Outline for Leader Training: Make it with Mixes, PA 4-H Foods Project
Jan Scholl, 4-H Curriculum Specialist, Penn State University

Content:

This 4-H project allows 4-H members to learn basic cooking skills, read nutrition labels and utilize mixes to make the learning less time consuming and more fun.

In the project, the young people can learn how to prepare: puddings, cake, quick breads, muffins, bars, cookies, biscuits, pizza, pancakes and waffles. They can take the project several years as only one area is required for completion and there is a section for young people who wish to use other types of mixes or make their own.

For every type of food product, the young person is required to make a nutrition label comparison, for example, two cookie mixes. They should also evaluate the products that they make from both mixes. This helps them learn what a biscuit should be and what it should look like!

The project includes how the member should prepare themselves and their work area for baking, kitchen and food safety guidelines, measuring, how to crack an egg, and grease a pan. Types of kitchen equipment are covered, how to calculate the number of servings, create a pizza and easy and more difficult pie pastry techniques. Information about serving sizes are illustrated. Other skills such as setting the table, washing dishes, making a bread basket, giving demonstrations and a record book are included in the back of the project book.

The record book is a series of checks for completion of the basic skills in the product. There is a series of check boxes once the member has completed the skill once and another series of check boxes indicating whether the 4-H member has practices the skill several times. The 4-H member also has a chance to relate what they tried and learned about the mixes they made and some of the other activities they participated in as 4-H members.

During the presentation, I have kitchen equipment on hand: parfait and mini parfait glasses, 9X13” pan 8X8” and 9X9 inch pans, cake pans, two sized loaf pans and materials to show how to measure, how to grease and flour a pan, including the new spray that includes both the oil and the flour in one. I also provide hand-sanitizer wipes to practice the song included in the project. I also have some baked food products to show how to calculate the number of servings, and if there is enough time explain either the types of cookie making or pie options. I also show the how to make a bread basket (large cloth napkins are the best to demonstrate) and set the table and talk about how important it is to do a demonstration as part of the project.

I show what the completed mix looks like on page 31. This was created so that it fits in a 2 quart container and is not too large to be stored in a “permanent” basis in the refrigerator.

I remind the leaders that it is very important to have kitchen scissors on hand to open the mixes and an oven thermometer to check the oven to make sure the product comes out right. Also, for them to watch the new 2010 Pennsylvania 4-H leader guide DVD.
It is important to have the parents talk to the leaders about any allergies or conditions that may pose a hazard to the young people.

Farm Show Entries:

The exhibit categories, sent out to counties are also in the farm show book for 2011. They are:

**Make it with Mixes**

173. Three plain small food items (such as cookies or muffins) or 1 large item (such as a cake) made with a commercial mix (include the mix package with the exhibit).

174. Three small items (such as cookies or muffins) or 1 large item (such as a cake) that is a variation of the mix or made with a commercial mix without gluten, fat or other ingredient. (Indicate the variation or the type of mix on the entry tag or an index card with the food products.)

175. A poster (see guidelines for poster size) on a topic related to the project.

If these entries vary in your county or region, please point this out to the leaders.

Final Notes:

This project was designed to be one of the beginner projects, though older 4-H members may utilize them and they may be taken again and again choosing a new mix or new skills to tackle during a project year.

The project was developed based on a club project in Pennsylvania and it was reviewed extensively by extension educators, leaders and members before publication.