Your Presenters

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Participants

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Anita DaWise, PR
Karyn Clanton, RL
Eva Peterson, RL
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Kendra Stover, SN
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Kim Schomaker, SW-AL
Teresa Martin, SW-BB
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Purpose

• Provide group of Foods Project leaders with knowledge, curriculum, and Extension Specialist support to provide positive project experiences for 4-H members.
• Project leaders become a member of a learning community of other volunteers across Kansas.

How Project Will Work

• 7 webinars, 60 minutes in length
• Linked by audio call
• Archived for future reference
• 30 – 45 minutes of instructions, 15 minutes of sharing
• Put material into practice by participants at project meets for their group
Subjects Covered

- Youth Development Information
- Project Leader Tips
- Foods project information
- Additional lessons from the curriculum

Getting Started as a Project Leader

TIP #1 Start Early and Don’t Procrastinate

- Initial Meeting Thoughts
  - Meetings
  - Encourage parents
  - What do young people want to learn
  - Risk Management
  - Get acquainted
  - Make and take
  - How to pay for supplies

TIP #2 Schedule an Adequate Number of Meetings

  - To cover subject matter
  - To meet learning goals

TIP #3 Focus on Life Skills

- Kansas Life Skills
  - A positive self-concept
  - An inquiring mind
  - A concern for the community
  - Healthy interpersonal relationships
  - Sound decision making

TIP #4 Use the Experiential Learning Model to plan meetings.
In 4-H, we LEARN by DOING
**Experiential Learning Model:**
A powerful approach for learning life skills emphasizes:

- hands-on experiences
- processing those experiences through discussion
- applying the knowledge gained to other "real life" situations.

**Learners Retain About:**
- 20% of what we read or hear
- 30% of what we see
- 50% of what we hear and see
- 70% of what we say
- 90% of what we do

"Tell me and I forget, teach me and I remember, involve me and I learn."

-- Benjamin Franklin

**Experiential Learning Model - 5 Steps**

1. Experience the activity, problem, reality
2. Reflect on what was learned, different situations, problems
3. Generalize to connect the experience to broader examples
4. Apply the knowledge, observations, policies
5. Process and analyze the experiences

**Do, Reflect and Apply** are the steps in the three-step model. In the simplest terms:

- Youth **do** and share what they did during an activity
- Youth **reflect** about what they did (including what they learned)
- Youth think about how to use what they did and learned and how they can **apply** that.
**Resources**

- National 4-H Curriculum
  - A – Fantastic Foods
  - B – Tasty Tidbits
  - C – You’re the Chef
  - D – Foodworks
  - HG – Helper’s Guide
- Quality for Keeps: Home Food Preservation
  - University of Missouri Extension

**Topics to Cover**

- Kitchen Safety
- Food Safety
- Food Preparation basics
- Baking basics
- Food preservation
  - Canning
  - Freezing
  - Drying

**Food Safety**

- Play it Safe
  - Book A, p. 24-29
- Danger Zone
- Fuzzies on my Bread
- Glo Germ

**Food Safety**

- Play it Safe
  - Book B, pp. 24-29
- Green fuzzy stuff
- Make your own yogurt
- Reheating leftovers

**Food Safety**

- Food Safety and Science
  - Book C, pp. 22-27
- Slow them down
- Emulsions
- Spoilers or helpers?

**Food Safety**

- Food Safety and Science
  - Book D, pp. 22-27
- When the power’s out
- Turkey safety
- Marinade madness
Glo Germ
- Book A, pp. 28-29
- Focuses on proper handwashing
- Important for food safety and overall health
- #1 way to prevent illness

Extra Resources
- http://www.cdc.gov/cdctv/handtogether/
- http://www.cdc.gov/handwashing/

Kitchen Magic
- Book A, pp. 30-39
- Kitchen safety and how to measure
- Three lessons to put safety and measuring into practice
- Tips on preparation and baking

Kitchen Magic
- Book B, pp. 30-39
- Cooking terminology and tools
- More baking tips and tricks

Cooking terminology and tools
- Book B, pp 30-31
- How to measure
- Book A, pp 30-31
- Make pancakes

“How To” Techniques

Kids a Cookin’
Meeting #2

- Based on Doodle poll
  - Next meeting will be January 31, 2012 at 7:00pm

- Thanks and have a good evening!