

Foods #TCDProjectChallenge Instructions:

1. Read through the Lesson Plan
2. Complete the challenge
3. Fill out the Lesson Worksheet
4. Take a picture during some part of your Challenge
5. Email your challenge picture and a picture of the front and back of your completed Lesson Worksheet to pmaddy@ksu.edu or text it to 785-877-7262.
6. Challenge pictures will be posted (not the worksheet pictures) on our respective county 4-H Facebook pages and our Twin Creeks District Facebook page.
7. Your name will be entered into a drawing for a project prize that will be given at our 2020 Achievement Banquet next fall.
8. Each time you complete a challenge, your name will be entered into a drawing for that project area.
9. You can complete any and all challenges, even if you are not enrolled in 4-H.
10. Challenges are divided into three age groups -- 7 to 9, 10 to 13, and 14 and up.
11. **Pictures of your challenge and lesson worksheets are due by the last day of the month, November 30, 2019.**
12. Printed copies of the challenge can be picked up at your local Extension Office.
13. Do not hesitate to contact me if you have any questions (pmaddy@ksu.edu or 785-877-5755 or 785-877-7262). I am excited to see your pictures and what you learn through these challenges.



#TCDDProjectChallenge

Foods: *Kitchen Safety Basics*

All Ages: 4-H Cooking 101
pages 13 - 17

Age 7 to 9: Pocket Sandwich

Age 10 to 13: Build your own
Breakfast Sandwich

Age 14 & up: Easy Ham &
Cheese Stromboli

Time: varies

Goal: To Learn Basic
Kitchen Safety Through
Practicing Skills In
Making Sandwiches

Self-Evaluation BEFORE: Using
the rating scale below, answer
the following statements:

- 1 = not at all
- 2 = a little
- 3 = a lot.

I know how to...

Wash hands correctly.....1 - 2 - 3

Prevent getting cut.....1 - 2 - 3

Wash the dishes in the correct
order.....1 - 2 - 3

Ingredients/Materials:

*Ingredients vary with each age level
(see attached handouts)*

Instructions:

All Youth: Read and practice materials from 4-H Cooking 101,
pages 13 - 17 (attached)

Youth 7 - 9: Demonstrate skills learned by making the recipe
Pocket Sandwiches (attached)

Youth 10 - 13: Demonstrate skills learned by making the recipe
Build Your Own Breakfast Sandwich (attached)

Youth 14 +: Demonstrate skills learned by making the recipe
Easy Ham and Cheese Stromboli (attached)

Tips & Tricks:

*Check to see if you have all your necessary ingredients and
equipment before you begin your recipe!!!*

#TCDProjectChallenge

Foods: Kitchen Safety Basics

Life Skills Learned: (Check all that apply.)

- Positive Self-Concept
- Inquiring Mind
- Concern for Community
- Sound Decision-Making
- Healthy Interpersonal Relationships

Leadership (teaching someone what you have learned — Int./Sr. levels.)

- Taught lesson to other 4-Hers
- Taught lesson to classmates
- Other _____

Self-Evaluation AFTER: Using the rating scale below, answer the following statements:

- 1 = not at all
- 2 = a little
- 3 = a lot.

I know how to...

- Wash hands correctly.....1 - 2 - 3
- Prevent getting cut.....1 - 2 - 3
- Wash the dishes in the correct order.....1 - 2 - 3

Evaluation: (express your experience)

What did you learn about food or kitchen safety? _____

Why is it important to know how to handle food safely? _____

What was the hardest part of the activity? _____

Citizenship (community service examples of sharing what you learned.):

- Shared sandwich with neighbor or friend
- Shared what I have learned with someone in my family
- Other _____



Member's Signature

Date

Resources:

4-H Cooking 101 and 201
University of Illinois

SimplyRecipes.com

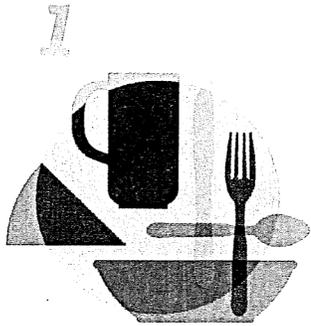
Patsy L. Maddy, 4-H Youth Development Agent
Jenilee Godsey, Youth Ag - Alyssa Rippe-May, Livestock/Horticulture
Keith VanSlike, Ag & Natural Resources - Karen Shepard, FCS
Stacy Brown, Director & FCS



Twin Creeks
District

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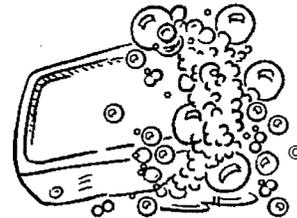


FOOD SAFETY BASICS

Cleanliness is important when preparing food to eat. Food can carry germs that make you sick. Dirty cooking utensils, hands, clothes, or work areas can also spread germs to the food you are preparing. Follow some simple rules when you are cooking to keep your food safe. These rules should become a habit — things you do without thinking because you know the rules well.

Before You Begin To Cook

- Wash your hands with soap and warm water for at least 20 seconds.
- Be sure your fingernails are clean.
- Check to see that your work area is clean.
- Wear clean clothes.
- Wear an apron or tie a clean kitchen towel around you to keep from spreading any germs to the food and to keep your clothes clean.
- Use clean cooking utensils.
- Clip long hair back so that it will not fall into the food.
- Use a clean cloth or paper towel to wipe your hands. This prevents spreading germs. Do not wipe hands on your clothes or apron.
- Use a paper towel or mop to wipe up spills on the floor. Don't use the dish cloth or towel. The floor surface is covered with germs.



While You Are Cooking

- Keep your hands away from your hair, face, and pets. Don't lick your fingers.
- Cover your nose and mouth if you have to sneeze or cough. Wash your hands before you start to cook again.
- Do not use your mixing spoon for tasting foods. Use a separate spoon for tasting. Never put a used tasting spoon into food that is to be served to others.
- Keep dairy products, meat, poultry, and eggs cold. Don't leave them out of the refrigerator while you are cooking or they may spoil.



1

Clean the Food

- Wash fresh fruits and vegetables in plenty of cool water before using them.
- Use a vegetable brush to wash foods such as carrots, celery, and potatoes to remove any soil that remains.
- Wipe the tops of all cans, boxes, and bottles before opening them. This helps remove any germs that are on them.
- Look for clues that food is spoiled. Spoiled food can make you sick. Check the color: does it look right? Check the odor: does it smell the way it should? Check the appearance: do you notice anything unusual about the way it looks? If any of these clues make you think the food is spoiled, ask an experienced cook if the food is safe to use. Never taste food you think is spoiled.

Time for Clean up

Soaking cooking utensils will make them easier to wash. Wipe greasy dishes and pans with a paper towel before washing.

Dishwashing is easy if you use plenty of hot water and soap. (If you have an automatic dishwasher, ask how to use it.) There are three steps in washing dishes.

Step 1: Scrape and stack. Use a scraper or paper towel to remove food. Sort the dishes; put glassware together, silverware together, pots and pans together.

Step 2: Use hot, sudsy dishwater. Wash the glasses first; wash the rims carefully to destroy any germs. Then wash the silverware. Always wash sharp knives separately. Next, wash the rest of the dishes. Rinse the inside and outside of everything you wash with hot water and then let them air dry. Wash pots and pans last.

Step 3: Return any leftover ingredients and cooking utensils to storage. Clean your work area, stove top, and sink. If food has been spilled in the oven, let the oven cool before cleaning it.



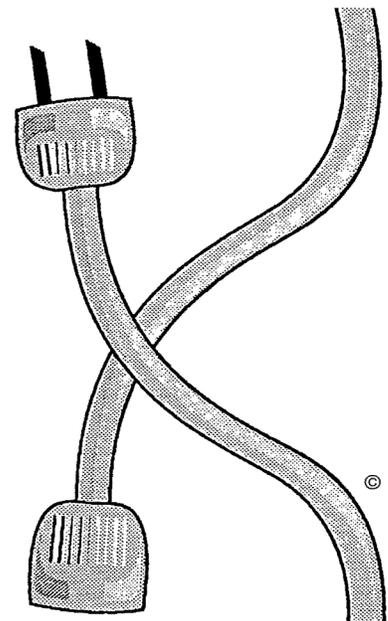
KITCHEN SAFETY BASICS

Be Considerate When You Use the Kitchen

- Ask permission to use the kitchen and prepare the food.
- Keep the kitchen neat and clean while you work.
- Wash all dishes and cooking utensils and put them away when you are finished.
- Clean your work area and put away any unused ingredients and utensils.

Be Safe When Using Electrical Equipment

- Check to see that the appliance switch is in the **off** position.
- Attach electric cord to appliance if it is not already attached.
- Plug the cord into outlet.
- Turn off the motor or heat when you are finished using the equipment.
- Pull the plug from outlet **before** detaching the cord from the appliance. Do not pull on the cord because this may break the wires.
- Unplug appliances when not in use.
- Keep your fingers away from the moving blades of a blender, mixer, or food processor.
- Place the lid on the blender or food processor before turning it on.
- Unplug the mixer when putting in beaters or removing them.
- Never touch the heating element of an appliance such as a toaster. Never put a knife or other utensil into a toaster because you may get shocked. If something is stuck, unplug the toaster before trying to remove anything.
- Never plug in or unplug appliances with wet hands because you may get shocked.

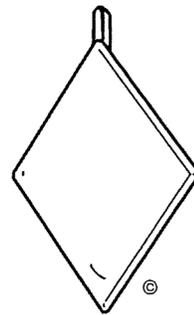
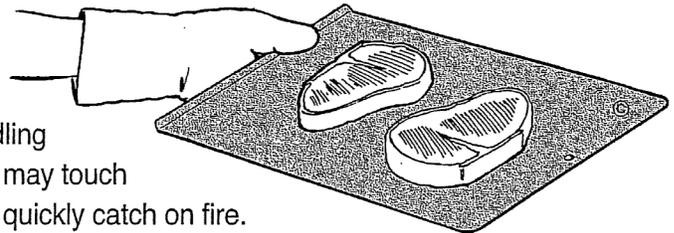


Be Safe When Using Microwaves

- Do not start the microwave oven when it's empty.
- Use microwave-safe dishes. It is not safe to use metal in a microwave.
- Be careful of steam when you take off a cover or open a bag that contains hot food.
- Always use potholders to take things out of the microwave. The food container can get hot from the heat or steam in the food.
- Read and follow the microwave heating directions on food packages.

To Prevent Burns

- Use hot pads or a mitt when handling hot dishes and pans. Dish towels may touch the flame or heating element and quickly catch on fire.
- Avoid using metal utensils when cooking food on top of the stove since metal becomes hot quickly. Wood and plastic utensils don't get hot as quickly.
- Use a fork, turner, spoon, or tongs to lift foods that are hot.
- Do not turn on stove burners until you are ready to use them and turn off the burners as soon as you are finished using them. Double-check to see that all the burners are turned off when you are finished cooking.
- Place the pan on the burner so that the pan handle is toward the center or the rear of the stove. This prevents someone from hitting the handle and spilling the food.
- Don't fill cooking pot over two-thirds full. This will help prevent foods from boiling over or spilling.
- Remove covers from hot foods by tilting the lid away from you. The hot steam will rise away from your face.



To Prevent Cuts

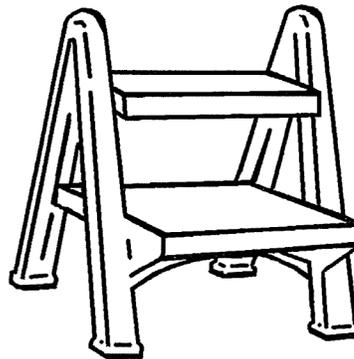
- If a knife starts to fall, jump back. Don't try to catch the knife.
- Keep knives sharp. Because you have to use force to cut with a dull knife, it can be more dangerous than a sharp one.
- Use a cutting board to avoid cutting yourself or cutting the table or counter top.



- Wash knives and put them away as soon as you are finished using them. Don't place knives in dishwasher because you may cut your hand trying to find the knives.
- Use knives for cutting only. Do not use them as can openers, screwdrivers, or chisels.
- Move vegetable peelers away from you as you peel. Keep your fingers underneath the food.
- Hold food graters with one hand and the food to be grated in the other hand. Stop grating or grate slowly when only a small piece of food remains.

To Prevent Falls

- Immediately wipe up spills.
- Keep kitchen floor free from clutter.
- Use a step stool if you must reach for a high object. If you don't have a step stool, ask someone who is taller than you to get the object for you.



Ages 10 to 13

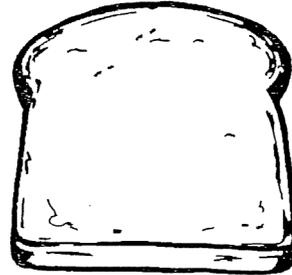
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◆ Make-Your-Own Breakfast Sandwich

No need to travel to a fast food restaurant to grab your favorite breakfast sandwich — you can make your own. Choose from the ingredients listed below to prepare breakfast sandwiches.

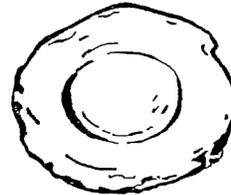
Choose a bread

Biscuit
English muffin
Bagel
Sliced bread
Tortilla



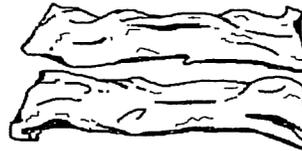
Choose an egg

1 egg, scrambled
1 egg, poached
1 egg, fried



Choose a meat

Canadian bacon
Bacon, cooked
Sausage patty, cooked
Deli meat (ham, turkey, etc) sliced



Choose a slice of cheese

Cheddar
Colby
American
Swiss
Monterey Jack
Pepper Jack



Order of Work

1. Cook the eggs using the cooking method you prefer. See section on Cooking Eggs for directions.
2. While the eggs are cooking, heat the meat in the microwave. Heat the meat for a short time on 50% power. Add additional time if needed.
3. Toast bread of choice, if desired.
4. Layer egg, meat, and cheese on one-half of the bread. Top with second half.
5. If desired, microwave sandwich for 30 to 60 seconds on 50% power until cheese melts and sandwich is hot.
6. Serve warm.

Nutrition Facts per Serving using biscuit, egg, Canadian bacon, and cheddar cheese:
283 calories, 17 g fat, 972 mg sodium, 10 g carbohydrate, less than 1 g fiber, 22 g protein,

Ages 10 to 13

2

◆ Baked Eggs

Yield: 1 serving

Ingredients

2 eggs
1 tablespoon milk

Equipment

Custard cup or shallow baking dish
Nonstick cooking spray
Measuring spoons

Order of Work

1. Preheat oven to 325 degrees F.
2. Lightly coat custard cup(s) or baking dish with nonstick cooking spray.
3. Gently break one egg and slide it into a greased custard cup or shallow baking dish. Repeat with second egg. Spoon 1 tablespoon milk over eggs.

Note: Repeat Step 3 for additional servings.

4. Bake in preheated oven until whites are completely set and yolks are firm but not hard, about 12 to 18 minutes.
5. When using a shallow baking dish, baking time will increase depending on the number of eggs baked. Continue baking until whites are completely set and yolks are firm but not hard.

Nutrition Facts per Serving: 151 calories, 10 g fat, 146 mg sodium, 1 g carbohydrate, 0 g fiber, 13 g protein, 71 mg calcium.

◆ Hard Cooked Eggs

Yield: 1 serving

Ingredients

2 eggs
Cold water

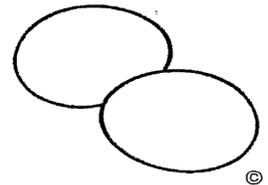
Equipment

Saucepan with tight fitting lid

Order of Work

1. Place a single layer of eggs in saucepan and cover with cold water about one inch above the tops of the eggs. Place lid on pan. Heat water until it just begins to boil.
3. Carefully remove the pan from heat. Let the eggs stand covered for 15 minutes.
4. Immediately run cold water over eggs until completely cooled. Drain and refrigerate.
5. To peel a hard-cooked egg, gently tap the egg on a hard surface then roll the egg between hands until the shell is cracked. Start peeling at the large end of the egg. If the egg is hard to peel, hold it under slowly running cold water. This helps ease the shell off.

Nutrition Facts per Serving: 143 calories, 10 g fat, 140 mg sodium, 1 g carbohydrate, 0 g fiber, 13 g protein, 53 mg calcium.



Ages 10 to 13

2

◆ Poached Eggs

Yield: 1 serving

Poached eggs are cooked out of the shell in hot water, milk, broth, or other liquid.

Ingredients

2 eggs
Water

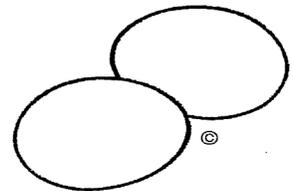
Equipment

Saucepan
Custard cup or small dish
Slotted spoon
Paper towels

Order of Work

1. In a saucepan, bring 1 to 3 inches of water to a boil. Reduce the heat, but keep the water gently simmering.
2. Break cold eggs, one at a time, into a custard cup or small dish. Hold the dish close to the water and slide the egg(s) into the water, one at a time.
3. Cook until the whites are completely set and the yolks are firm but not hard, about 3 to 5 minutes.
4. Use a slotted spoon to lift eggs out of the water. Drain them on paper towels, if desired.
5. **Note:** Poached eggs can be made in a special egg-poaching pan. A poaching pan contains a rack that holds egg-sized cups over simmering water.

Nutrition Facts per Serving: 143 calories, 10 g fat, 140 mg sodium, 1 g carbohydrate, 0 g fiber, 13 g protein, 53 mg calcium.



Ages 10 to 13

2

◆ Oven-Scrambled Eggs

Yield: 8 servings

Ingredients

12 eggs
3/4 cup milk
1 teaspoon salt, optional
1/4 teaspoon pepper, optional

Equipment

Large mixing bowl
Whisk or fork
13" x 9" x 2" baking pan
Pancake turner
Nonstick cooking spray

Order of Work

1. Preheat oven to 350 degrees F. Lightly coat a baking pan with nonstick cooking spray.
2. In a large mixing bowl, use a whisk or fork to beat the eggs and milk until they are well blended. Add salt and pepper, if desired.
3. Pour egg mixture into the prepared baking pan. Bake for 7 minutes.
4. Gently stir the eggs with a pancake turner to form large soft curds.
5. Return the pan to the oven and continue baking for 12 to 15 minutes. Stir the eggs about every 5 minutes. Eggs are done when they are firm and no liquid egg remains.

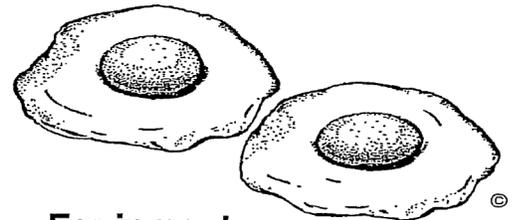
Nutrition Facts per Serving: 119 calories, 8 g fat, 405 mg sodium, 2 g carbohydrate, less than 1 g fiber, 10 g protein, 67 mg calcium.

◆ Fried Eggs

Yield: 1 serving

Ingredients

2 eggs
1 tablespoon butter or margarine



Equipment

Small skillet with lid
Spatula

Order of Work

1. Heat butter or margarine in a small skillet over medium heat. The butter should be just hot enough to sizzle when a drop of water is placed in the pan.
2. Gently break one egg and slide it into the skillet. Repeat with second egg.
3. Immediately reduce heat to low. Cook eggs until whites are completely set and yolks are firm but not hard. Cover pan so eggs will cook faster and more evenly.
4. Eggs may be turned over part way through the cooking time to cook both sides.

Nutrition Facts per Serving: 243 calories, 21 g fat, 235 mg sodium, 1 g carbohydrate, 0 g fiber, 13 g protein, 53 mg calcium.

Ages 10 to 13

2

◆ Scrambled Eggs

Yield: 1 serving

Ingredients

2 eggs
2 tablespoons milk
Salt and pepper to taste
2 teaspoons butter or margarine

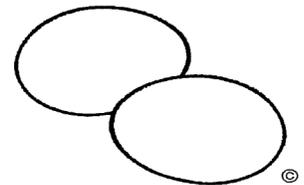
Equipment

Small bowl
Whisk or fork
Small skillet
Pancake turner

Order of Work

1. Break eggs into a small bowl. Add milk and seasonings.
2. Use a whisk or fork to beat the eggs until they are well blended.
3. Heat a small skillet over medium heat. Melt the butter in the skillet.
4. Test the skillet to see if it is hot. When it is hot, the skillet will sizzle when a drop of water is placed in the pan.
5. Pour the egg mixture into the skillet. As the mixture begins to set, gently stir with a pancake turner to form large soft curds. Continue until the eggs are thick and no uncooked egg remains, about 2-3 minutes. Do not stir constantly.

Nutrition Facts per Serving: 226 calories, 18 g fat, 495 mg sodium, 2 g carbohydrate, less than 1 g fiber, 14 g protein, 90 mg calcium.



◆ Microwave Scrambled Eggs

Yield: 1 serving

Ingredients

2 eggs
2 tablespoons milk
Salt and pepper to taste

Equipment

Small microwave-safe bowl
Plastic food wrap

Order of Work

1. Beat together eggs, milk, salt, and pepper.
2. Cook on full power, stirring once or twice, about 1 to 1 1/2 minutes. Stir again.
3. If eggs are not completely cooked, cover bowl with plastic food wrap. Let the eggs stand until they are thick and no visible liquid egg remains, about 1 minute.
Microwave cooking times vary. Cook eggs the minimum time. Add more time if needed.

Nutrition Facts per Serving: 159 calories, 11 g fat, 432 mg sodium, 2 g carbohydrate, less than 1 g fiber, 14 g protein, 90 mg calcium.