

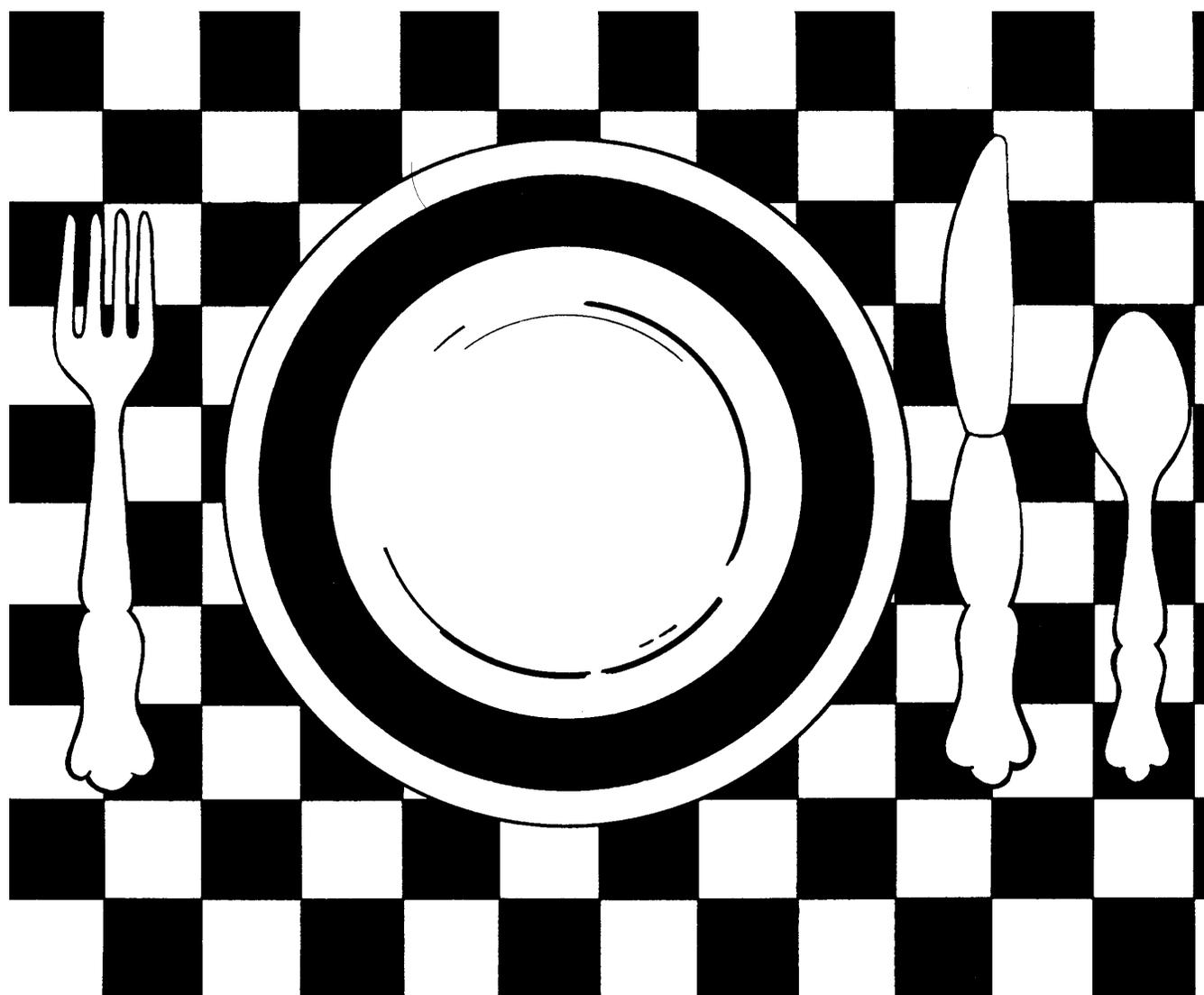


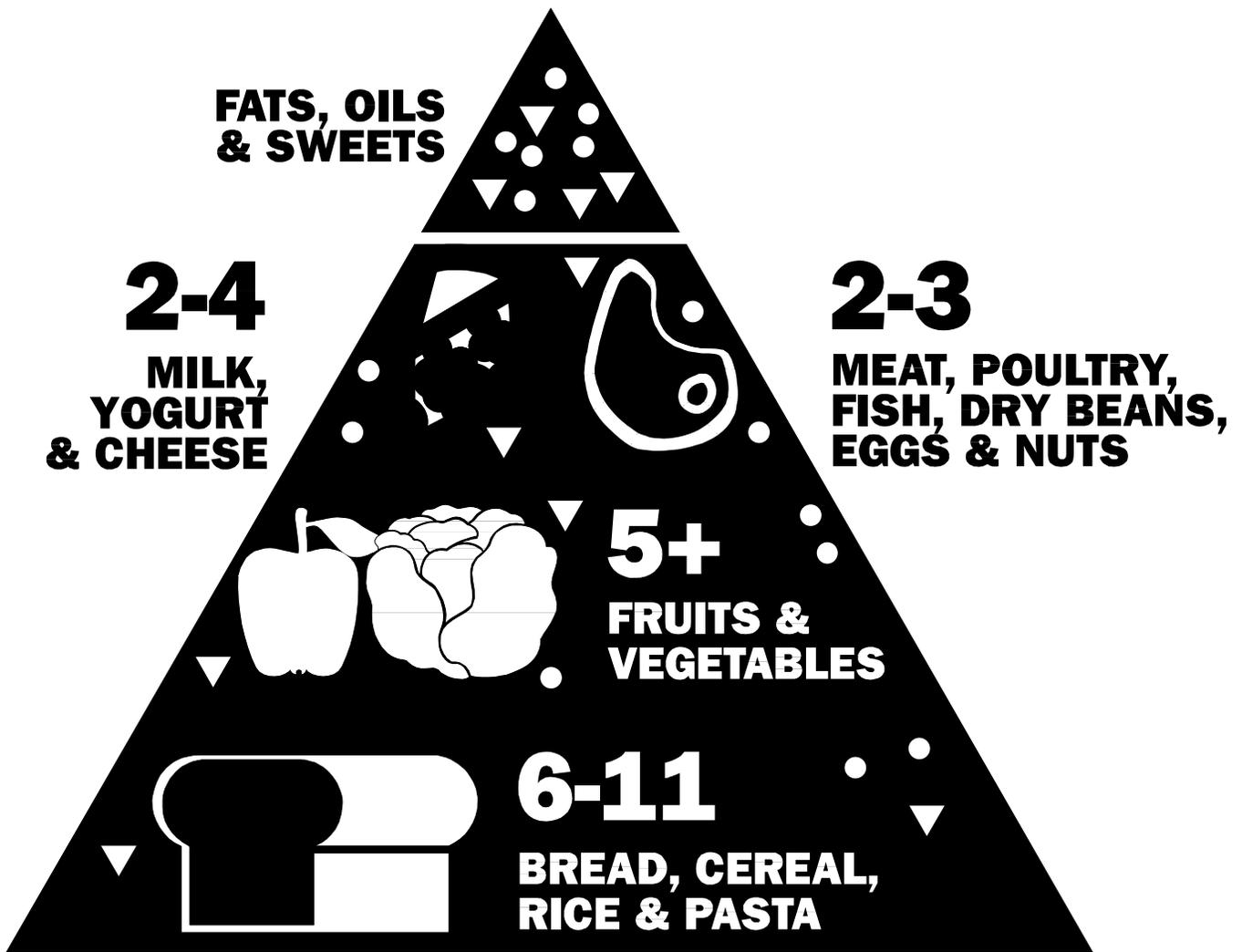
COOPERATIVE EXTENSION SERVICE
UNIVERSITY OF KENTUCKY • COLLEGE OF AGRICULTURE



It's Time for

LUNCH





Food Safety Tips

Safe food-handling is important to prevent foodborne illness (food poisoning). Here are a few basic tips that you should know:

- Wash your hands with warm, soapy water before and after handling food
- Wash all surfaces, utensils and hands after coming into contact with raw meat, poultry and eggs
- Thoroughly cook all hot foods according to recommended time and temperatures
- Keep hot foods hot and cold foods cold
- Refrigerate food within two hours of serving time

It's Time for **LUNCH**

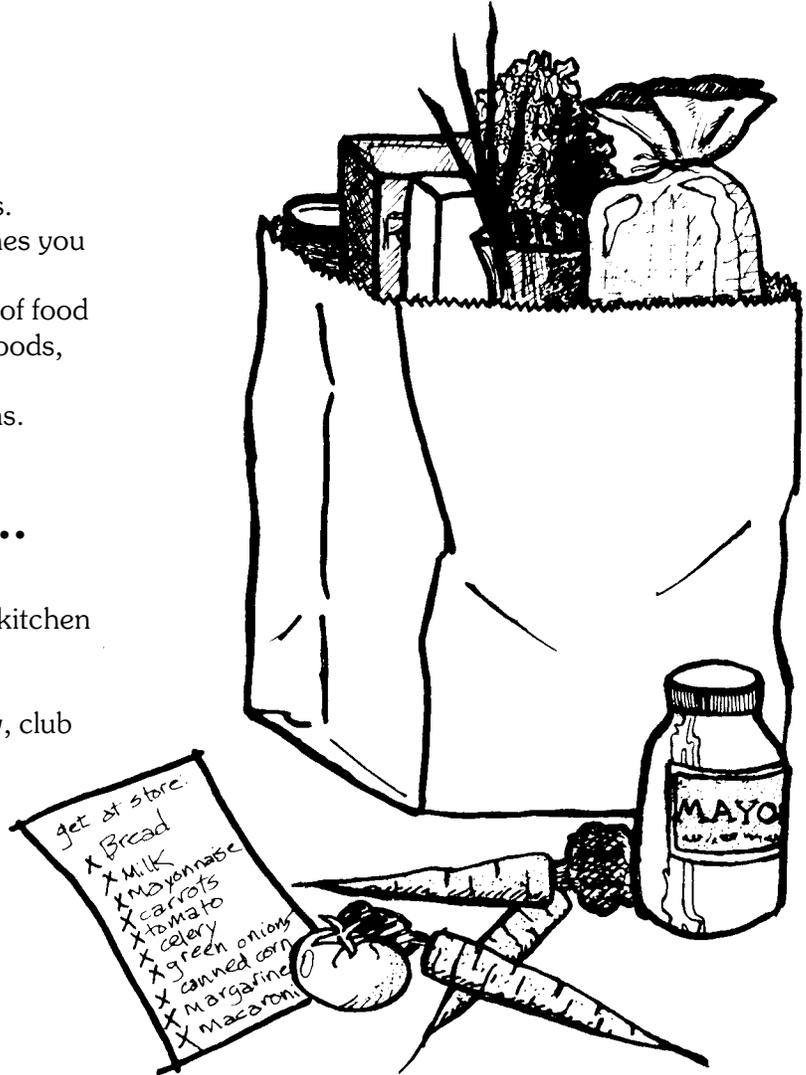
By Sue W. Burrier, Former Extension Food Nutrition Specialist, and
Henrietta Nye, Former Area Food Nutrition Specialist.
Revised by: Paula R. May, MS, RD, Nutrition Consultant

Summary of Lesson Activities...

1. Plan, prepare and serve different foods.
2. Shop for groceries for one of the lunches you prepare.
3. Visit a grocery and notice the number of food items in each section, such as frozen foods, cake mixes, soups, etc.
4. Keep records of your food preparations.

What You Will Learn...

1. The importance of kitchen safety.
2. How to be a good manager - keep the kitchen clean as you go.
3. How to serve food attractively.
4. How to work together with your family, club members, and club leader.
5. How science applies to food.
6. Table manners and table service.
7. How to keep a recipe file.

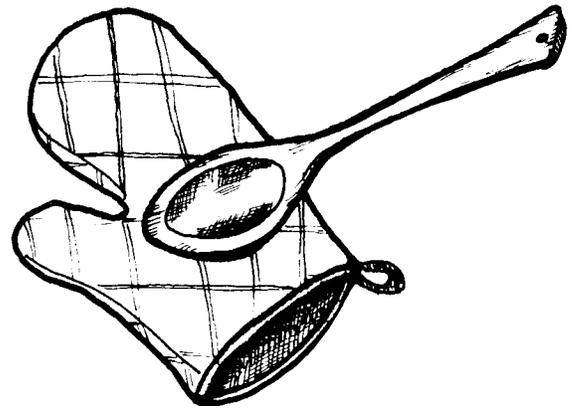
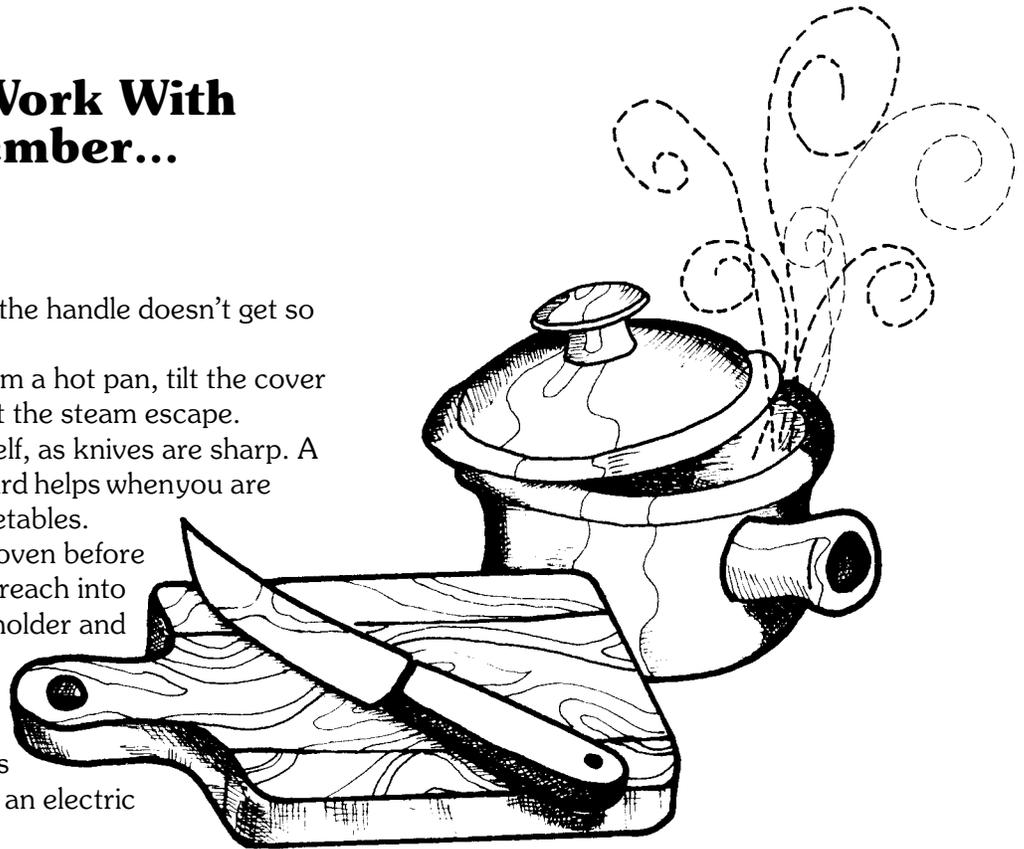


All American Cooking Guide

Before You Work With Foods, Remember...

Let's Be Safe...

1. Use wooden spoons; the handle doesn't get so hot.
2. Remove the cover from a hot pan, tilt the cover away from you and let the steam escape.
3. Cut away from yourself, as knives are sharp. A wooden chopping board helps when you are cutting fruits and vegetables.
4. Adjust shelves in the oven before you turn it on. Never reach into a hot oven; use a potholder and pull the shelf out to the safety catch.
5. Use hot dish holders.
6. Make sure your hands are dry when you use an electric appliance.
7. Turn off the switch before you unplug an electric appliance.
8. Turn handles on pots and pans away from the stove's edge.





Be Careful:

- Read the recipe all the way through first.
- Get out all the ingredients and equipment you will need, if there is room.
- Watch the time for cooking or baking.
- When in doubt, ask your leader or an adult family member for help.

Be Clean:

- Wash your hands using the method on page 17
- Have clean fingernails
- Wear washable, clean clothes
- Keep hair pulled back
- Review food safety checklist on page 17

Be Courteous:

- Ask an adult's permission before starting to cook.
- Clean up the kitchen when you finish.

Clean The Kitchen The Easy Way...

Scrape and Stack:

- Remove food particles with a rubber scraper or paper towel or rinse them off under the faucet.
- This keeps the dishwasher or dishwater from getting dirty. Stack according to size and kind. Put glassware together, silverware together, pots and pans together.

Wash and Drain or Dry:

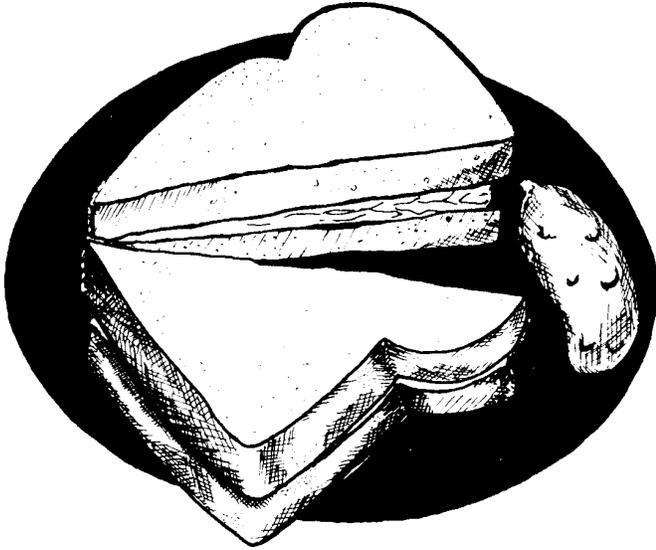
- Use hot, sudsy dishwater. Put in enough detergent to make good suds.
- Wash the glasses first, washing the rims with special care to prevent the spread of germs. Then do the silverware. Wash cups next, followed by the other dishes. Do pots and pans last.
- Rinse the inside and outside of all the dishes with very, very hot water. Then let them drain, or wipe them with a clean, dry towel.

Leave The Kitchen Spic and Span:

Put everything back in its place. Wipe off your work table, range and sink. Hang the dish cloths and towels neatly to dry.

Lesson 1.

Sandwich Fillings



Sandwiches are fun to make and just as much fun to eat-maybe even more. When sandwiches have a hearty filling, they can be the main part of a lunch or supper menu.

Be Safe

Bacteria that grow in food and make you ill grow best at temperatures between 40° and 140°F. This is why you should keep hot foods hot, and cold foods cold. Some casserole dishes and sandwich fillings may cause food poisoning if they are not handled properly. Foods should be refrigerated until serving time or until time to heat and serve. Leftovers must be refrigerated after the meal.

Collect some recipes for other sandwich fillings.

Here are a few suggestions:

| Bread | Spread | Fillings |
|--------------|---|---|
| White | Peanut Butter | Banana slices, jelly |
| Whole Wheat | Butter, margarine or mayonnaise | Tomato slices, lettuce, egg salad, or cheese spread |
| Raisin | Cream Cheese or Neufchatel Cheese | Chopped nuts, dried fruit |
| Rye | Butter, margarine, mayonnaise, or mustard | Luncheon meat and cheese slices |
| Buns | Butter, margarine, mayonnaise, or ketchup | Fried fish, sloppy joes, franks with chili sauce |

Science Cue

Many salad type sandwich fillings call for hard-cooked eggs. Eggs are high in protein.

Eggs should not be boiled because a greenish coating is formed around the yolk. Do you know why? The white of the egg contains sulphur and the yolk has iron. When the egg is overcooked at too high a temperature, the iron combines with the sulphur and forms the greenish coat around the yolk. The egg is perfectly safe to eat, but you may not like the appearance or taste!

Cooking for 15 minutes, at the boiling point (bubbles will appear at the bottom and rise to the top of the pan) is the correct way to hard cook an egg.

Now, using what you have learned about hard cooked eggs, prepare tuna salad sandwiches using the recipe on page 20. Remember to refrigerate the tuna salad until time to make the sandwiches and serve.

Check-Off

- Did your sandwich have the filling spread to the edges?
- Was the sandwich filling spread evenly?
- Did you learn to hard-cook eggs?
- Were your sandwiches attractive?
- How did your sandwich taste?
- Did you follow safe food-handling guidelines?

(Complete checklist on page 17.)

Demonstration Suggestions

You might give a demonstration on how to make a sandwich filling and assemble a sandwich. Some topics to cover:

1. How to hard-cook eggs.
2. How to chop celery.
3. How to spread and cut sandwiches.
4. How to wrap sandwiches.

Lesson 2. Main Dishes or Casseroles



Many casseroles or main dishes include a protein food such as meat, eggs, cheese or fish, a vegetable, often a starch food like rice, macaroni, or spaghetti and sauce. This makes a meal-in-one, because you need add only a salad or relishes, bread (if you want it), beverage, and a simple dessert.

The main dish is often prepared from foods that are already cooked. Unless the recipe says to mix, put food in layers so each will not lose its particular flavor and distinctive appearance.

If you would like an “E” for efficiency, casseroles and main dishes can be prepared in advance and kept in the refrigerator or frozen for future use.

Preparing one-dish meals has the double advantage of being cooked and served in the same container, thus cutting down on dishwashing.

Character can be given to casseroles by adding crisp bacon, grated cheese, onion juice, finely chopped parsley, thyme, sweet marjoram, basil or chives.

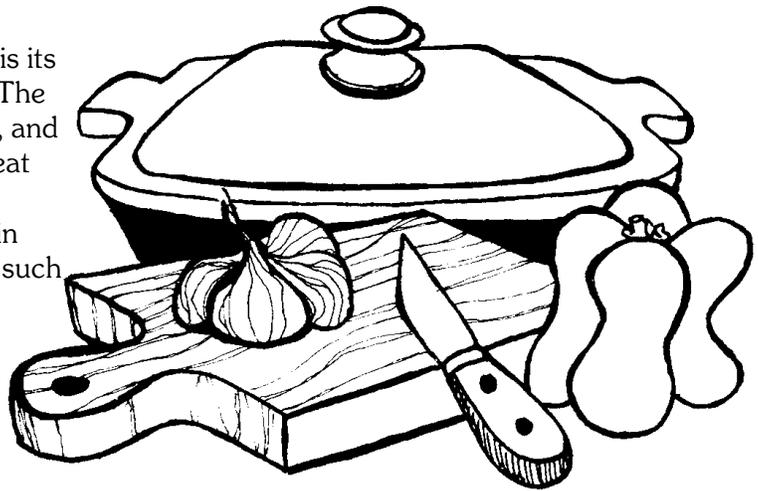
Nutrition Tip

The most important nutritive value of meat is its protein. The fat in the meat furnishes energy. The most abundant minerals are phosphorus, iron, and copper. The vitamins found in most cuts of meat are thiamine, riboflavin, and niacin.

Cheese is an important concentrated protein food and may be used in many different ways, such as in appetizers, soups, main dishes, salads, sandwiches, and desserts. When cheese is made from whole milk, it is rich in fat and vitamin A, as well as in minerals and other vitamins.

You need at least two three-ounce servings of a protein food each day. Protein is needed to build and repair your body tissues.

Ask an adult family member to let you try the Cheese Stuffed Wieners; the recipe is on page 20.



Demonstration Suggestions

Demonstrate how to use cheese in main dishes and casseroles. Topics you might consider:

1. The many uses of cheese from soups to main courses.
2. The great variety of cheeses available.
3. Protecting cheese with crumbs.

Check Off

- Was the cheese tough and stringy? Why?
- What ingredient(s) provided protein?
- What foods were added to complete the meal?
- Did you follow safe food-handling guidelines?

(Complete checklist on page 17.)

Science Cue

Foods high in protein such as cheese will become tough when cooked at too high a temperature or too long. Cheese used in a main dish may be protected from direct heat by placing a layer of buttered crumbs, liquid, or other ingredients over it.

Experiment

What you will need:

Preheated broiler, 2 pie pans, hot pads, 2 slices bread, 1 slice of two different kinds of cheese.

What to Do:

1. Place a slice of bread in one of the pans, and top it with a slice of cheese. Place the oven rack so that the cheese will only be 2" from the electric unit or the tip of the gas flame. Watch carefully and remove from the broiler when the cheese is light brown and melted. Never reach into a hot oven; use a hotpad to pull out the rack.
2. Keep the first sandwich warm. Place the other slice of bread in the pan and top with a cheese slice. Adjust rack so that the top of the cheese will be 3" from the broiler when the cheese is light brown and melted.

Compare the two cheese sandwiches. Was the cheese on one tough and stringy? Which one? Why?

Lesson 3.

Salads



Salads bring color and flavor to any meal. A salad can be very easy with one or two ingredients. A salad goes well with a main dish or a sandwich for lunch or supper. Crisp greens, fresh vegetables, and colorful fruits add eye appeal and flavor to a meal.

Make a Salad

Keep your salad simple. Easy-to-make salads are often easy to eat, too. Start your salad with fresh, clean and crisp salad greens. To prepare head lettuce, cut the center stalk out using a pare knife. Then let water run into the center. The leaves will separate without tearing. Pat the greens dry in a paper or cloth before using. Tear the greens into bitesize pieces--never cut greens with a knife. Add your choice of fresh or cooked vegetables, protein foods such as cheese, meat, fish, eggs or poultry, fresh or canned fruit, or a combination of these foods; or serve the greens alone. Chill the salad until serving time then toss lightly with desired dressing or serve dressing on the side.

Make a Molded Salad

Molded salads are easy to serve family or guests because they can be prepared ahead of time. A molded salad has a flavored gelatin mixture or is made with unflavored gelatin. You may use either vegetables or fruit in the gelatin.

Gelatin is a protein that has the power to change liquids into solids. In preparing gelatin salads a variety of liquids can be used. Water is typically used but fruit juices or meat broth will add flavor.

Gelatin dishes must be refrigerated until serving time. A chilled serving dish will help to keep your salad from melting. At serving time carefully unmold your salad. Set the mold in a pan of warm water. Count to five slowly. Loosen the jello slightly at the edge by turning the mold from side to side. Put a plate upside down over the mold, then turn the mold and plate over quickly. The gelatin will fall onto the plate. (Sometimes you can loosen the mold by running a knife or spatula around the edges.)

If the salad was molded in a baking pan, cut in serving sizes. Serve on salad greens with your favorite salad dressing.

For this lesson prepare either the Tossed Green, Chef's Salad or the Golden Glow Salad on page 21.

Check-Off

- Was your salad attractive?
- Did it have a variety of colors?
- Did the salad have the right amount of dressing or topping?
- What food groups were included in your salad?
- Did you follow safe food-handling guidelines?

(Complete checklist on page 17.)

Nutrition Tip

Salads give us a variety of necessary vitamins and minerals. Leafy greens give us our B vitamins, iron and some vitamin C. Carrots, which are often used in salads, give us vitamin A.

Salads using fruits help us to get more of the B vitamins. If citrus fruits are used, such as oranges or grapefruit, you have a good source of vitamin C and some minerals.

Fruits and vegetables are good sources of the nutrient carbohydrates. Everyone should eat five or more servings of fruits and vegetables every day.

A hearty salad with protein added can be served as the main dish for a light meal. A main-dish tossed salad has strips of cooked meat and cheese added to the greens and other vegetables. Tomatoes stuffed with chicken salad, tuna fish salad, or cottage cheese can also serve as a main dish.

A few salads are served hot, but most salads are served cold.

Nutrition Questions

1. What nutrients do leafy greens provide?
2. Fruits and vegetables are good sources of which nutrient? Circle the correct answer:

Protein Fat Carbohydrate
Vitamins Minerals

3. How many servings of fruits and vegetables should you eat each day?

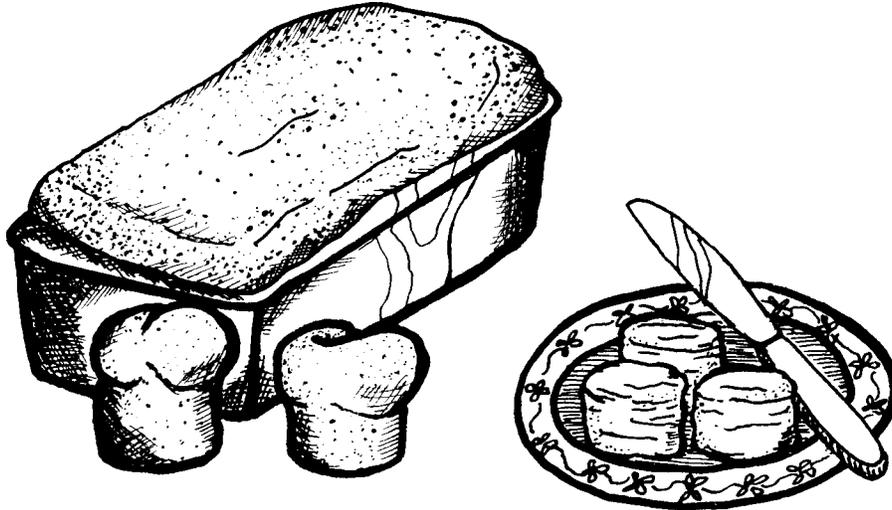
Demonstration Suggestions

Present a demonstration on "Easy-to-Make Salads" and cover:

1. How to unmold a molded salad.
2. How to wash greens and prepare a tossed green salad.
3. How to chop vegetables for variety in a salad.

Lesson 4.

Quick Breads



Some kind of bread or cereal is probably served in every meal you eat. This group includes all breads, cereals (cooked and ready-to eat), and the macaroni and noodle products.

Nutrition Tip

Food from the Bread, Cereal, Rice and Pasta Group furnishes fuel which gives the body energy for work and play. It furnishes the B vitamins needed for growth and maintenance of the body.

Breads that are enriched are a source of mineral iron. Enriched breads or flours must have three B vitamins added to them: thiamin, niacin, and riboflavin. We need to eat six or more servings of enriched bread products every day.

Certain breads are called quick breads because they are made with a leavening agent that acts quickly. Baking powder or baking soda are quick acting leavening agents. You can bake the bread as soon as you mix it. Quick breads may be plain such as biscuits or muffins, or you may add fruit or nuts or both to a quick-loaf bread. There are three different ways of combining the ingredients for quick breads. They are: (1) biscuit method, (2) conventional method, and (3) muffin method.

Biscuit or Pastry Method

Biscuits are different from other quick breads because you blend or cut the shortening into the dry ingredients. You can use two knives or a pastry blender for this step. You add the liquid: mix (don't beat) until the mixture leaves the sides of the bowl and stiffens. Knead the dough, roll it and then cut your biscuits.

Conventional Method

Fat and sugar are creamed together; beaten eggs are added and mixed. Then the sifted dry ingredients are added alternately with the liquid. Use for cookies and various quick loaf breads.

Muffin Method

Dry ingredients are sifted together into the bowl used for mixing. The eggs are beaten and the liquid and melted fat (or oil) are added. The liquid ingredients are then blended with dry ingredients with varying amounts of stirring. Use for waffles, pancakes, muffins.

Objectives of Mixing Doughs & Batters

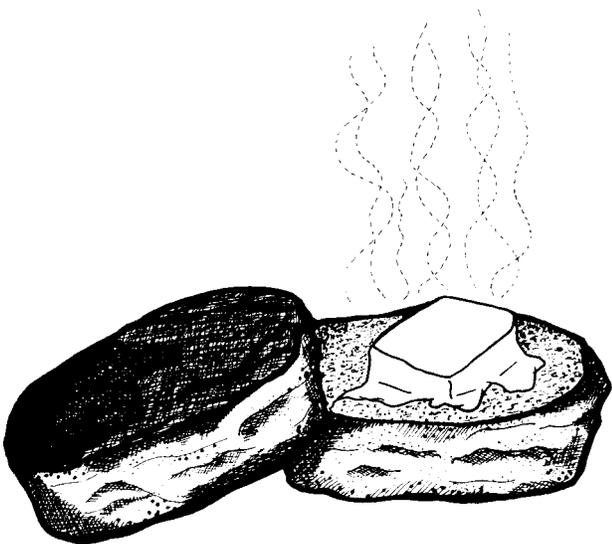
1. Uniform distribution of ingredients.
2. Minimum loss of the leavening agent.
3. Optimum blending to produce characteristic texture in various products.
4. Optimum development of gluten, a protein that is responsible for the volume in wheat products.

Using the Oven

The location of the biscuits in the oven is important in baking. When one oven rack is used, place it in the middle of the oven. For even rising and browning, two or more pans should not touch each other or the sides of the oven. If you want to bake on both oven racks, place the pans so that one pan is not directly below another one. This allows the heat to circulate so that the product will cook evenly.

Prepare the biscuit recipe found on page 23.

A standard rolled biscuit should have a level top, straight sides and golden brown color. The crumb should be tender, moist and have a medium fine grain.



How Does Your Biscuit Compare?

- Is it level on top and golden brown?
- Does it have a tender, moist crumb?

Use canned biscuits for one of your easy meals for lunch or supper. Notice when you purchase canned biscuits that the date is stamped on the can. This tells you when you are getting a fresh product. For another meal, make biscuits from box mix. Or make your own Master Mix for biscuits.

Master Mix

2 cup all purpose flour
1/4 cup dry milk solids
2 1/2 teaspoons sugar
3 1/2 teaspoons baking powder
1/8 teaspoon salt
1/8 teaspoon cream of tartar
1/2 cup shortening
1/2 cup water

Pour flour into mixing bowl. Add baking powder, dry milk solids, sugar and salt. Sift all together once. Cut in shortening until mixture looks like cornmeal. Add water all at once. Stir until all mix is wet and blended. Turn out on lightly floured board or waxed paper. Knead lightly 10 strokes. Roll out 1/4" thick and cut biscuits, or shape with hands. Place on pan. Bake at 450 (degrees) for 10 minutes.

Nutrition Activity

1. What is the nutrient in bread that gives us energy to work or play?
2. What mineral is found in enriched flours and bread products.

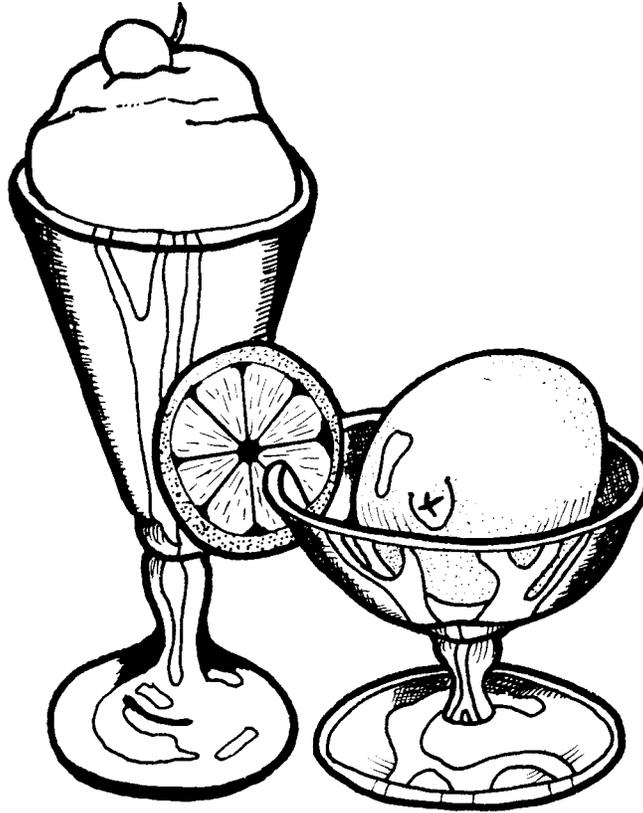
Demonstration Suggestions

Your quick bread demonstration could include these topics:

1. How to cut shortening into dry ingredients.
2. How to measure and sift dry ingredients, fats and liquids.

Lesson 5.

Desserts for Lunch



Fruit desserts and those made with milk give you delicious ways to add an extra serving of milk or fruit to your daily menu.

Milk in Desserts

Nutrition Tip

Desserts can and should add food nutrients to your diet. Good tasting desserts that contain lots of milk give you calcium, riboflavin, and protein. Eggs used in desserts add vitamin A and protein.

You can count on milk to help you have good health and good looks. Milk contains calcium which works with phosphorus to give your bones and teeth their hardness. Calcium also helps your muscles work easily and your blood to clot.

The protein in milk builds and repairs body cells. Milk also contains some B vitamins, especially riboflavin.

Make a milk pudding from a packaged mix and make one from “scratch.” When you shop, compare the cost of the pudding made from “scratch,” a regular pudding mix and a package of instant pudding mix. Ask an adult to help you figure the cost of milk and other ingredients for the pudding you made from a recipe. To get a comparison, use the same flavor pudding.

| Kind of Pudding | Cost of Ingredients |
|------------------------|----------------------------|
|------------------------|----------------------------|

| | |
|-----------------------------|-------|
| vanilla pudding | _____ |
| regular vanilla pudding mix | _____ |
| instant vanilla pudding mix | _____ |

Science Cue

The surface of pudding dries out when it is exposed to air, and a crust forms on top. When you cover the top of the pudding with waxed paper, the air cannot dry out the pudding. When the waxed paper is placed over the top of the dish, a small amount of air will remain in the dish and may form a thin film of crust.

Make puddings more attractive by adding a garnish. Use an attractive dish and top the pudding with a slice or two of banana, whipped cream, a fresh berry, a section of orange, a cherry or a small spoon of preserves.

Fruit for Dessert

Nutrition Tip

The most common nutrient found in fruits is vitamin C. Citrus fruits like oranges and grapefruit are high in vitamin C. Vitamin C is needed daily for healthy body tissue, healthy gums, and quick healing of cuts. Some vitamin A is found in yellow fruits, such as apricots, peaches and bananas. Vitamin A is needed for normal vision, healthy skin, growth and to fight infection in the nose and throat.

Berries and Cherries

To wash berries and cherries, place them in a bowl of cool water and then carefully lift them out of the water. Wash only a small amount at a time just a short time before serving. Chill in the refrigerator in a shallow dish or pan.

Light Colored Fruits

To prevent light fruits from turning dark (fruits such as fresh apples, peaches, apricots, pears or bananas) dip them in:

1. Orange, pineapple or lemon juice, OR
2. A weak salt solution (1 tablespoon of salt to 1 quart water) OR
3. Vinegar (2 tablespoons of vinegar to 1 quart water) OR
4. A commercial preparation of ascorbic acid.

Canned Fruits

Serve canned fruits chilled. Garnish with whipped cream, a sprig of mint, or top with vanilla pudding or ice cream.

Frozen Fruits

For the most flavor, serve frozen fruits while they are still icy. Either serve them by themselves or as a topping for a simple cake or ice cream.

Frozen or gelatin deserts might be nice after a heavy meal.

Prepare the recipe for fruit sundae on page 22.

Dessert Preparation Check-Off

- Was the fruit chilled?
- Were the serving dishes chilled?
- Was the dessert nice to look at?
- Did you use a garnish?
- Did you like the flavor of dessert?
- How could the dessert be better?
- Did you follow safe food-handling guidelines?

(Complete checklist on page 17).

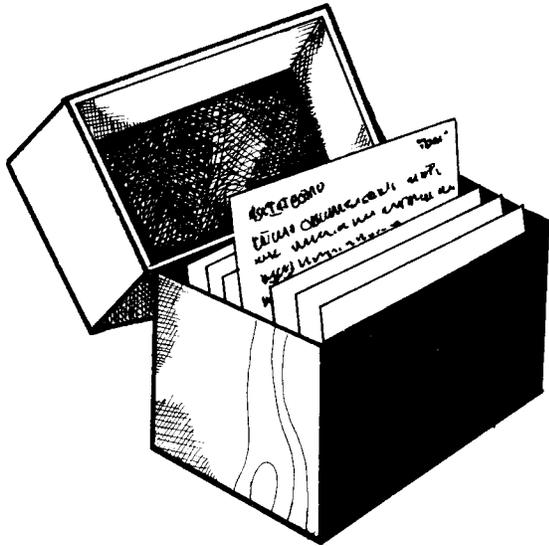
Demonstration Suggestions

Prepare a fruit dessert and explain how to:

1. Properly wash berries.
2. Keep light fruits from browning.
3. Prepare simple garnishes to brighten up a fruit dessert.

Lesson 6.

Light Lunches



For your first lunch all on your own, make it easy. Write out your menu. You may want to refer to the Food Guide Pyramid, found at the beginning of this book, to be sure you include foods from all the food groups.

For your first lunch try this menu:

Grilled Cheese Sandwiches
Waldorf Salad
Brownies
Milk

Check your recipes then make a list of ingredients you will need. Check your list of supplies the day before lunch. Go to the store with an adult if you need any supplies.

- Whole wheat bread or white bread—2 slices per person
- Cheese—1 slice per person
- Butter or margarine
- Apples
- Celery
- Pecans
- Mayonnaise or salad dressing
- Lemon juice
- Lettuce or other greens
- Brownie mix or ingredients for your favorite brownie recipe
- Milk

Prepare your lunch. Be sure to follow the suggestions of the *ALL AMERICAN COOKING GUIDE* on pages 4 and 5.

At Meal Time...

Let Your Manners Show

If good manners are used all the time, they get to be comfortable habits and keep you from embarrassing yourself when you go visiting. Try these tips every day:

1. When you sit down at the table, sit down from the left side. When you get up, get up from the left side.
2. Before starting to eat, unfold your napkin and place it on your lap. When you are finished, place the unfolded napkin to the left of your plate.
3. Elbows belong at your side rather than on the table.
4. Ask to have food passed; it isn't polite to reach in front of someone else.
5. Don't talk with your mouth full. It's most unappetizing to watch and besides, no one can understand what you are saying anyway.
6. Using bread for a pusher is only for very young children to do.
7. Always use different spoons for eating and serving.

An Attractive Table Adds to the Meal

There are other things to consider besides preparing the food. You'll want the table to look as pretty as possible. A clean table covering or place mats will help this. If your family has a small plant or some fruit, use this to make the center of the table more attractive.

Clearing the Table & Serving Dessert

When you clear the table after the main part of the meal, clear it in this order:

1. Remove the left-over food from the table.
2. Remove the dishes from in front of each person. You remove the dishes from the left side of each person with the left hand to prevent collision of glassware. Then switch the dish to the right hand. Never combine unfinished plate waste in view of your guests.
3. Remove salt and pepper shakers from the table.
4. Refill water glasses without lifting the glass or other beverages from the right side, using your right hand. Hold a napkin in your left hand to catch the drippings. Place flatware needed for service in appropriate place.
5. Dessert should be served from the left.

How Did You Do?

To make yourself a better manager as well as a better cook, check back after your meal. This will help you see what things you did well and what might be improved.

- Did your lunch or supper supply 1/3 of the daily food requirements?
- Did your planning and grocery list help you save time?
- How did the kitchen look when the meal was ready? Was it neat?
- Was your meal attractive?
- Was the meal served on time?
- Did everyone enjoy the meal?
- How could you improve?
- Did you follow safe food-handling guidelines?

(Complete checklist on page 17)

There are several possible patterns for light lunches. Here are four patterns to help you plan more lunches. Study your Food Guide Pyramid on page 2 as you plan lunches. This will help you plan other meals.

- | | |
|---|---|
| 1. Sandwich Salad or vegetable Dessert, beverage | 3. Main-dish Salad (Include protein) Bread and butter Milk Fruit Dessert |
| 2. Casserole dish Salad Bread Dessert, beverage | 4. Soup Sandwich Fruit dessert Beverage |

Your lunch for this lesson used menu No. 1. Now you plan a menu from the plans No. 2 through 4. What is your favorite casserole, sandwich, or soup? What vegetable would you like to serve? Would you serve it as a vegetable or as a salad? Start your menu plan with one of your favorites. Put these menus in your recipe file.

Recipe Box

Keep the recipes you use and like in a special box. You should already have some recipes you have used from Let's Begin Cooking and Off To A Good Start. Keep only the recipes that you like and think you will use again.

You can make dividers for the different recipe sections from heavy paper or thin cardboard, or you may purchase dividers. Cut out a set of dividers; make as many divisions as you like. Some suggestions are: beverage, breads, desserts, main dishes, and salads.

Your recipe should include these things:

1. Name of the dish or beverage
2. Number of servings
3. List of ingredients and amounts of each
4. Directions for mixing and cooking
5. Temperature and time to use for cooking

Keep your recipe box up-to-date.

Food Safety

Safe food-handling is important to prevent food poisoning or foodborne illness. Complete the “Food Safety Checklist” for each lesson to see if you are serving foods that are nutritious, attractive *and* safe.

FOOD SAFETY CHECKLIST:

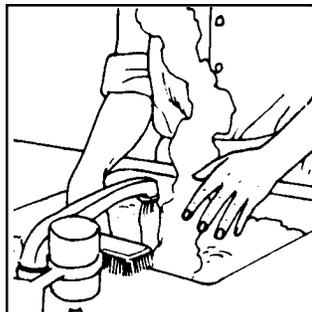
Did you remember to:

| | LESSON | | | | | |
|--|--------------------------|--------------------------|--------------------------|--------------------------|--------------------------|--------------------------|
| | 1 | 2 | 3 | 4 | 5 | 6 |
| • Wash your hands with warm, soapy water before and after handling food? | <input type="checkbox"/> |
| • Wash all surfaces, utensils and hands after coming into contact with raw meat, poultry and eggs? | <input type="checkbox"/> |
| • Thoroughly cook all hot foods according to recommended time and temperature? | <input type="checkbox"/> |
| • Keep foods out of the “danger zone”—hot foods above 140°F, and cold foods below 40°F? | <input type="checkbox"/> |
| • Refrigerate food within two hours of serving time? | <input type="checkbox"/> |
| • Keep lunch or picnic sandwiches cool until serving/eating time? | <input type="checkbox"/> |

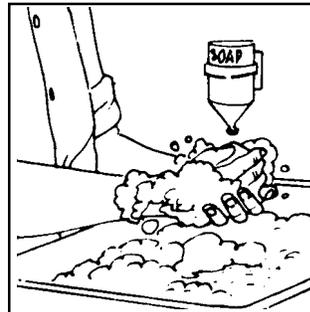
Handwashing

Hands are carriers of bacteria or germs that may cause sickness. Frequent and proper handwashing is an important part of food safety.

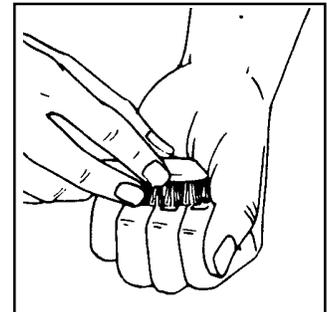
How To Wash Hands



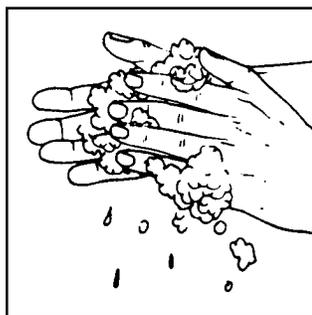
1. Use water as hot as you can stand.



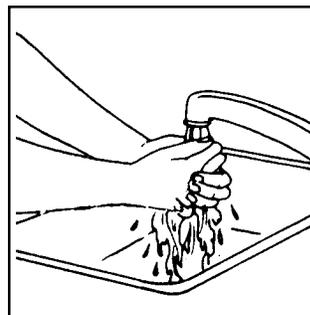
2. Wet hands; lather thoroughly up to elbows.



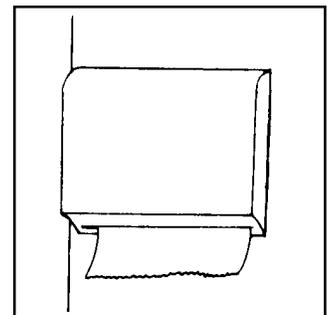
3. Scrub thoroughly; use brush for nails.



4. Rub hands together vigorously for 20 seconds.



5. Rinse well under running water.



6. Dry with paper towel or clean hand towel.

How many times did you clean the table and stack the dishes? _____

How many times did you wash the dishes? _____

List your five favorite recipes that you used in this project.

1. _____
2. _____
3. _____
4. _____
5. _____

List the most important things you have learned in this project.

Did you attend food-nutrition project group meetings? _____ How many? _____

Did you do some things with others taking this project such as go on tours, prepare meals as a group, etc.? _____
If so, tell what the group did.

Did you assist anyone else with this food-nutrition project such as helping them prepare a demonstration learning to measure, etc.? _____
If so, tell what you did.

On a separate sheet of paper write a project story. Tell what you did in this project, what you enjoyed doing most, who helped you and what, if any, difficulties you had doing the project. Be sure to include the experiments you completed and what you learned from them.

Reference Information for Handwashing Pictures:

Serving Safe Food: A Guide for Foodservice Employees, The Educational Foundation of the National Restaurant Association, 1990.

Cheese Stuffed Wieners

- 4 wieners
- 4 wiener buns
- 1 slice processed cheese

Preheat oven to 350 degrees F. Slit wieners almost through lengthwise.

Cut cheese in 4 pieces lengthwise and put a slice in each wiener. Place in a small baking pan and bake for 15 minutes.

Put buns in a dampened paper bag in the oven for at least 7-8 minutes. Serve a wiener in each bun.

Egg Salad Sandwiches

- 6 hard-cooked eggs
- 3/4 tsp salt
- 1/2 cup chopped celery
- 1/4 cup chopped sweet pickle
- 1/2 cup mayonnaise or salad dressing
- 12 slices bread
- Soft butter or margarine

Look under directions for hard-cooked eggs to prepare and peel eggs (page 6). Chop eggs and place in a medium-sized mixing bowl. Chop celery and pickles on a chopping board. Add celery, pickle, salt and mayonnaise. Toss with fork to mix well. Spread bread slices evenly with the softened butter or margarine and then with the filling. Use cutting board to cut sandwiches into the shape you would like.

To add a special touch, garnish your sandwiches with pickles, sliced olives, or radish roses. Makes 6 sandwiches.

Macaroni and Cheese

- 1 package (8 oz) of macaroni
- 1 1/2 cups grated cheese
- 2 cups medium white sauce

Preheat oven to 350 degrees F. Grease a baking dish.

Prepare macaroni according to directions on the package. Combine the macaroni, grated cheese, and medium white sauce. Turn into a baking dish. Bake until brown and bubbly (15 or 20 minutes). Makes 6 servings.

- To make medium white sauce
- 4 tbsp butter or margarine
- 4 tbsp flour
- 1 tsp salt
- 2 cups milk

Melt butter or margarine in a saucepan. Stir in flour and salt and cook 1 to 2 minutes. Add milk slowly, stirring constantly. Cook about 5 minutes (until flour is done). Makes 2 cups.

Tuna Salad Sandwiches

- 2 hard-cooked eggs
- 1 can (6-7 oz) tuna fish
- 1/2 cup chopped celery
- 1/4 cup chopped pickle
- 1/3 cup mayonnaise
- 12 slices bread
- Soft butter or margarine

Follow the directions under hard-cooked eggs to prepare the eggs (page 6). Wash off top of tuna fish can, open and drain off oil. If tuna is not flaked, break into small pieces with the fork. Place chopped eggs and tuna fish in mixing bowl. Add remaining ingredients, except bread and butter or margarine, to mixing bowl. Mix with fork. Spread bread with softened butter or margarine. Then spread the filling. Cut sandwiches on cutting board and garnish them. Makes 6 sandwiches. For other meat salad sandwiches, use 1 cup of ground cooked ham, bologna, or other chopped cooked meat.

Potato Salad

- 4 medium potatoes
- 3 hard-cooked eggs
- 1/2 cup diced celery
- 1/4 cup minced onion
- 1/4 cup chopped sweet pickle
- 1/2 tsp salt
- Dash of pepper
- 1/2 cup mayonnaise
- 2 tbsp vinegar or pickle juice

Scrub the potatoes, leaving the peelings on. Cover the potatoes with water. Cook in a covered saucepan 30-35 minutes. When done, the skins start to break and a fork will stick in easily. Drain off hot water, cover with cold water, and drain again. Cook eggs while the potatoes are cooking. Lay the potatoes on the chopping board and pull off the skins. Slice potatoes into bite-size cubes and place in a mixing bowl. Slice eggs and add to potatoes, along with chopped celery, onion, and sweet pickle. Sprinkle with salt and pepper. Add vinegar or pickle juice. Toss ingredients together. Mix in mayonnaise just before serving. Makes 6 servings.

Waldorf Salad

- 3/4 cup diced celery
- 3/4 cup diced apples (if the skin is colorful, do not peel)
- 1/4 cup chopped pecans
- 1/2 cup mayonnaise
- 1/4 cup fruit juice
- Lettuce leaves or other greens and nuts.

Chop the celery, apples, and nuts on a cutting board. Mix together lightly with a fork. Mix mayonnaise or salad dressing with fruit juice until smooth. Add to first ingredients and toss lightly, mixing well. Serve salad from a bowl garnished with lettuce leaves, or serve on individual salad plates on a lettuce leaf.

Golden Glow Salad

- 1 package lemon gelatin
- 1 cup hot water
- 1 cup liquid (juice from pineapple, finish filling with water)
- 2 cups shredded carrots
- 1 cup crushed pineapple, drained

Dissolve gelatin in hot water. Add cold water and juice, and cool. Add grated carrots and pineapple. Watch your fingers when you grate the carrots. Pour into molds and let stand in the refrigerator until firm. Unmold and serve on lettuce with your favorite dressing.

Tossed Green Salad

- Salad greens
- French dressing (about 1/4 cup)
- 3 or 4 vegetables (radishes, celery, cucumber, or tomato)

Tear greens into bite-size pieces. Slice radishes or celery crosswise. Cut cucumbers into slices or cubes. Cut tomatoes into wedges. Just before serving, add dressing and toss lightly. The salad pieces should glisten, but don't use too much dressing.

Chef's Salad: Prepare Tossed Green Salad as above, except cut cheese, ham or beef, chicken or turkey into matchlock strips (julienne). Arrange over salad. Add sliced hard boiled egg, if desired.

Cooked Salad Dressing

- 2 eggs (or 4 egg yolks)
- 1 tsp salt
- 3/4 tsp dry mustard
- 1/8 tsp paprika
- 3 tbsps sugar
- 4 tbsps flour
- 1 1/4 cups water
- 1/4 cup vinegar

Mix dry ingredients in pan or top of double boiler. Add water and vinegar gradually, stirring all the time. Beat eggs and add gradually to the above mixture. Cook, stirring all the time, until thick. Cool. Just before serving, thin with 1/2 cup sweet or sour cream. Makes 2 to 2 1/2 cups.

Fruit Sundae

Place a scoop or spoon of your favorite ice cream in a dish. Top with one or two tbsps. of the following fruits.

- Fresh fruit prepared and slightly sweetened
- Canned, crushed pineapple or apricots
- Slightly thawed frozen peaches, strawberries, raspberries or blueberries
- Fruit preserves or marmalade
- Frozen orange or grape juice concentrated, slightly thawed

French Dressing

- 1 cup cooking oil
- 1/2 cup lemon juice or vinegar
- 1 tsp salt
- 1 tsp sugar
- 1 tsp paprika

Place all ingredients in a pint jar. Place a tight-fitting lid on the jar and shake. Store in the refrigerator and shake well before using. Makes 1 1/2 cups.

Biscuits (Basic Recipe)

2 cups flour
3 tsp baking powder
1 tsp salt
1/4 cup shortening
3/4 cup milk

Set oven temperature to 450 degrees F.

Measure and sift dry ingredients together into a mixing bowl. Add shortening. Blend (or cut) the shortening into the dry ingredients using two knives or a pastry blender.

When the mixture is the size of small peas, add enough milk to make a soft dough. Enough milk has been added when the dough leaves the sides of bowl and is soft, not sticky.

Turn dough out on a lightly floured bowl or pastry cloth. Knead dough lightly 5 or 6 times. To knead, flatten out dough, pick up edge and fold over. Push dough with the heel of your hands and repeat the process.

Roll or pat dough to a 1/4-inch thickness. Cut biscuits and place them close together on an ungreased cookie sheet. Bake 10 to 12 minutes in a 450 degree F oven until golden brown.

Fruit-nut Loaf (Basic Recipe)

3/4 cup sugar
2 tbsp shortening
1 egg
3/4 cup milk
3/4 cup orange juice
4 tsp grated orange rind
3 cups sifted flour
3 1/2 tsp baking powder
1 tsp salt
3/4 cup chopped nuts

Set oven to 350 degrees F. Grease well a 9 x 5 x 3-inch loaf pan.

Cream together sugar, shortening, and egg. Add milk, orange juice, and orange rind and stir into creamed mixture. Add dry ingredients (flour, baking powder, and salt) that have been sifted together. Fold in chopped nuts. Pour batter into pan. Let it stand 20 minutes before baking. Bake in 350 degrees F oven for 1 hour or until toothpick stuck in center of loaf comes out clean. Cool on cake rack before removing from pan.

Variations for Basic Biscuits

Cheese Biscuit—Add 1/2 cup of grated sharp cheese to flour and shortening mixture in the basic recipe.

Orange Biscuit—Add 2 tablespoons of grated orange rind to 1/4 cup of sugar, and then add that to the dry ingredients in the basic recipe.

Variations for Basic Fruit-nut Loaf

Apricot-nut Loaf—Follow basic recipe, but increase amount of sugar to 1 cup. Add 1 cup of finely chopped dried apricots with the nuts.

Banana-nut Loaf—Omit orange juice and orange rind from basic recipe. Increase amount of sugar to 1 cup. Add 1 cup of mashed bananas (3 average-sized bananas) with the milk.

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