

COOKING FUN



1. Name the four basic food groups.
 - a. Collect pictures of foods in each of these groups.
 - b. Use your pictures to make a collage or poster to be displayed at club, school or church.
2. Compose a complete dinner menu.
3. Help prepare, serve, and clean up after a full dinner.
4. Make a batch of cookies of your choice.
5. Demonstrate how to make a fire outside and use it to prepare a hot drink.
OR
Make two different kinds of sandwiches.
OR
Prepare two different salads.
6. Help prepare a picnic lunch and pack it carefully. Share this picnic with family or friends.

HELPS

1. **Vegetable-fruit group:** Citrus fruits, tomatoes, peppers, melons, cabbage, berries, dark-green or deep-yellow vegetables, potatoes, etc.
Bread-cereal group: Breads, cereals and other grain products made from whole, enriched or restored grains such as rice, wheat, oats, barley, corn, etc.
Protein group: Dried beans, dried peas, lentils, garbanzos, nuts, peanuts, peanut butter, eggs, soy cheese, and vegetable proteins.
Milk group: Whole, evaporated, or skim milk, reconstituted dry milk, buttermilk, soybean milk, cottage cheese, yogurt, ice cream. Resources: Magazines and seed catalogues
2. A complete dinner menu will include soup, salad, entree, vegetables and dessert as well as beverage and bread.
3. This dinner can be the result of requirement two above.
4. Help the child make a simple batch of cookies. You may follow a recipe or use a prepared mix.
5. Clear around the campfire and use safety rules when building the fire. OR Make two sandwich fillings or use prepared items such as jam, peanut butter, etc. OR Make a simple relish dish and/or a tossed or jelled salad.
6. Prepare a picnic lunch and eat it with your group, even if it is just under a nearby tree.

The material here is taken from page 182 of the printed manual.