

# THE ROAD TO GOOD COOKING

## 4-H Cloverbuds Meeting Ideas

The 4-H Cloverbuds Program is for youth between the age of five - seven years old on January 1 of the current calendar year. This program is designed to be hands-on and non-competitive.

The 4-H Cloverbuds Meeting Ideas worksheets have been developed and designed by Lisa Poppe, Extension Assistant and Tracy J. Behnken, Extension Educator.

This meeting ideas worksheet is based on information gathered from the "*The Road to Good Cooking*" Member Manual, Nebraska Cooperative Extension 4-H 155, Revised 1996.

#### References ~

"*The Road to Good Cooking*" Member Manual (4H 155),  
"*The Road to Good Cooking*" Leader's Guide (4H 166) and  
"*Clover Kids*" Leader Guide (4-H 444)  
are available from your local Extension Office.

Extension is a Division of the Institute of Agriculture and Natural Resources at the University of Nebraska-Lincoln cooperating with the counties and the United States Department of Agriculture.

The 4-H Youth Development program abides with the nondiscrimination policies of the University of Nebraska-Lincoln and the United States Department of Agriculture



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## ROLL CALL IDEAS

- What's your favorite healthy snack?
- Name a kitchen utensil and describe how it is used.
- Name three vegetables.
- What is one of the categories of the Food Guide Pyramid?
- Name one thing you need to do before you start cooking.

## FIELD TRIP IDEAS

- Visit a local restaurant and tour the kitchen.
- Visit the local school cafeteria. Talk about how menus are selected.
- Visit the local library and find books that talk about healthy foods.

## COMMUNITY SERVICE IDEAS

- Participate in Bake n Take Days in March.
- Make healthy snacks and deliver them to the local senior center.
- Collect nutritious, non-perishable foods to donate to the needy or volunteer at the local food pantry.

## ACTIVITY IDEAS

- Identify kitchen utensils and understand kitchen rules.
- Practice measuring different types of ingredients.
- Learn cooking terms, such as bake, beat, blend, cream, etc.
- Learn about the food guide pyramid.
- Learn how to set a table.
- Read a food label.

## SNACK IDEAS

- Stuffed Celery
- Cinnamon Toast
- Fruit Salad
- Toasted Cheese Sandwich
- Oatmeal Drop Cookies
- Coffee Can Ice Cream

## FAIR EXHIBIT IDEAS

OATMEAL DROP COOKIES

POSTERS ON –

The Food Guide Pyramid  
Rules of the kitchen

Steps to take before you cook  
Identifying kitchen utensils

Proper ways to measuring ingredients  
And many more!