



Tasty Tidbits



Note to Project Helper

Congratulations on having a young person ask you to be his or her helper. Your role as a project helper is very important to the young person's total educational experience. Not only will you provide encouragement and recognition; you will also be the key person with whom the young person shares each of the experiences in this 4-H activity guide.

The Foods curriculum series is designed to help youth have fun in the kitchen as they learn basic food preparation skills, prepare different foods, do fun experiments, and go on fact-finding missions. These educational materials have been created with a focus on healthy food selection, smart food purchasing, food safety and science, food preparation, food preservation, and careers in the food industry. The design emphasizes teaching young people the importance of balance with their food choices as they are building healthy food habits that will carry them to adulthood.

Food is meant to be enjoyed, but it is also important to find a balance of regularly making healthy choices and occasionally indulging in a treat. The recipes that are included were developed with this concept in mind. Youth learn to prepare recipes that encourage increased fruit, vegetable, low-fat dairy, lean protein, and whole grain consumption. They will also be challenged to increase the nutritional value of recipes by making healthy ingredient choices.

Five pieces are available in the Foods curriculum. There are four activity guides—Fantastic Foods, Tasty Tidbits, You're the Chef, and Foodworks. These guides have been designed to be developmentally appropriate for grades 3–4, 5–6, 7–9, and 10–12, respectively, but may be used by youth in any grade based on their skills and expertise. The fifth piece, the Project Helper Guide, provides you with additional background and tips on helping youth through the activities in their guide. The Project Helper Guide is available online as a free downloadable item.

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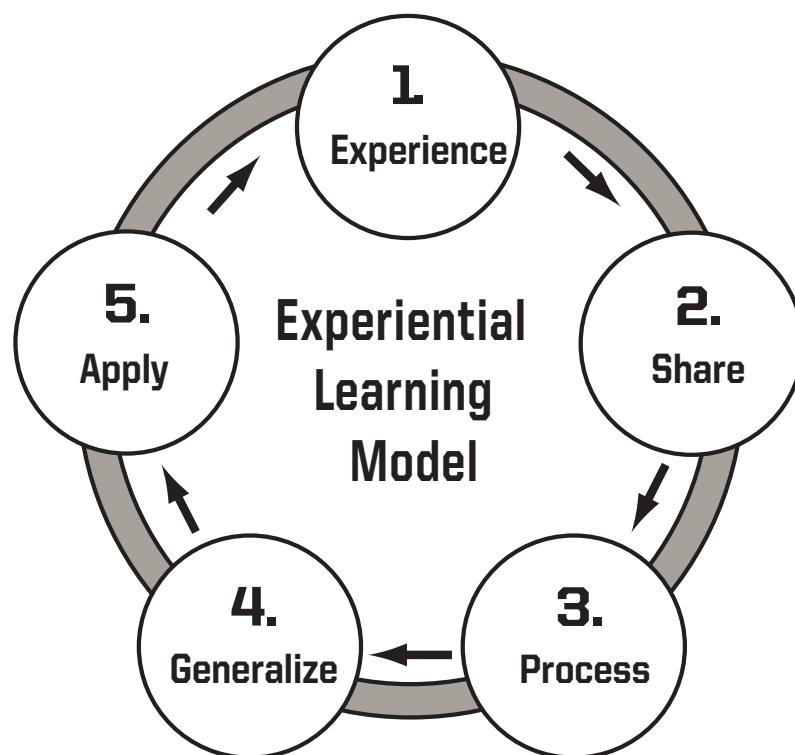
The Experiential Learning Model

Acknowledgments

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The experiential model and its five steps are used in each activity in this guide as a means to help youth gain the most from the learning experiences.

The five steps encourage youth to try to do the activity before being told or shown how (experience). As the helper, you will want to help the youth describe what they experience and their reaction (share). You can use the questions listed at the end of the activity to help the youth:

Discuss what was most important about what they did (process);

- Relate the life skill practiced to their own everyday experiences (generalize); and
- Share how they will use the life skill and project skill in other parts of their lives (apply).



Having Fun with Tasty Tidbits

Are you ready?

Are you ready to do fun experiments, prepare delicious recipes, and go on fact-finding missions? That's what Tasty Tidbits is about. You'll have fun learning about different ingredients in food, healthy eating, and food safety.

Your project guide walks you through a variety of activities. As you do the activities, be sure to write the things you've learned on the record sheet in the back of the manual.

Your project helper

Your project helper is important to your having a good experience learning about foods. This person might be your project leader or advisor, neighbor, family member, friend, or anyone willing to work with you to complete your activities. Involve your helper as you work with each activity and answer the questions. This adult is there to back you up and help you be successful.

Be sure to ask an adult before turning on the stove to cook or bake.

Interactive Demonstrations

An interactive demonstration is a fun way to share what you have learned with others. The key is getting your audience involved in doing what you are doing, not just showing them. You can give an interactive demonstration at a 4-H club meeting or anywhere a lot of people gather, like your school or a county or state fair.

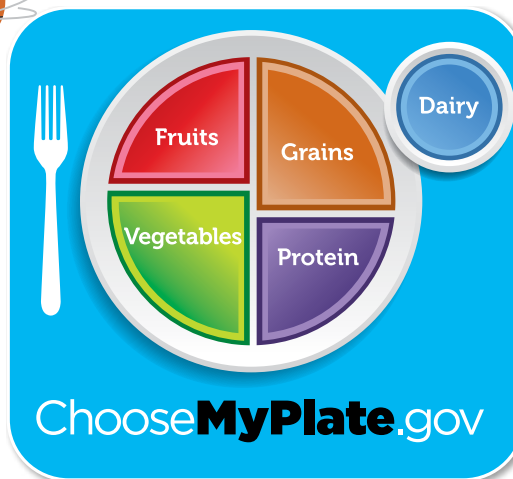
You can choose almost any topic you find in this Tasty Tidbits project guide or another topic of interest to you. Here are some questions to ask when choosing a topic:

- Is it something that can be done in three to five minutes?
- Is it something other people might like to learn about?
- Is there something hands-on for the audience to do?
- Can the supplies for the hands-on activity be used over and over again, or do they have to be replaced every time? Having to replace them adds to the cost.

Your demonstration should last about three to five minutes, and you need to be able to do it over and over again with different people. You should have a conversation with the people you are demonstrating to. Your goal is to involve the audience. You can do this by having them do what you are doing, play a game, answer questions, or do a hands-on activity. Some examples: how to use a measuring cup or measuring spoon, or how to find things on a Nutrition Facts label.



SERVING UP MyPlate



Fruits: Fuel Up With Fruits at Meals or Snacks

Pears, watermelon, plums, raisins, berries, and applesauce (without extra sugar) are just a few of the great choices. Make sure your fruit juice is 100% juice.



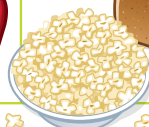
Vegetables: Color Your Plate With Great- Tasting Veggies

Try to eat more dark-green, red, and orange vegetables, and beans and peas.



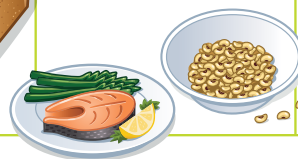
Grains: Make at Least Half Your Grains Whole Grains

Choose whole-grain foods, such as whole-wheat bread, oatmeal, whole-wheat tortillas, brown rice, and popcorn, more often.



Protein: Vary Your Protein Foods

Try fish, shellfish, beans, and peas more often. Some tasty ways include a bean burrito, hummus, veggie chili, fish taco, shrimp stir-fry, or grilled salmon.



Dairy: Get Your Calcium-Rich Foods

Choose fat-free or low-fat milk, yogurt, and cheese at meals or snacks. Dairy foods contain calcium for strong bones and healthy teeth.



Keep on Moving!

Kids need at least 60 minutes of physical activity every day. Whether that's running, biking, tossing a ball, or playing tag, every little bit counts. So, run around at recess, jump rope with friends, ride your scooter, or play a sport. It all adds up!



Know Your "Sometimes" Foods

Look out for foods with added sugars or solid fats, such as candy, cake, cookies, chips, ice cream, soda, fruit punch, lemonade, hot dogs, and bacon. They fill you up so that you don't have room for the foods that help you eat smart and play hard. Enjoy these every once in a while, not every day.



Serving Up MyPlate — Grades 5 & 6
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<http://teamnutrition.usda.gov>



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A Closer Look at MyPlate

Make at least half your grains whole grains.

Choose from whole wheat bread, cereal, and pasta. Tortillas, rice, and crackers also come in whole grain varieties. Whole grain foods contain more vitamins, minerals, and dietary fiber than processed white food products. Look at the ingredient section of the food label, and make sure the first ingredient says “whole grain wheat” or other grain. Choose whole grains more often.

Choose a variety of protein-rich foods.

Beef, chicken, fish, and pork are all great sources of protein. Don’t forget that nuts, beans, cheese, and eggs all are protein-rich too. Include a variety of protein choices in your meals and snacks.

Get your calcium-rich foods.

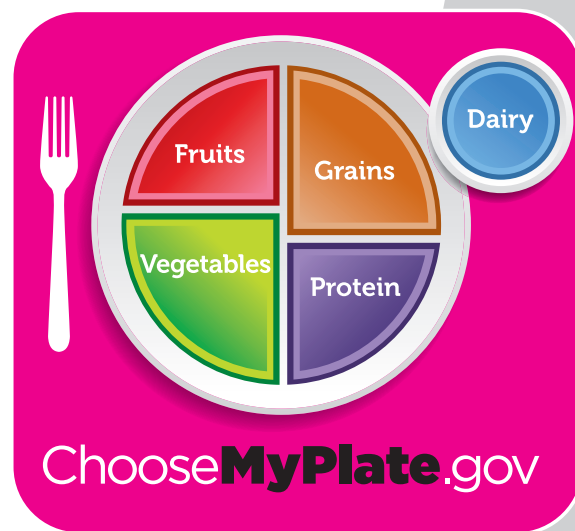
Calcium is essential for strong bones and teeth. Kids your age need at least three servings from the dairy group every day. Choose milk, yogurt, or cheese for the best calcium boost.

Know your “sometimes” foods.

These foods contain added sugars, salt, and fat. They include cakes, cookies, pies, chips, soda and fruit punch, hot dogs, and some lunch meats. These foods fill you up but don’t give you any vitamins, minerals, or dietary fiber—nutrients your body needs to function well and be healthy. Enjoy these “sometimes” foods only once in a while, not every day.

Be physically active every day.

Kids need at least 60 minutes of physical activity every day. Choose running, dancing, baseball, or biking. Or you can jump rope, ride a skateboard, or participate in a team sport. No matter what you choose, it all counts. You don’t have to do all 60 minutes at once. Any physical activity counts toward your goal. So get out there and get moving!



Cooking Terminology

You use specific cooking methods in the kitchen, and it's important to know the difference between them. For example, if you *boil* a food instead of *simmering* it, you may end up with something very different from what you expected!

Match the following words with their descriptions by drawing a line to connect them.

Bake	Spreading shortening, margarine, or butter on the bottom and sides of a pan using a pastry brush or paper towel or by spraying with a nonstick cooking spray
Blanch	Cooking briefly in a small amount of fat in a skillet until soft and glossy
Boil	Flavoring a food by adding salt, pepper, spices, or herbs
Broil	Soaking food in a mixture of seasonings, acid, or oil to enhance the flavor or to tenderize
Brown	Plunging vegetables into boiling water for a brief time to preserve color, texture, and nutritional value
Grease	Cooking food in the oven
Knead	Cooking food by direct heat under a broiler in a gas or electric range
Marinate	Heating a liquid until it is almost boiling, but not bubbling
Sauté	Heating a liquid food until bubbles keep rising and breaking on the surface
Season	Working with dough by pushing your hands against the dough, folding, turning, and pushing it again to make it smooth
Simmer	Cooking food until it browns on the outside



Tools of the Trade

Can opener	Chef's knife	Cutting board	Food thermometer
			
Ladle	Measuring cups	Measuring spoons	Microplane grater
			
Pancake turner	Paring knife	Slotted/solid spoon	Strainer
			
Timer	Vegetable peeler	Wire whisk	Wooden spoon
			

How to Read a Recipe

FRUIT AND GRANOLA YOGURT PARFAIT

- 1 6-oz container of nonfat Greek yogurt
- 2 t honey
- 1 c strawberries, fresh, sliced
- 1 c blueberries, fresh
- Half a banana, sliced
- 1/4 c granola cereal, low-fat without raisins



A recipe is a set of instructions with the ingredients and directions to make a particular food dish or beverage. Understanding how to read a recipe before you begin cooking or baking is important. Learning how to read a recipe is the first step in the cooking process.

How to read a recipe (Adapted from kidshealth.org)

- 1. Read the whole recipe twice before you begin.** Some ingredients that aren't in the ingredient list might appear in the directions section. For example, water may be listed in the directions as an ingredient, or eggs might be divided in a way that's only explained in the directions.
- 2. Recipe name:** This tells you what you're making.
- 3. Servings:** This tells you the number of servings the recipe makes. This helps you decide if you need to double the ingredients to serve more people or use half the ingredients to serve fewer people.
- 4. Time:** This tells you how long it takes to make the recipe. This helps you decide if you have enough time to make the recipe before it's time to eat. Some recipes are divided in two parts, prep time and cooking time. Prep—short for preparation—time is when you'll be busy in the kitchen measuring, mixing, stirring, and doing whatever else the instructions tell you to do. Cooking time is when the food is actually in the oven or on the stove.
- 5. Ingredients:** This is the list of things you need to make the recipe. Make sure you have all the ingredients and equipment to make the recipe. Sometimes a recipe includes special ingredient information:
 - Optional ingredients aren't as important to the recipe but can be added if you want to use them. For example, a recipe may suggest you can sprinkle nuts on top of brownies before baking.

Fruit and granola yogurt parfait

Ready in 10 minutes

Makes 2 servings

1 6-oz container nonfat Greek yogurt

2t honey

1 c strawberries, fresh, sliced

1c blueberries, fresh

Half a banana, sliced

1/4 c granola cereal,
low-fat without raisins

Mix the yogurt and honey together, then divide evenly into two bowls. Top the yogurt in each bowl with 1/2 cup strawberries, 1/2 cup blueberries, and half the banana slices.

Sprinkle 2 tablespoons of granola on top of the fruit and yogurt in each bowl. Enjoy!

- Ingredients without a specific measurement. You might see “salt, to taste” as an ingredient. This means you can add as much or as little as you and your family like. Start by adding a little, tasting, and then adding more if you want. Remember, you can’t take it back if you add too much!
 - Some ingredients have instructions that tell you what to do before you get to the directions; for example, one apple, peeled and sliced or one egg, lightly beaten.
 - Some ingredients or parts of the recipe need to be prepared ahead; for example, *Marinate the chicken for 30 minutes before cooking* or *Mix the gelatin and chill until set*.
- 6. Directions:** This tells you the steps to follow to make the recipe. Always read the directions first, from start to finish, before you begin. They tell you if you need an adult to help you. They also help you make sure you have all the ingredients and that you understand and can follow all the steps. This is where you find special instructions like preheating the oven. Most baked recipes require you to preheat the oven—an important step in the directions that you don’t want to miss.
- 7. Nutritional facts:** This tells you how many calories one serving of the recipe contains. It also might list fat, protein, carbohydrates, dietary fiber, and vitamins and minerals. This information is important for people who must follow a special diet to stay healthy.
- 8. Serving suggestions:** Some recipes offer suggestions for ways to serve the dish you are making. For example, a pasta sauce recipe might say, *Serve with whole grain spaghetti noodles and a green salad*.

THIS	STANDS FOR
c	cup
t	teaspoon
T	tablespoon
pkg	package
oz	ounce
pt	pint
qt	quart
gal	gallon
lb	pound





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