

# Life on the Farm

# 4-H Family Pack

## #5



4-H

After School Program  
University of California Cooperative Extension

# Life on the Farm



**Educational Note:** Flour provides the structure and framework for yeast breads. Wheat flour is used for bread making, because it contains the protein called gluten. Gluten is formed when flour is stirred and kneaded with a liquid. The gluten forms an elastic framework that hold the gas bubbles formed by the yeast. Whole wheat and graham flours contain less gluten than all purpose flour, so breads made from these flours will be denser than breads made from all-purpose flour. Soy, rice, corn, oat and buckwheat flours can be used in yeast bread making: however, they must be mixed with wheat flour for a successful product.

**Whole Wheat Bread in a Bag** *Makes two loaves, have youth work in pairs (Be sure and work with an adult)*

## Supplies Needed:

### Ingredients:

- 1 pack of dry or active yeast
- 2 Tablespoons of Sugar
- 3 1/2 cup of all purpose flour
- 1 teaspoon of Salt
- 1-1/2 cups very warm water (120-130F )
- 2 Tablespoons margarine, softened
- 1 1/2 cups whole wheat flour
- Vegetable cooking Spray

### Equipment

- Oven
- Measuring cups
- Measuring Spoons
- Wooden stir sticks
- 1 gallon size plastic zip-lock bags
- 6 inch aluminum bread pans
- Brown paper bags (to hold bread pans)
- Cooling racks

# Life on the Farm



## Directions:

1. In a large plastic bag, combine 1-1/2 cups all purpose flour, yeast sugar and salt.
2. Squeeze the upper part of the bag to force out air; close the bag, shake and work bag with fingers to blend ingredients.
3. Add the 1-1/2 cup warm water and 2 Tablespoons margarine to the ingredients in the bag. Carefully squeeze the upper part of bag to force out air; reseal bag. Mix by working bag with fingers until well blended.
4. Add the 1-1/2 cups whole wheat flour to the ingredients in the bag. Carefully squeeze upper part of bag to force out air; reseal bag. Work dough until thoroughly mixed
5. Add gradually to the ingredients in the bag, 1-1/2 to 2 cups additional all purpose flour to make a soft dough that begins to pull away from side of the bag. Add flour in 1/2 cup portions, sealing bag and mixing into dough after each addition. Whole grain bread ought will be slightly sticky. Avoid adding too much flour.
6. Let dough rest in bag 5 minutes.
7. Turn dough out of bag onto a lightly floured surface. (if necessary, use stir stick to scrape dough out of bag).
8. Sprinkle a little flour over the dough and use the stir stick to cut it in half so each partner has a lump to knead and shape into a loaf.
9. Spray dough with cooking spray; cover with plastic bag used for mixing. Let dough rest on floured surface for 10 minutes. During the 10 minute rest, coat each baking pan with cooking spray.

# Life on the Farm



## Directions continued:

10. Punch down dough. Stretch and pat into 11 x 7 inch rectangle. Roll up tightly from short end; pinch seam and ends to seal. Place shaped dough, seam side down, in a 7-1/2 x 2-1/2 x 3-1/2 inch loaf pan coated with cooking spray. Spray top of loaves with cooking spray.
11. Let dough rise in warm, draft-free place until double in size about 30 to 60 minutes. Bake at 375 degrees for 35 to 40 minutes or until done. Remove from pan and let cooling Racks. (Note have adults check the oven and help remove bread with youth for safety reasons). After bread has cooled, cut and serve with butter and/or jam or Jelly.

## Home Made Butter



## Supplies Needed:

### Ingredients

- Heavy whipping cream
- Salt (optional)

### Equipment

- Small jars with lids
- (Baby food jars)

## Directions

1. Fill the jars about half full with cold, heavy whipping cream.
2. Tighten the lid and shake
3. In 10 to 20 minutes, fat droplets will stick together and form butter.
4. Pour off the liquid (buttermilk) and add a pinch of salt to flavor the butter. (*These Activities are adapted from Bread and Little Hands, Curriculum, Section 4.*)

# Life on the Farm



## Home Made Ice Cream in a Can

### Supplies Needed:

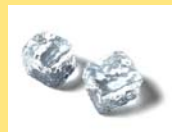
- One pound and three pound coffee can-both with tight fitting lids. (One of each).
- Eight cups of crushed ice or small cubes of ice
- 1/2 cup of rock salt
- 1 pint of half/half cream
- 1/2 teaspoon of vanilla
- 1/3 cup + 2tablespoons sugar
- Hand towel



**Variations** To make a flavor ice cream add one of the ingredients below:

- 3 tablespoons of your favorite flavor of instant pudding
- 1/3 cup of fruit (for example bananas, strawberries, peaches)
- 3 of your favorite cookies, crushed into pea-size pieces
- 1/4 cup of finely chopped nuts (optional)

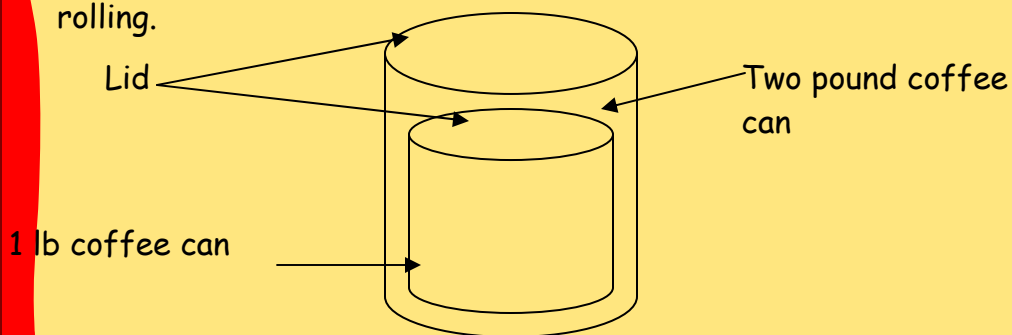
*This will make 2 cups of smooth and creamy ice cream*



# Life on the Farm

## Home Made Ice Cream in a Can

1. Mix the three basic ingredients together. Pour them into the one pound coffee can. Add food flavoring or fruit if you want. (The can will be about three fourths full). Place lid on securely, and set the small can inside the three pound can.
2. Start with ice, alternate layers of ice and salt between the outside of the small can and the inside of the three pound can packing the ice down as you go.
3. When the layers get to the top of the small can, cover the entire lid with ice. Then place the lid on the three-pound can, making sure it fits tightly.
4. Set the can on the floor, and gently roll it back and forth. You may need to wrap a small towel around the outside of the large can so it will not stick to your hands. Roll the can for at least ten minutes. The ice inside the can will get watery, but keep on rolling.



5. After rolling can, place upright. Remove the towel and lid from the big can, and slowly pull the small can out of the big can. Wipe the ice and salt from the lid, then remove the lid carefully.
6. The ice cream will be frozen on the sides and bottom of the can. Let stand for 10 minutes. Check the sides and stir once they soften.

# Life on the Farm

## Scrambled Eggs in a Frame

**Educational Note:** Eggs come from Chickens, bread come from wheat which is made into flour.

**Supplies Needed:** Makes one serving

### Ingredients

- 2 eggs and 2 slices of bread
- 2 Tablespoons milk
- Dash of Salt & Pepper
- 1 Tablespoon of butter or margarine

### Equipment

- Measuring spoons
- Small mixing bowl
- Fork and large spoon
- 6 inch skillet
- Cookie Cutter

### **Directions:**

1. Break eggs into bowl. Add milk, salt and pepper. Beat with a fork.
2. Put butter or margarine into a 6-inch skillet. Put skillet on burner. With adult help, turn burner to medium-low heat. When butter bubbles, pour egg mixture into pan. Cook about 1 minute without stirring.
3. "Stir eggs with spoon. Cook just till eggs are dry, stirring a few times. Do not stir too much or eggs will be mush. Turn off burner. Remove pan. Spoon eggs onto plates with large spoon. Season to taste with salt and Pepper.
4. Use a round cookie cutter to cut a hole in the center of a slice of bread. Save the center for bread crumbs.
5. Put 2 tablespoons of butter or margarine into a 6 inch skillet. Put skillet on burner. With adult help, turn burner to medium heat.
6. When butter is melted, tilt skillet to coat bottom. Put bread in skillet and cook 2 minutes Turn over and cook on the other side. Carefully put bread on plate, placing the cooked eggs in the middle.

# Life on the Farm



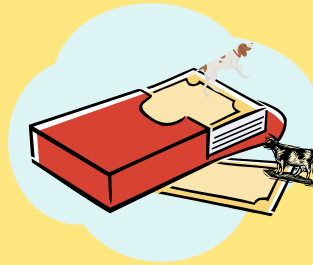
## Farm Matching Game

### Object of the Game

To find all the matching pairs of cards and learn what animals and foods you find on the farm.

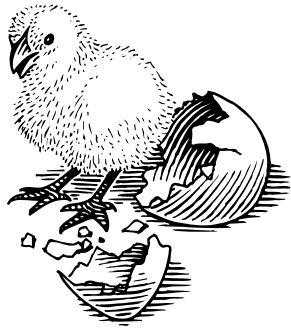
### Before Playing

Cut out the cards in this unit.



### Game Rules

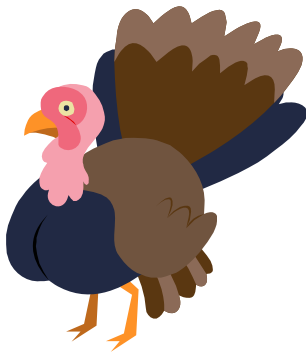
1. Spread the entire 36 card deck face down on the table.
2. Starting with the youngest child, turn a card over and see what the picture is.
3. Try and match the pictures by picking another one of the face down cards from table.
4. If both cards are the same, you found a match and you pick again.
5. If they are different, remember what is on the cards so you can try again. You then turn both cards over and it is the next player's turn. The game then moves clockwise to the next player.
6. After all the cards are gone the player with the most pairs wins the game.



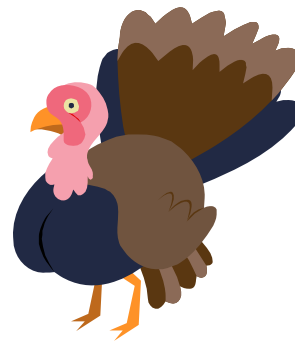
Baby Chick



Baby Chick



Turkey



Turkey



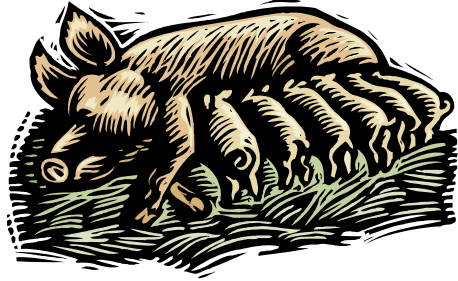
Sheep



Sheep



Pigs



Pigs



Duck



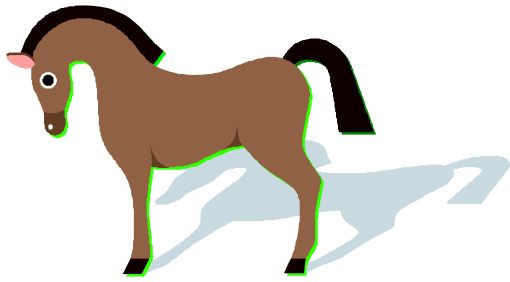
Duck



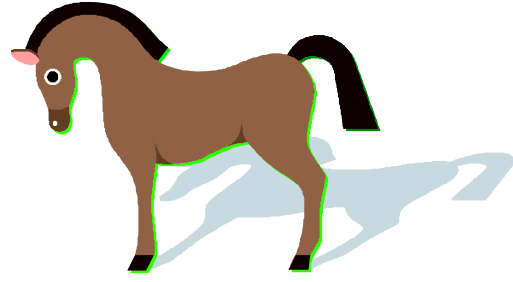
Dairy Cow



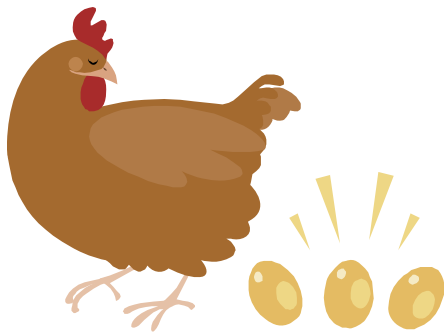
Dairy Cow



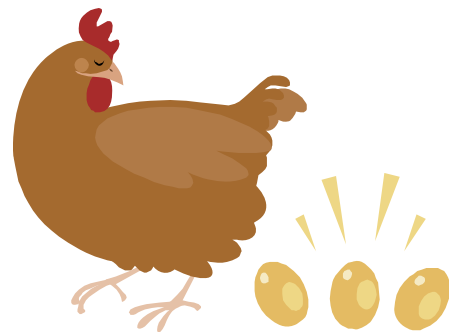
Horse



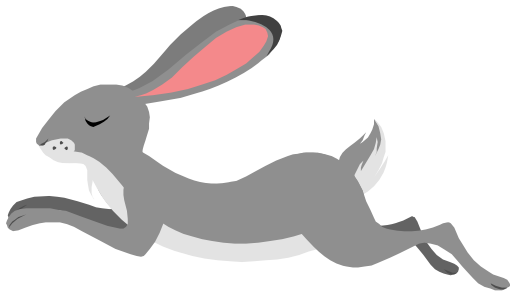
Horse



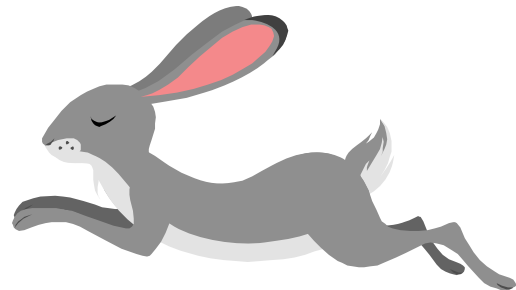
Hen



Hen



Rabbits



Rabbits



Goats



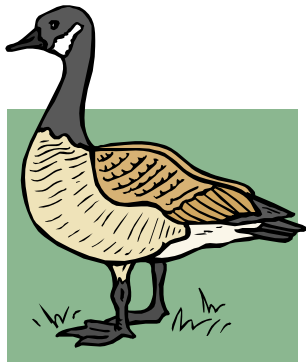
Goats



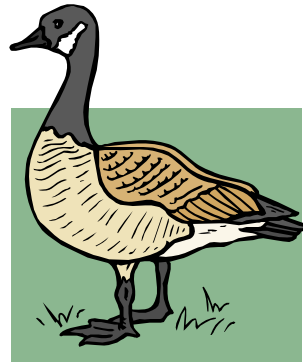
Rooster



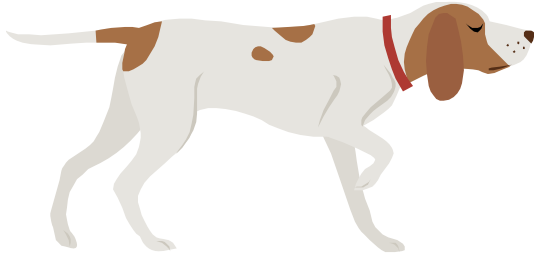
Rooster



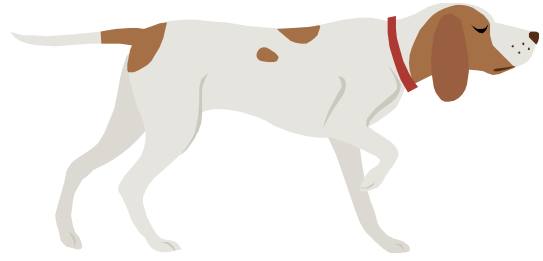
Goose



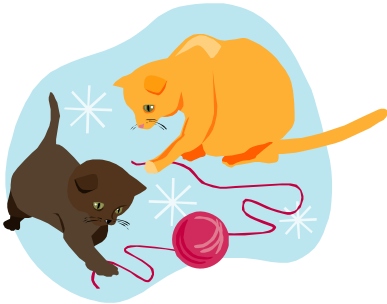
Goose



Dog



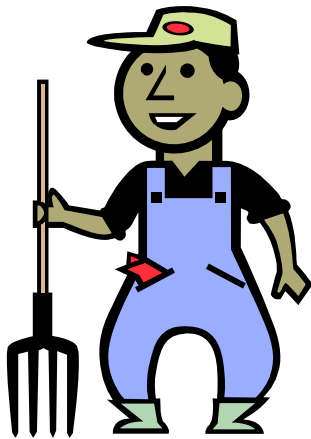
Dog



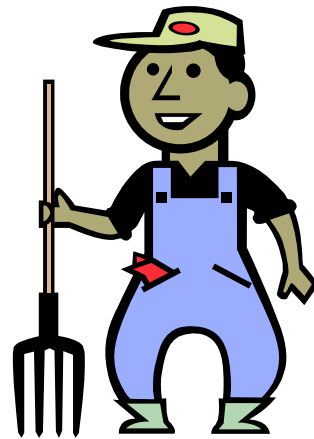
Cats



Cats



Farmer



Farmer



Farm



Farm



Tractor



Tractor



Corn



Corn



Wheat



Wheat



Hay



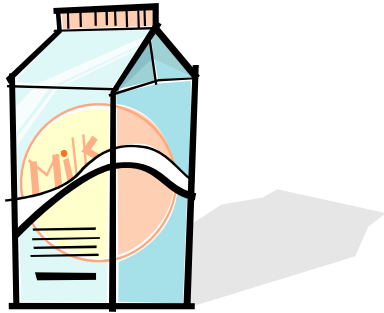
Hay



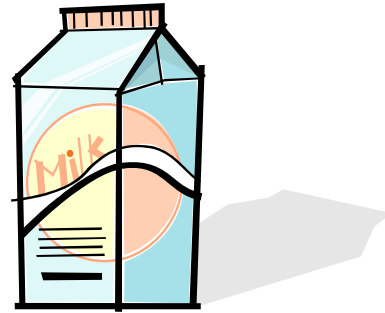
Oranges



Oranges



Milk



Milk



Cheese



Cheese



Milking Can



Milking Can



Eggs



Eggs



Cotton



Cotton



Grapes



Grapes



Strawberries



Strawberries



Apples



Apples



Orchards



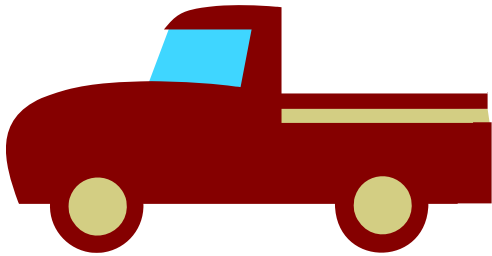
Orchards



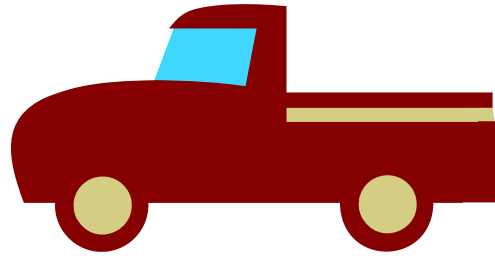
Steer



Steer



Truck



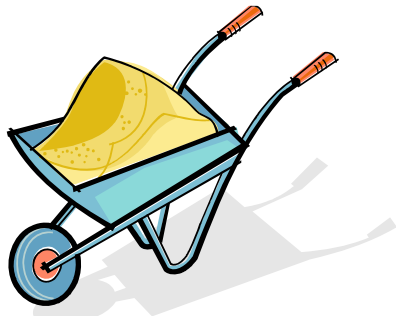
Truck



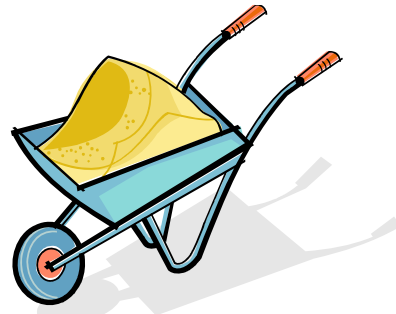
Gardening



Gardening



Wheel Barrel



Wheel Barrel



Tools



Tools



Corral



Corral

## A Farm in the Box

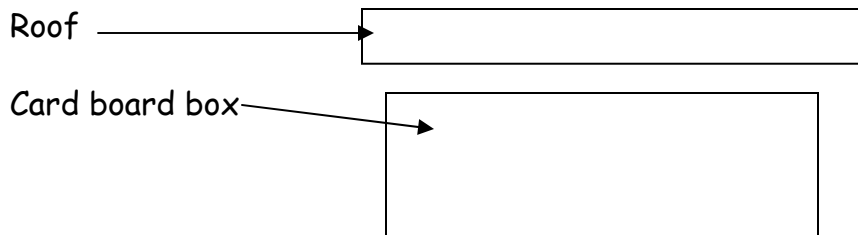
### Supplies

- Large shoe box
- Piece of corrugated or heavy card board
- Glue or Tape
- Crayons or poster paint
- Scissors
- Construction paper

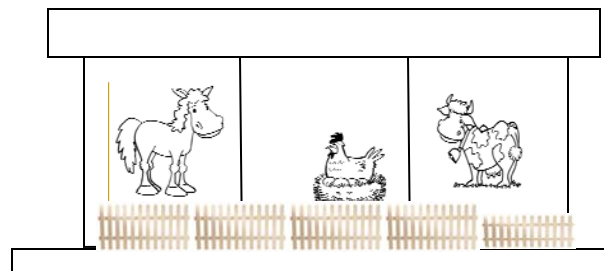


### Directions:

1. Turn the box on its side. (Note shoe boxes are a good size).
2. Cut a piece of the corrugated paper or cardboard to use for a roof. Make it larger than the shoe box so that it forms an overhang. For more advance youth, have them design different roofs they might see in a book or in the community.



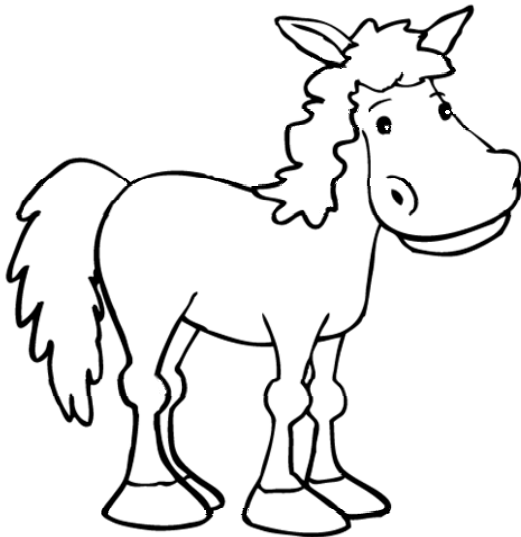
3. Glue the roof to the top of the box.
4. Fold pieces of the corrugated paper or card board to make stalls. Use them to divide the box into stalls. You may want to glue straw on the floor (note you can make straw by cutting yellow construction paper).
5. Attach the shoe box to the flat cardboard for a base.
6. Paint or color your barn.
7. You can use popsicle sticks or craft sticks to make picket fences.



## A Farm in the Box

7. Make your own animals out of construction paper or use plastic ones if you have them.

8. You can also color and cut out the animals below. Glue them to cardboard and fold the end under to make them stand up.



A Farm in the Box

