

# 4-H Fun with Foods

## Level I



4-H Food & Nutrition

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COOPERATIVE EXTENSION

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4-H Fun with Foods is an update of Food & Nutrition Have Fun with Foods Phase 1  
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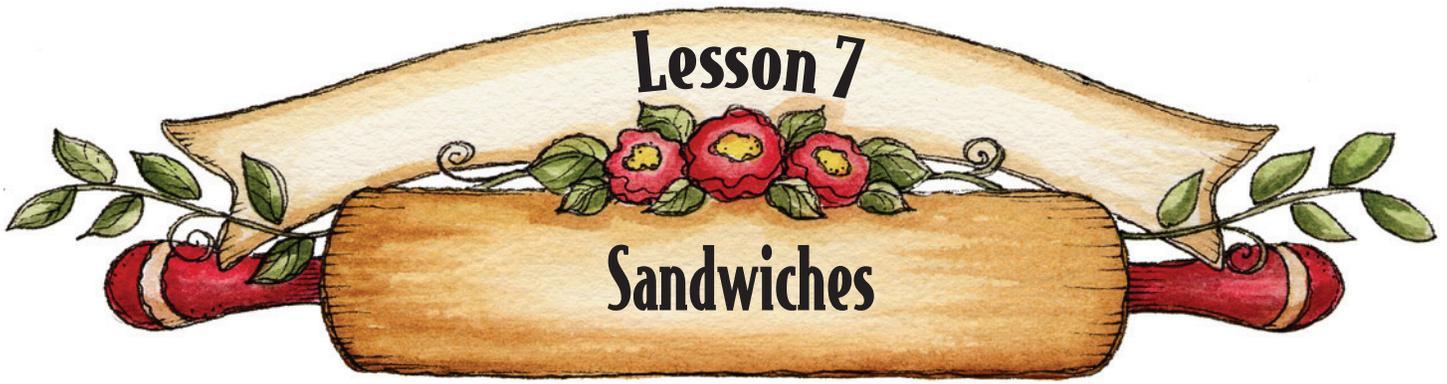
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Special thanks to

Deb Jones, Alaska 4-H Program Leader  
Dennis Hinkamp for taking the measuring photographs in Lesson 1  
and to Katie Camp for appearing in the photos.



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Sandwiches are a quick and easy way to enjoy a meal. Bread is the starting point for a great sandwich – think about the type of bread and the type of filling you want to use. Then get creative with building a tasty meal. If peanut butter and jelly is a favorite and there are no allergy concerns, experiment with different breads or even use a pita pocket or whole wheat tortilla instead of bread.

### **Activity 1: Make a Healthy Grilled Sandwich**

#### **Goal:**

Grilled cheese is usually a popular choice. The traditional way of making grilled cheese uses butter or margarine. Let's try a quick, easy, and healthier grilled cheese sandwich, with the following recipes.

#### **Materials Needed:**

Test yourself to see if you can list basic materials you will need to make cookies: (check your answers below\*)

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Answers\*:

Toaster

Knife

Cutting Board

Frying Pan

Microwave Oven

Plates

Ingredients as listed in selected recipe

Spatula



## Recipe : Yummy Grilled Sandwiches

Yield: 1 sandwich

### **Ingredients:**

2 slices of bread (choose between white, whole wheat or other bread)

1-2 slice of low fat cheese – depending on method (cheddar, swiss or other cheese)

butter cooking spray (for method 1)

### **Method 1:**

1. Spray a slice of bread with butter-spray. Lay buttered side into a heated fry pan or on a grill.
2. Then add a slice of cheese and then a slice of bread.
3. Grill for 1 minute or until golden brown.
4. Lift the sandwich with a spatula. Re-spray the pan with butter spray.
5. Flip the sandwich to cook on the uncooked side and grill for another minute or until golden brown.

### **Method 2:**

1. Toast bread in the toaster and place on plate.
2. Arrange cheese on one slice of the toasted bread and cover with the second slice of bread, then microwave the sandwich for 20-30 seconds depending on how quickly your microwave cooks.
3. Remove sandwich carefully. Caution: the cheese could be very hot! Allow to cool before eating. Enjoy!



## Recipe : Monte Cristo Grilled Sandwich

Yield: 1 sandwich

### **Ingredients:**

2 slices of whole grain bread	1 egg
2 tablespoons of milk	a dash of cinnamon
1 teaspoon of mustard	2 thin slices of deli ham
2 thin slices of turkey	2 slices of cheese
1 tablespoon of cranberry sauce or strawberry jelly	A sandwich grill or a small fry pan
	powdered sugar or maple syrup (optional)

### **Directions:**

1. Heat the grill or fry pan on low. As it warms up, beat together the egg, milk and cinnamon with a whisk.
2. Spread the mustard on one slice of the bread. Dip the other side of the bread slice into the egg mixture and place on the grill.
3. Layer the meat and cheese on the bread.  
Spread the jelly or cranberry sauce on the other slice of bread, and dip the other side of the bread into the egg mixture.
4. Place the second slice of bread on top, jelly facing the meat.
5. Grill each side for 1 minute, more or less, depending on how crispy you like your sandwich.
6. Slice the sandwich in half, sprinkle with powdered sugar, and serve with maple syrup (if desired).

## Activity 2: *Wrapped Sandwiches*

### Goal:

Learn how to make sandwiches with bread alternatives.

### Materials Needed:

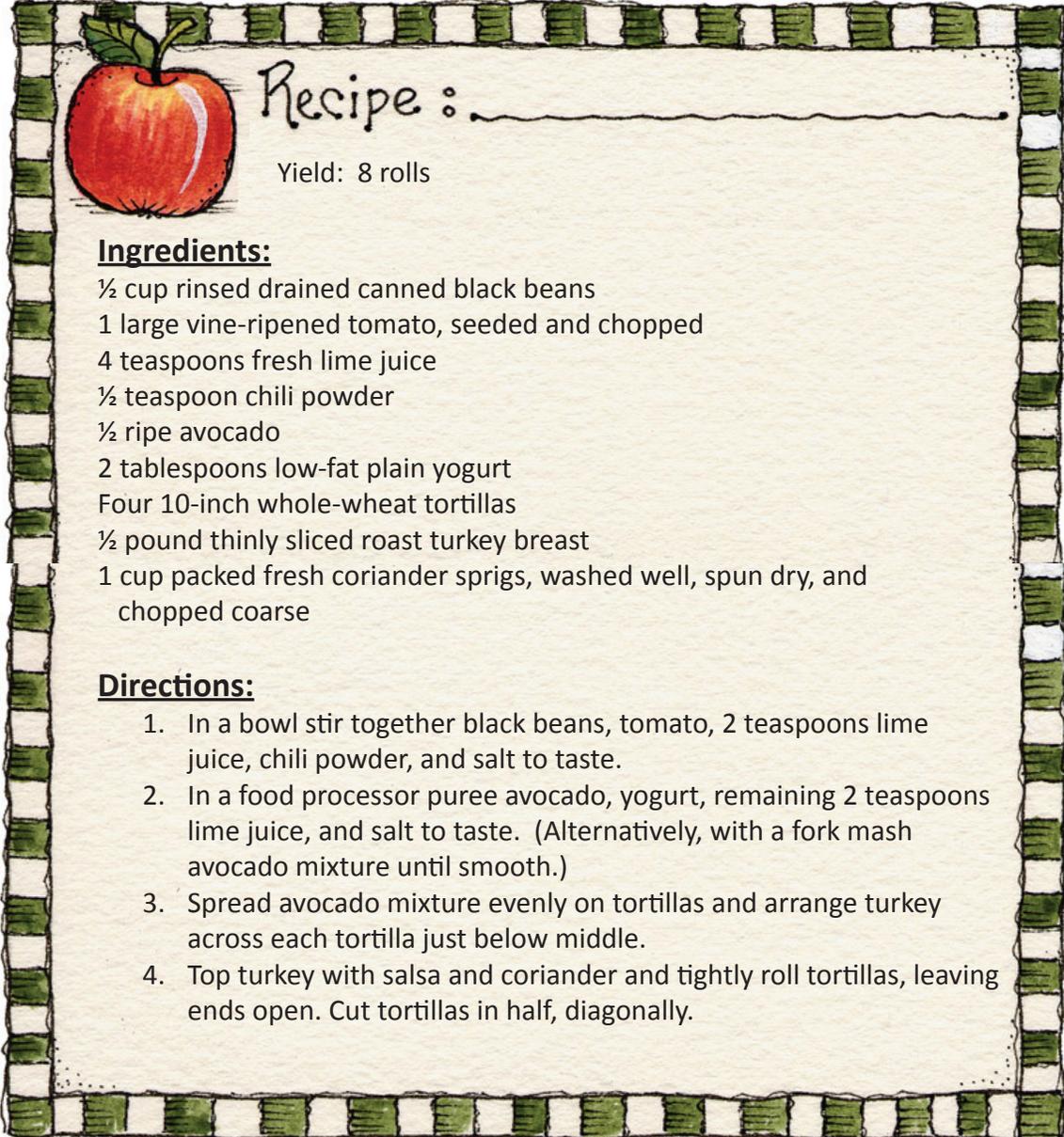
Toaster

Plates

Ingredients as listed in selected recipe

Knife

Cutting Board



**Recipe :**

Yield: 8 rolls

**Ingredients:**

- ½ cup rinsed drained canned black beans
- 1 large vine-ripened tomato, seeded and chopped
- 4 teaspoons fresh lime juice
- ½ teaspoon chili powder
- ½ ripe avocado
- 2 tablespoons low-fat plain yogurt
- Four 10-inch whole-wheat tortillas
- ½ pound thinly sliced roast turkey breast
- 1 cup packed fresh coriander sprigs, washed well, spun dry, and chopped coarse

**Directions:**

1. In a bowl stir together black beans, tomato, 2 teaspoons lime juice, chili powder, and salt to taste.
2. In a food processor puree avocado, yogurt, remaining 2 teaspoons lime juice, and salt to taste. (Alternatively, with a fork mash avocado mixture until smooth.)
3. Spread avocado mixture evenly on tortillas and arrange turkey across each tortilla just below middle.
4. Top turkey with salsa and coriander and tightly roll tortillas, leaving ends open. Cut tortillas in half, diagonally.

**Recipe :** *Silly "Sushi" Bites*

Yield: 2 servings

**Ingredients:**

4 slices wheat bread	¼ cup smooth peanut butter
¼ cup honey	¼ cup strawberries, finely diced
2 tablespoons nuts, finely chopped (sunflower seeds, almonds or walnuts)	

**Directions:**

1. Trim crusts from bread. Gently press bread or flatten with a rolling pin.
2. Spread each slice with 2 tablespoons peanut butter and 2 tablespoons honey.
3. Sprinkle each slice with 1 tablespoon nuts and 2 tablespoons strawberries.
4. Top with other flattened bread slices and press together.
5. Cut each sandwich in half. Firmly roll each slice and serve.

 **Activity 3: Filled Sandwiches**

**Goal:**

Learn how to make sandwiches with bread alternatives.

 **Materials Needed:**

- |  |               |
|--|---------------|
| Toaster                                  | Knife         |
| Plates                                   | Cutting Board |
| Ingredients as listed in selected recipe |               |



## Recipe : Pita Pockets

Yield: 2 servings

### **Ingredients:**

2 whole wheat pita breads  
8 tablespoons chunky or  
smooth old-fashioned  
peanut butter

6 pitted dates, chopped  
8 teaspoons honey  
2 ripe bananas, peeled, sliced

### **Directions:**

1. Lightly toast pita breads; cut each in half crosswise.
2. Open pita pockets. Spread 2 tablespoons peanut butter on 1 side of the inside of each pita pocket.
3. Sprinkle chopped dates over peanut butter, dividing equally.
4. Drizzle honey over. Divide banana slices among pita pockets; close sandwiches, pressing slightly to adhere.



### **Safety Tip**

✓ Why is it important to refrigerate your sandwiches? The cold temperature in the refrigerator prevents the growth and development of bacteria that cause spoilage. It is especially important to keep meat, fish and poultry foods cold, since bacteria thrive and grow in such foods at room temperature.

## ***Look for More Ideas!***

Sandwich fillings are seldom made from written recipes, but rather from the imagination and whatever is on hand. Vary the type of bread used. Try French bread slices, whole wheat, and rye or sourdough bread. You will find other ideas in recipe books or magazines. Prepare some of them for your family for supper or lunch. Ask them to help you decide which ones. When you plan sandwiches, think of how you can complete the meal by having food from the five groups listed at the front of your book to make your meal complete.

## ***What have you learned?***

- ✓ Discuss any additions that kids may enjoy on the sandwich such as tomatoes, mushrooms, cucumbers.
- ✓ Think about your favorite sandwiches and talk about the things you like and why.
- ✓ What happened that you didn't expect would happen?
- ✓ If you had it to do over again, what would you do differently?

## ***Recipe Sources***

- ✓ Summit County Extension
- ✓ <http://www.recipezaar.com>
- ✓ [http://www.bukisa.com/articles/95280\\_how-to-make-a-yummy-reduced-fat-grilled-cheese-sandwich](http://www.bukisa.com/articles/95280_how-to-make-a-yummy-reduced-fat-grilled-cheese-sandwich)
- ✓ <http://recipes.sparkpeople.com/recipe-detail.asp?recipe=162068>
- ✓ [http://www.ehow.com/how\\_4803507\\_healthy-monte-cristo-sandwich.html](http://www.ehow.com/how_4803507_healthy-monte-cristo-sandwich.html)

## ***References and Resources:***

- ✓ Cooking Basics: Baking Cookies
- ✓ Missouri Cooperative Extension  
<https://muextension.missouri.edu/stcharles/celebratenl/2009/nov/cookies.pdf>

# LESSON 7: FOR THE RECORD

## *Sandwiches*

### MEETING

Date \_\_\_\_\_

Foods I prepared or helped prepare \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

I demonstrated \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

This lesson taught me the following skills \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

Some of the activities I tried \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

Type of Food Prepared	# Times Prepared	To Whom Served	Hours Spent	# Served	Cost