Importance of Handwashing and cross contamination

Date Sept 2016 Hours 1.5 hours

What did you do? Learned to wash our hands and arms thoroughly

Where? At our first project meeting L for local

What did you learn? How to wash our hands, when to wash them; before starting to cook, after touching our hair, after sneezing, after handling meat and before handling other ingredients. We used a black light with glow in the dark soap to see where we missed washing. Also learned to change cutting boards when cutting meat, vegetables or fruit

Life Skill Disease Prevention

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Measuring Project meeting

Date October 2016 Hours 1.5 hours

What did you do? We learned the different uses for measuring cups

Where? At our project meeting **L** for local

What did you learn? There are different measuring cups for wet and dry ingredients. We practiced measuring flour (by dipping method) sugar, water, vanilla and brown sugar. We played a measuring game. Made banana pancakes

Life skill Keeping Records

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Muffin Project meeting

Date November 2016 Hours 1.5 hours

What did you do? Made muffins

Where? During our project meeting L for local level

What did you learn? How to use muffin tins, with and without wrappers. How to add ingredients to a basic mix to make different varieties of muffins. We used pumpkin, apples, nuts, chocolate chips

Life skill learning to Learn

Made food for the Plowshares

Date December 2016 Hours 3.0

What did you do? Made quick breads, pies and cookies

Where? L at local commercial kitchen

What did you learn? The Plowshares serves food to homeless people every day. We also learned how to make a quick bread; we made banana nut, pumpkin chocolate chip, and lemon. Pies; we learned to make pie crusts and how to roll them out and put them in the pie pan (this is hard) we made apple, pumpkin, custard and pecan pies. I had the most fun making cookies, we used fun cookie presses and tart pans to make spritz and pecan tarts. Then we took everything over to Plowshares for their evening meal

Life skill Contributions to a group effort

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Cutting up a whole chicken, to save money

Date Jan 2017 Hours 1.5 hours

What did you do? Took a whole chicken and cut it up into serving size pieces

Where? L for local at our project meeting

What did you learn? We first learned about knives and how to be safe while using them. Then we used the knives to cut up the chicken into 2 wings, 2 thighs, 2 legs, 2 back pieces and one whole breast

Life skill Personal Safety

Made Healthy Valentine treats

Date Feb 2017 Hours 2.0

What did you do? Made some healthy gift for Valentine’s Day

Where? L local project meeting

What did you learn? How applesauce can be substituted for oil to make recipes lighter.

Honey or agave can be substituted for sugar; you need to adjust the other liquids

Life skill Healthy Lifestyle choices

Made a Demonstration on how to properly measure

Date March 2017 Hours 3.5

What did you do? I put together a still exhibit for Presentation day

Where? Home I for individual

What did you learn? I need to practice my demonstration so I know what I am doing and feel comfortable talking in front of people. I had to gather everything I needed to demonstrate wet and dry ingredients

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Corned Beef and Cabbage

March 2017 Hours 3.0

What did you do? Made corned beef and cabbage for St. Patrick’s Day

Where? L local project meeting

What did you learn? How corned beef is made and what goes into a pot of corned beef and cabbage. I didn’t like the cabbage

Life Skill Managing Feelings

Soup for Extravaganza

April 2017 Hours 4.0

What did you do? I made a soup from an old family recipe

Where? At home **I** for individual Or C for county event

What did you learn? That the soup has LOTS of ingredients! I learned to cut up meat and brown it then add broth and vegetables. I also substituted some of the spices because we didn’t have them

Life Skill Problem Solving

Mother’s Day Breakfast

May 2017 2.5 hours

What did you do? I made breakfast for my mom

Where? At home I for individual

What did you learn? It’s hard to get everything to be done and hot at the same time! I made banana pancakes, microwaved sausage links, made coffee and served orange juice. I learned that pancakes take longer than microwave sausage. Also that syrup is better warmed up.

Life Skill Planning & Organizing

Food Entries for fair

August 2017 Hours 4.0

What did you do? I entered baked goods in the fair

Where? At home I for individual or M for multi county

What did you learn? I made things that I had learned in my project, an apple pie, lemon quick bread and pecan tarts. I learned to double check my ingredients BEFORE starting to cook, because I forgot to put the flour in the lemon quick bread the first time!

Life Skills self-discipline