

Waukesha 4-H Project Guide



Extension
UNIVERSITY OF WISCONSIN-MADISON
WAUKESHA COUNTY



Category: Family, Home & Health
4/2021

<p>4-H Project Foods & Nutrition</p>	<p>Subprojects under this project</p> <ul style="list-style-type: none"> • Breads • Microwave
<p>Things you might learn in this project:</p>	<ul style="list-style-type: none"> • Learn how to read a recipe and use measuring equipment. • Compare costs of purchased and homemade foods • Learn how food spoils • Learn how to keep your kitchen germ free • Prepare a grocery list and go grocery shopping • Learn safety know-how in the kitchen, make healthy fast food choices at home, at school and eating out • Plan and prepare a meal • Learn how to preserve and dry foods • Learn to purchase foods on a limited budget
<p>Learning activities/ workshops/ field trip ideas:</p>	<ul style="list-style-type: none"> • Visit a local farmers market • Tour a grocery store • Visit a restaurant • Interview a chef
<p>Ideas of things you might exhibit in the fair:</p> <p>NO FROSTING on cakes or cookies. Paper liners may be used on cupcakes, but not muffins. No mixes.</p>	<ul style="list-style-type: none"> • Biscuits – plate of 3 • Cake – ½ of round single layer, or a 3” square from rectangular cake • Cookies/Bars – plate of 3 • Cupcakes or muffins – plate of 3 • Others – such as salads, casseroles, pudding, soup, pizza, etc. – 1 serving portion • Pie Crust – whole crust • Pie – ONE PIECE • Quick Breads – ½ loaf • Yeast Breads – ½ loaf • Posters/Displays – 14” x 22” poster board
<p>Waukesha County Project Leaders:</p>	<ul style="list-style-type: none"> • Christine Trentadue christinetrentadue@gmail.com • Finland, Tekla 262-662-4050 • Forster, Linda 262-363-3391
<p>References & Resource links:</p>	<ul style="list-style-type: none"> • https://fyi.extension.wisc.edu/wi4hprojects/family-home-health/foods-nutrition/ • https://food.unl.edu/youth4-h • https://www.waukeshacounty.gov/UWEX/FL/FN/ • https://www.extension.iastate.edu/4h/projects/foodandnutrition • https://www.uidaho.edu/extension/4h/projects/cooking • https://www.tasteofhome.com/collection/easy-recipes-for-kids-to-make-by-themselves/ • https://www.foodnetwork.com/recipes/packages/recipes-for-kids/cooking-with-kids