Carrots, cauliflower, radishes, celery, cucumbers, and green peppers are some that taste good raw. Try others if you like.

Choose vegetables that are in good condition. If possible, avoid vegetables with bruises or soft spots.

Wash and scrub vegetables in cold running water. Scrub them with a vegetable brush.

Peel the vegetables, if necessary. Carrots usually need peeling. Cucumbers with waxed, shiny skins need peeling.

Try making curls, fans, flowers, and daisies out of raw vegetables.

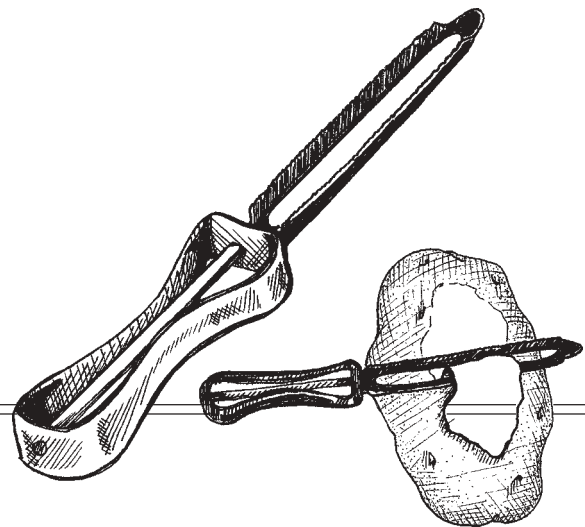
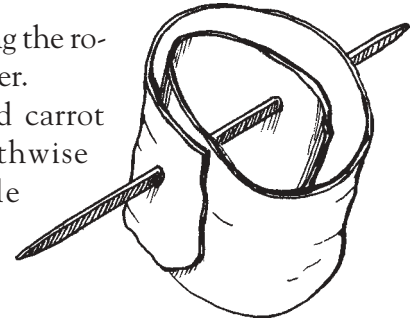
Carrot Curls

Peel a carrot using the rotary vegetable peeler.

Slice the peeled carrot paper-thin, lengthwise with a vegetable peeler. Did you know carrots at room temperature are easier to slice than carrots at refrigerator temperature?

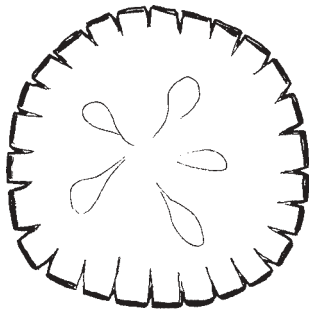
Roll the slices around your finger to make a curl. Fasten the curls with a toothpick.

Put the curls in ice water in the refrigerator for an hour or more before serving.



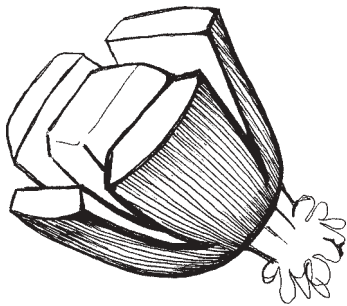
SAFETY TIP

A vegetable peeler looks like this. The blade swings around. To use this peeler, slice downward on the vegetable and away from yourself. Never press your thumb against the sharp blade.



Cucumber Daisies

Draw a sharp fork lengthwise along a cucumber. Cut thin slices.



Radish Flowers

Remove the root end of each radish. Leave some of the stem end.

Cut the radishes as shown, or try other ways. Chill in ice water.



Serving Hints

1. Keep the nibblers in the refrigerator until they are served.
2. Drain the vegetables that have been crisped in ice water before serving.
3. Serve carrot sticks, celery sticks, and green pepper sticks or rings with a cheese dip.
4. Serve celery stuffed with cream cheese, peanut butter, or cheese spread.



NUTRITION TIP

Dark green and deep yellow vegetables are good sources of vitamin A. This vitamin is needed for good eyesight, healthy skin, strong bones, and fast healing of cuts and scratches.

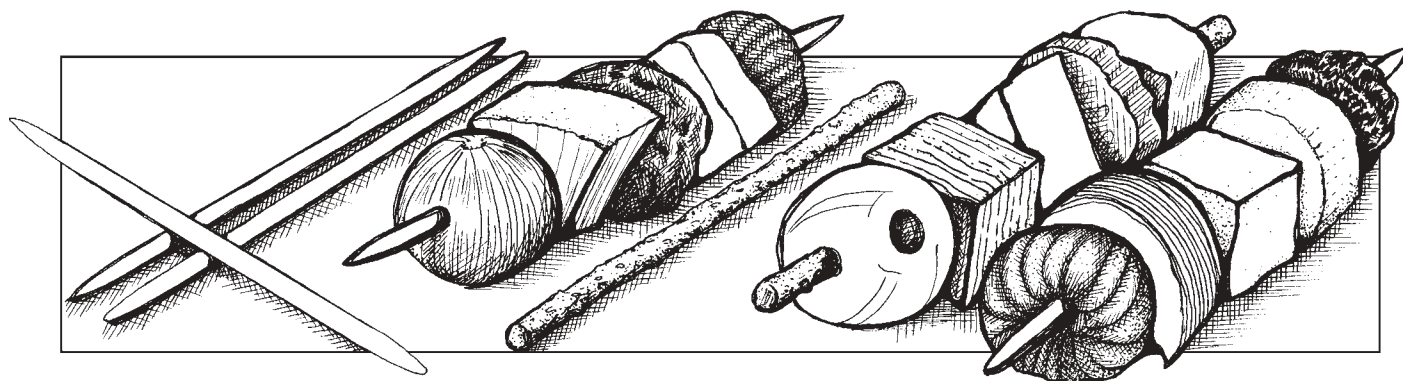
Cheese Dip

- 1 large package (8 oz) cream cheese
- 1/2 package dried onion soup
- 1/4 cup hot water
- 1/4 tsp Worcestershire sauce
- 1/4 cup milk (to thin dip)

Soak onion soup in hot water for one-half hour. Add Worcestershire sauce. Blend mixture into cream cheese and beat to make smooth paste. Add milk. Beat well again. Serve with vegetable nibblers or crackers.

Lesson 5.

Kabobs



Kabobs make interesting snacks that your friends will enjoy. You may have eaten meat and vegetables cooked on a skewer and served as the main part of the meal. You may choose cooked foods for your snacks. You won't need to cook these foods after you place them on the skewers.

Use plain or colored round toothpicks for snack kabobs. If you use pretzel sticks, you may eat the whole kabob.

For each kabob, choose foods that have a pleasing variety of colors, flavors, and textures. Select foods that are not too messy. Kabobs for snacks are usually finger foods. For pretzel sticks, use small tender chunks of fruit, meat, or cheese so the pretzels won't break.

For a light snack try fruit kabobs. For a more filling snack use cubes and chunks of meat and cheese.

Buying Fruit

Accompany a family member to the grocery store. Ask if you may help choose fresh fruit for the family. Remember not to squeeze fruit. Look fruit over carefully, and do not buy any with soft or dark spots.

For canned fruits, read the label on the can. The name of the fruit will be listed, as well as whether it

is whole, halves, or slices and whether the liquid in the can is heavy, medium, or light syrup, or water. You will also see the net weight of the contents and the name and address of the packer or distributor. The packer may also use a name or grade letter to indicate quality.

Fruit Kabobs

Choose fresh, canned, or dried fruits that have a nice contrast in color and flavor. You may choose fruit from this list:

- Apple wedges, unpeeled
- Apricot halves
- Dried apricots, prunes, or figs
- Banana
- Melon cubes
- Orange wedges (with peel on)
- Pineapple chunks
- Any fresh fruit in season

Wash and drain fresh fruit well. Drain canned fruit and blot any extra juice on paper towels. Use a paring knife to cut large fruits into bite-sized pieces.

Many fresh fruits darken when cut or peeled. Dip apples, apricots, bananas, or pears in pineapple or lemon juice or a weak salt solution, then drain. (For fun, try the experiment below.)

Place fruits on a toothpick or on a pretzel stick. Alternate fresh, canned, or dried fruits as you make your kabob.

Experiment 3

Light-colored fresh fruit darkens when it is cut or peeled.

You will need:

- One apple or banana cut in four wedges or chunks
- Three small bowls—one with lemon juice, one with pineapple juice, and one with 1/4 cup salted water
- Dip a piece of fruit in each custard cup. Leave one piece of fruit untreated. Place the fruit on a small square of waxed paper beside the custard cup in which it was dipped. Allow the pieces of fruit to stand at room temperature for 30 to 60 minutes.

What happened to the apple or banana dipped in lemon juice? _____

In pineapple juice? _____

In salt water? _____

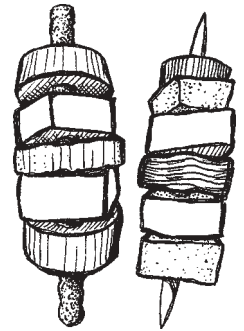
The one that was not dipped? _____

Taste the fruit. Which one did you like best?

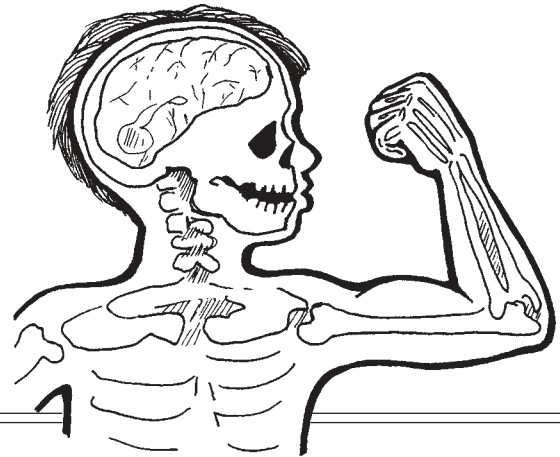
Meat or Cheese Kabobs

You can put these on pretzel sticks or picks:

- Cubes of frankfurters, cheese, and pickles
- Ham cubes, pineapple chunks, and green pepper squares
- Roast beef cubes, small whole tomatoes, and olives
- Chunks and cubes of luncheon meat, cheese cubes, pickles, or olives.



There is something about a cookie that makes it a

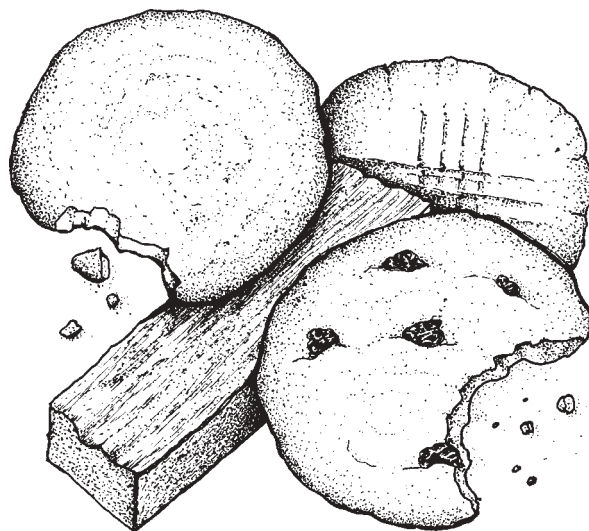


NUTRITION TIP

Nearly everything in your body is made up of protein. This includes your hair, bones, muscles, teeth—even your brain. You need protein to build cells and to repair them. Protein is found in meat, fish, chicken, milk, cheese, eggs, dried beans, and peanut butter.

Lesson 6.

Cookies



favorite of almost everyone. Have you ever thought about what a cookie is? It is really a tiny cake that has less liquid and more fat for the amount of flour than regular cake. Look at cake recipes and cookie recipes and notice the amounts of flour, fat, and liquid.

In this lesson you will make baked cookies. Remember how you used the oven when you made cheese biscuits in Lesson 1.

Recipes

Butterscotch Fingers

$\frac{1}{4}$ cup or $\frac{1}{2}$ stick butter or margarine
1 cup dark brown sugar
1 egg
1 cup flour (measure after sifting)
1 tsp baking powder
1 tsp vanilla
 $\frac{1}{2}$ cup chopped nuts (optional)

Preheat oven to 325°F.

Use a small piece of waxed paper or your clean fingertips to grease an 8-inch square pan by lightly spreading shortening over the bottom and the sides.

Sift flour once, then measure. Remember the instructions in “Introduction to Measuring” on page 6.

Measure baking powder, add to the flour, and sift again.

Measure brown sugar.

Break one egg at a time into a small bowl. To do this, hold the egg in one hand. Hold a knife in your other hand and hit the egg hard enough with the edge of the knife to lightly break through the shell (don't hit too hard). Then hold the egg with both hands over the dish. Put both thumbs together in the break and pull apart.

Measure the butter or margarine and melt in a saucepan over low heat. Watch carefully to see that it doesn't burn.

When the butter is melted, remove the pan from the range and stir in the brown sugar until the mixture is blended.

Add the egg and vanilla, and stir well.

Add dry ingredients (flour and baking powder) to the butter, sugar, and egg mixture, and stir well. The mixture will be stiff.

Add the nuts, if used.

Spread mixture evenly in the greased pan. Avoid tasting the uncooked mixture.

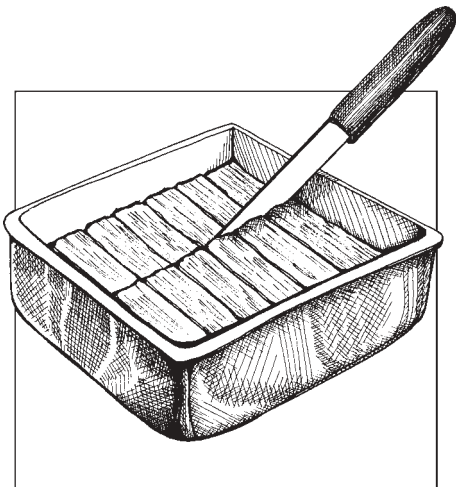
Place in oven on a center rack and bake for about 20 to 25 minutes. This mixture will pull away from the sides of the pan when done but will be soft.

To remove from the oven, hold rack with pot holder and pull rack out to the safety catch. Grasp pan with pot holder and place on cake rack or top of range to cool.

While still warm, cut in strips, and then cut each strip in half.

Allow to cool. Slice brownies into 12 to 16 squares. Remove from pan and place on a plate to serve.

Other cookies you may enjoy are oatmeal and peanut butter cookies.



NUTRITION TIP

Do you know what a calorie is? It is a measure of the amount of fuel in food. Your body needs fuel. If you get more calories than you need, you'll probably be too heavy. If you don't get enough calories, you'll be too thin. Food provides the energy for you to rest, study, and play.

Oatmeal Cookies

1 cup all-purpose flour (measure after sifting)

1 tsp baking powder

1/2 tsp cinnamon

1/2 tsp salt

1/2 cup shortening (margarine, butter, or vegetable shortening)

1/2 cup packed brown sugar

1 egg

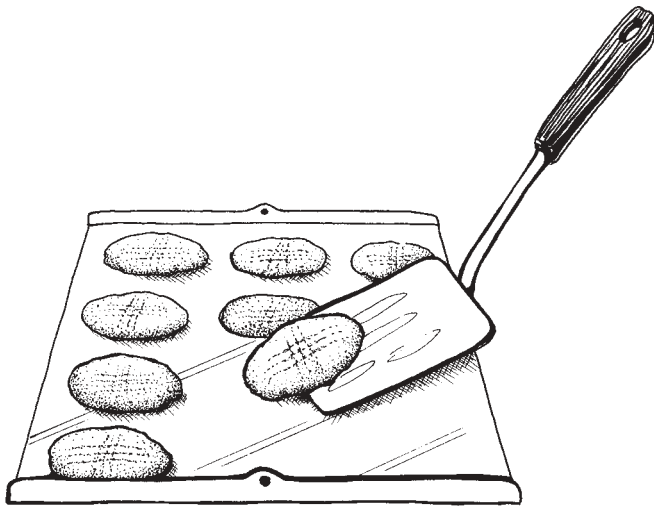
3 tbsp milk

1/2 tsp vanilla

1 cup rolled oats (quick)

1/2 cup raisins (optional)

Preheat oven to 375°F. Measure flour, baking powder, cinnamon, and salt, and sift together. Set aside. Measure shortening and sugar and cream well. Mix in dry ingredients. Beat in egg, milk, and vanilla. Stir in oats and raisins. Drop from teaspoon on greased cookie sheet, 2 inches apart. Avoid tasting the uncooked mixture. Bake 12 minutes or until lightly browned. Remove cookies from cookie sheet with spatula, and cool on wire cake rack. *Makes about 4 dozen cookies.*



Peanut Butter Cookies

- 1/2 cup soft shortening
- 1/2 cup peanut butter
- 1/2 cup sugar
- 1/2 cup packed brown sugar
- 1 egg
- 1 1/2 cups sifted all-purpose flour (measure after sifting)
- 1/2 tsp baking powder
- 3/4 tsp soda
- 1/4 tsp salt
- 1/2 tsp vanilla

Set oven for 375°F, and lightly grease a cookie sheet. Sift flour once, measure, and add baking powder, soda, and salt. Sift again. Measure sugar with 1/2 cup dry measuring cup. Place in mixing bowl. Use same cup to measure brown sugar. After brown sugar is placed in bowl, measure the shortening and peanut butter.

Break egg into a small bowl. Mix shortening, peanut butter, sugars, and egg until well mixed. Add the dry ingredients that you have measured and stir in until no flour is showing. Avoid tasting the uncooked dough.

Chill dough. Roll into balls the size of a quarter. Place the dough balls 3 inches apart on a cookie sheet. Flatten the balls with a fork dipped in flour, making a crisscross design by pressing the fork the other way.

Bake about 10 to 12 minutes until set but not brown. Remove from sheet with a spatula and cool on a wire rack. *Makes about 3 dozen cookies.*

Rate Your Cookies

Look at the outside.

Are the cookies about the same size? _____
 Do your drop cookies have a slightly rounded top?

Do your cookies have an even color? _____

Look inside.

Do the cookies have small, even holes? _____

Do the cookies have a thin, tender crust? _____

Are the insides slightly moist rather than dry and crumbly? _____

Now taste your cookies.

Do they have a good flavor? _____

Are they crisp, crunchy, chewy, or soft and tender? (It depends on the kind of cookie.) _____

Do they taste as if they were baked for the right length of time? (If your cookies are too brown, they might have a burned taste.) _____

NUTRITION TIP

Cookies that have peanut butter or cereal added give you extra protein, some of the B vitamins, and iron.



Experiment 4

Cookies must be baked at the right temperature and for the correct length of time.

- ❑ When you bake oatmeal cookies, bake some cookies on a shiny pan and some on a dark pan. Pie pans may be used for this experiment. This is how you do it:

Place one oven rack in the center of the oven.

Preheat the oven to the correct temperature for oatmeal cookies.

Place three cookies on the shiny pan and three cookies on the dark pan.

Bake only one pan of cookies at a time, because for a true experiment each pan must be in the center of the oven. Start with the shiny pan, and check the time. Bake until light brown and done. Write down the exact number of minutes they baked. Let the cookies cool on the pan.

Now bake the cookies on the dark pan. Bake them in the same spot in the oven and for the same number of minutes as the cookies baked on the shiny pan.

- ❑ Compare the appearance of the cookies on the outside and inside (texture).

What difference do you see in color, especially on the bottom of the cookies? _____

Break the cookies in half. Do you see any difference in the texture of the cookies? _____

Here is a clue: Dark, dull pans absorb more heat than shiny ones. Shiny pans reflect heat more evenly, allowing cookies to bake an even brown.

It's Clean-Up Time!

When you've finished cooking, it's clean-up time. Others will be glad to have you cook if you always clean up. Put everything back in place.

Soaking cooking utensils will make them easier to wash. Use hot water to soak pans used for sweets and cold water for other foods.

Dishwashing is easy if you have plenty of hot water and soap. There are three main steps.

Step 1—Scrape and stack (wipe out greasy dishes and pans with paper before washing); stack according to size and type—put glassware together, silverware, plates, and pots and pans.

Be careful with that sharp knife! Wash it separately from other dishes so it doesn't hide in the dishwasher and cut you.

Step 2—Use hot soapy dishwater. If the water gets dirty, change it. Use a clean dishcloth or sponge. Wash any glass items first, and rinse carefully because germs can be spread by poorly washed dishes. Then wash and rinse items such as spoons and spatulas. Last, wash the pots and pans.

Step 3—Put everything back in place, and wipe up any spills on the counter and range. Clean the sink if necessary. Sweep the kitchen when you are finished.

Lesson 7.

Table Manners



Manners mean being kind and considerate and saying “please” and “thank you.”

In many homes, a “blessing” is offered before the meal. When you are a visitor, wait to see what the person who invited you does before you start to eat. This person is called a host or hostess.

Here are a few tips to help you:

1. Let your mother, host, or hostess start to eat before you do.
2. Sit up nice and straight at the table.
3. Always talk about pleasant things.
4. Don’t talk with food in your mouth.
5. Ask for food to please be passed rather than reaching in front of someone else and grabbing it for yourself.
6. If you are served something you don’t like, just leave it on your plate. Don’t comment on the food.

Serving Your Friends

When we prepare food, we like to eat it, especially if it looks appetizing and is served nicely. After you’ve learned to make cookies, drinks, and other snacks, you’ll want to serve them to your family and friends.

There are two ways to serve refreshments: You can serve people individually when they are seated, or you can place the food on the table or buffet and let them select what they want to eat. This is called *buffet style*. It is a quick and easy way to serve. In serving buffet style, you will want to make the table look pretty. Use a bright tablecloth, then place flowers, a potted plant, or a bowl of fruit in the center of the table.

Food should be placed on a pretty tray or plate. Arrange the cookies or other snacks on the plate.

The drink may be served in your best cups or glasses. Use a pitcher to fill the glasses. You’ll need a napkin for each person.



Demonstration Suggestions

- Standard measuring equipment
- Correct measuring
- Safety in the kitchen
- Preparing nutritious snacks
- Preparing a relish tray
- Selecting the best buy at the grocery store
- The basic food groups
- Nutrition and good health
- How to make no-bake cookies
- Selecting fruit

Demonstration Tips

Giving a 4-H project demonstration can be fun! A demonstration is your chance to show and tell what you have learned. You've probably already given a demonstration but didn't know it. When you learned how to do something in your 4-H project and then showed another club member, you gave a demonstration.

Here's how to make a demonstration fun:

1. Select a topic.
2. Outline the key points.
3. Practice.
4. Give your demonstration.

Ready to try one? Here's an example.

Topic: Measure Correctly for Successful Baking.

Attention-getter: Cookies you have made in the project.

Suggested Introduction: "Can you make cookies that look like these—all the same size and color, golden brown and tasty? A recipe can help. It tells

the kinds and amounts of ingredients needed. The ingredients listed in the recipe must be measured correctly. Different types of ingredients need to be measured differently. Incorrect methods of measuring can cause a recipe to be a failure."

List the key points you will cover, what you will do to demonstrate them, and the equipment and supplies you will need.

Here's an example.

Key point: Standard measuring cups are necessary to measure correctly.

What you will do: Show measuring cups and spoons.

Equipment and supplies you will need: Set of standard measuring cups and spoons.

A summary is used to tie together the key points you have demonstrated. You could use a poster to help you do this. For example, you could say, "To become a good cook, you must learn to measure correctly." Your poster might say this.

Remember to:

- Use standard measuring cups and spoons
- Level off the top of measuring cup or spoon
- Pack brown sugar and shortening in cup or spoon
- Use a liquid measuring cup for liquids
- Set the cup on the table and read the measurement at eye level

Posters can be a big help in presenting a demonstration. For example, you could also have one showing the different types of measuring spoons and cups.

Following your presentation, ask the audience for questions. If you don't know the answer to a question, say that you don't know but you will look it up.

You can close your demonstration by saying, "This ends my demonstration."

Let's Begin Cooking

Project Record Form



Name _____ School _____

County _____ Birth Date _____

A. Size and scope of project (List everything you have done.) Under each section, list the kinds of snacks prepared.

TYPE OF FOOD	NO. OF TIMES PREPARED	NO. OF SERVINGS	COMMENTS
Milk & Fruit Drinks			
Fruit Snack			
Vegetable Snacks			
Meat & Cheese Snacks			
Cookies			
Other			
Total:			

B. Activities (List any activity related to the foods project in which you participated, such as exhibits, demonstrations, and tours.)

C. Tell what you learned in the project (for example, comparing prices at the grocery store)

D. Awards and Recognition (List the awards and recognition you have received for this project and indicate the level of recognition.)

E. How many times did you attend group meetings to work on your project? _____

F. If you helped others with their food/nutrition project, give the number of people you helped and what you did to help them. _____

G. Write a project story telling what you did and learned in the project, including such items as: how the project helped your family, who helped you with the project, and why selecting snacks wisely is important.