Foods Project Leader
Pilot Project Webinar #2
January 31, 2012

Any questions from the first webinar?

Sound Decision Making
• One of the Kansas 4-H Life Skills
• Can be improved when practiced
• It is a transferrable skill

Your Presenters
Diane Mack,
4-H Youth Development Specialist
Karen Blakeslee,
Extension Associate, Food Science, Rapid Response Center

Youth Development
Life Skill
Decision Making

Judging Contests
• Not “good” or “bad”
• “Most ideal” to “Least ideal” compared to:
  –Quality Standards
  –Scenario / Situation Given
Judging Contest Set-up

- A problem/scenario
- 4 statements/solutions
- Judging card or sheet for answers
- Written reasons (optional)
- Oral reasons (optional)

Judging Card

Answer is circled
Scoring is based on cuts assigned between options
Hormel Card - easiest to use with uneven cuts

Worksheet for the Decision Making Model

<table>
<thead>
<tr>
<th>Situation:</th>
<th>Options (write your options here)</th>
<th>Positives</th>
<th>Negatives</th>
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<td>5.</td>
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Conclusion:
Choose the best of all options:

Practice

Class Name – Selecting a Writing Instrument

Hailey will be attending her first FCS Judging Contest and is trying to decide which writing instrument will be best for her to use during the contest. Help her choose:

1) Highlighter
2) Ever-sharp pencil with an eraser
3) Dull lead pencil with an eraser
4) Ballpoint pen

DECISION MAKING MODEL

4-H Health Rocks - Healthy Life Series – Beginning Level

1. Identify the decision to be made.
2. Brainstorm possible options or choices.
3. Select the options that are the best.
4. List the positives and negatives of each selected option. Think about short-term and long-term consequences.
5. Choose the best option.

As a Project Leader:

- Build Decision Making into your meetings
  1) Simple options
  2) Contest set-up
  3) Opportunity to use the model/process
- Guide members through a process
- Ask questions that make them think about the options, their reasons...
• Nutrients – who needs them?
  – Book A, pp. 6-15
• Mama mia pizza
• Bone up on calcium
• Fruit kabobs
• Snackin’ power

• Once You Swallow
  – Book B, pp. 6-15
• The gritty on grains
• Here come the veggies!
• Better wedges
• Fit it In!

• Healthy Food Selection
  – Book C, pp. 6-13
• Fit is In!
• Get the facts on fads
• Emotions, eating and you
• Lean on!

• Healthy Food Selection
  – Book D, pp. 6-13
• Dietary guidelines
• Cooking with children
• Finding help
• More than vegetables

www.choosemyplate.gov
Project Meeting Idea

- Fit is in!
  - Book C, pp 6-7
- ChooseMyPlate.gov
- Importance of physical activity
  - Incorporate into each meeting

Food Preparation

- Contrary to popular opinion.....
  - It's not just about baking for the fair!

Food Preparation Basics

- Kitchen Magic
  - Book A, pp. 32-39
- Pancakes
  - How to crack an egg
  - Knife skills and safety
  - Fantastic Foods website
- Colossal cookies
  - Different types of cookies
  - Baking tips, p. 35
  - Freezing tips
- Chips in muffins
  - Extra bite, p. 37
  - Effects of overmixing
- Micro stuffed potatoes
  - Using a microwave

Food Preparation Basics

- Kitchen Magic
  - Book B, pp. 30-39
- Baking better batters
  - Altering recipes
  - Making successful cakes, p. 33
- Twisting twisty pretzels
  - Shaping dough
  - Using an oven
- Biscuit or "cookie"
  - Leavening
  - Quick bread, minimal handling
  - Cut down and up!

Food Preparation Basics

- Food Preparation, Book C, pp. 28-37
- Setting a table
- Ring around
  - Making bread
  - Using yeast, thermometer
  - How to knead
- Whole meal deal
  - Meal planning
- Breadsticks for a crowd!
  - Bread making basics
  - Nutrition differences in fats
- Do a Stir Fry
  - Quick cooking
  - Different veggies
  - Nutritional value

Food Preparation Basics

- Food Preparation, Book D, pp. 28-35
- Meat loaf
  - Ground meat varieties
- Oven-baked fish
  - Types of fish
  - How to cook fish
  - Nutritional value
- Perfect pies
  - Successful pie crusts
  - Types of fat used
  - Make it pretty!
  - Types of fruit pies
- Sizzling chicken
  - How to cook chicken
- Note! Rinsing raw meat not recommend by USDA!
Project Meeting Ideas

- How to set a table
  - [http://www.uwyo.edu/4-h/publications/table_setting.pdf](http://www.uwyo.edu/4-h/publications/table_setting.pdf)
- Meal planning
  - Cost
  - Nutrition
  - Theme

Project Meeting Ideas

- Book A – Breakfast!
  - [http://www.four-h.purdue.edu/foods/Breakfast%20Meal%20LevelA.htm](http://www.four-h.purdue.edu/foods/Breakfast%20Meal%20LevelA.htm)
  - Pancakes
  - Eggs – Omelet, scrambled eggs
  - Fruit
  - Smoothies

Project Meeting Ideas

- Book B – Italian!
  - [http://www.four-h.purdue.edu/foods/Dinner%20Meal%20LevelB.htm](http://www.four-h.purdue.edu/foods/Dinner%20Meal%20LevelB.htm)
  - Lasagna
  - Pretzels
  - Fruit salad
  - Vegetable

Project Meeting Ideas

- Book C – Stir fry!
  - [http://www.four-h.purdue.edu/foods/Make%20it%20a%20Meal%204d%20LevelC.htm](http://www.four-h.purdue.edu/foods/Make%20it%20a%20Meal%204d%20LevelC.htm)
  - Pepper cheese bread
  - Beverage
  - Fruit
  - Stir fry

Project Meeting Ideas

- Book D - Oven-baked fish
  - [http://www.four-h.purdue.edu/foods/Make%20it%20a%20Meal%204b%20LevelD.htm](http://www.four-h.purdue.edu/foods/Make%20it%20a%20Meal%204b%20LevelD.htm)
  - Baked fish
  - Garden salad or potatoes
  - Breadsticks
  - Fruit crisp

KSRE YouTube Videos

- [http://www.youtube.com/user/KSREVideos](http://www.youtube.com/user/KSREVideos)
- In right column of topics, click on “Family Nutrition Program”
  - Food thermometers
  - Ground meats
  - Many more!
Updated Publications

• Judge’s Guide for Foods and Nutrition Exhibits
  – Lots of “what went wrong” and “why”
• Currently being updated!!

Baking “How-To”

• Home Baking Association
• Kansas Wheat Commission
  – www.kswheat.com
• Betty Crocker
• Better Homes and Gardens
  – http://www.bhg.com/recipes/how-to/bake/

Next Webinar

• February 21, 2012 @ 7:00 pm
  – Diane will cover more Youth Development Concepts
  – Share Session and Q&A
  – Karen will not be on the webinar
• March 6, 2012 @ 7:00pm
  – Focus on Baking

Meeting #3

Next meeting will be February 21 at 7:00pm

Thanks and have a good evening!