

# Adventures in Family Living

Member Manual



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# WELCOME TO A FUN PROJECT

In this 4-H project you'll do lots of different and fun things with a group of friends. You'll make something to eat and learn to use the sewing machine to make something to wear or use; you'll make something for your room and learn to work with young children. All of these activities are part of living in a family.

- Foods and Nutrition—You'll learn how to fix snacks, sandwiches, something for breakfast, a main dish, and a dessert.
- Clothing—You'll make two or more of the following things: a carry-all bag, a pin cushion, pull-on shorts or pants, a pop-on skirt.
- Child Care—You'll learn to play finger games, sing action songs with young children, make a picture book, learn about stories for children, and make a toy.
- Home Environment and Furnishings—You'll make something for your room: a bulletin board, wall hanging, mobile, matching wastepaper basket and pencil holder, a pillow, or an Eye of God.

You'll also have a chance to exhibit some of the things you've made. You'll want to show others what you've learned. You may want to teach other 4-H members or some of your other friends how to do some of these things.

At the end of the year, decide which project you want to learn more about next year. You may decide that you'd like to do more things in this project and enroll in it again.



# WHAT'S TO EAT?

Have you ever thought about what you eat, and why? You probably say, "I eat because it's time, or I'm hungry." Sometimes people eat to celebrate something special—like a birthday. Other times they eat just because food tastes good.

We all need food for energy to walk, run, study, and sleep. Food is necessary for growth and to stay healthy. Without food even the strongest person in the world could live only a few weeks.

In this part of the project you'll find out about some things food does for your body. You'll also prepare and taste some foods that are good for you and taste good too.

Here's what you'll be able to do after this project:

- Tell someone else why food is important.
- Pick out foods that help you grow and keep you healthy.
- Make a snack, a sandwich, something for breakfast, a main dish, and a dessert.
- Read and follow a recipe.
- Measure ingredients accurately.
- Use kitchen tools and appliances safely.

## RULES FOR GOOD COOKS

Before you start to prepare food, you need to follow a few rules.

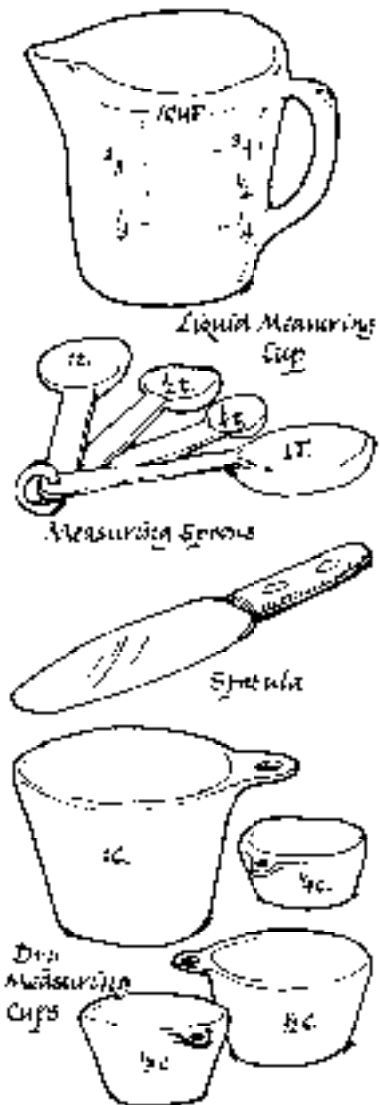
A good cook:

- Washes his or her hands before starting to cook.
- Reads the recipe through first.
- Gets out the ingredients and the equipment needed.
- Knows how to use equipment safely.
- Follows recipe directions.
- Measures accurately.
- Uses a potholder or oven mitt when lifting pans from burner or oven.
- Pulls the oven racks out instead of reaching in.
- Keeps the handles of pans on burners turned toward the inside of the stove.
- Wipes up spills as soon as they happen.
- Never puts a spoon into his or her mouth and then back into the food.
- Leaves the kitchen clean.

## MEASURE FOR SUCCESS

An experienced cook may add a pinch of this or a scant cup of that and it turns out just right most of the time. However, the best way to be sure of success every time is to measure accurately using standard measuring equipment.

Measure liquids in a clear glass or plastic measuring cup that you can see through. The cup will have space above the 1-cup mark and a spout that makes pouring easier. Set the cup on a flat counter top or table. Bend down and read the amount at eye level.



Measure dry ingredients in metal or plastic cups that come in several sizes— $\frac{1}{4}$  cup,  $\frac{1}{3}$  cup,  $\frac{1}{2}$  cup, 1 cup, and 2 cups. Use a spoon to fill the cup. Always fill it over the container the ingredient is in or over waxed paper, never over the bowl containing other ingredients. Pile it higher than the top of the cup and then level it off with the straight edge of a knife or a spatula. Use measuring spoons for dry ingredients and small amounts of liquids or fats, such as a teaspoon of vanilla or a tablespoon of butter.

## SNACKS—GOOD FOR YOU AND TASTE GREAT, TOO!

Your body uses food as fuel to give you energy to work, study, play, and even sleep. Sometimes you need to refuel with a snack between your regular meals. Many snacks taste good and help you grow and stay healthy, full of pep and energy.

Many foods that people eat between meals are very sweet like candy, cookies, and pop; or salty, like potato chips or pretzels. These foods taste good; however, low salt and sugar snacks are better choices.

Snacks can be good for you. Try some fresh, juicy fruits, or a glass of cold milk. Other good ideas are raw carrots, peppers, or cucumbers; or a peanut butter sandwich.

List four snacks that you like:

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Circle snacks that you like that are also good for your body because they are low in sugar and salt. Some are fresh fruits and vegetables, milk, cheese, yogurt, meat, fish, poultry, bread, or tortillas.

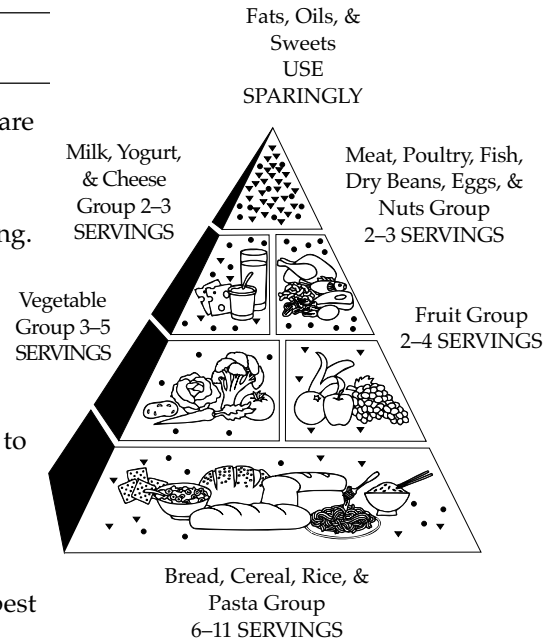
Foods have nutrients. Nutrients are necessary to keep us alive and growing. The six groups of nutrients are carbohydrates, fats, proteins, vitamins, minerals, and water. In this project, you will learn about the food groups. The Food Guide Pyramid is an easy way to plan a diet that supplies a wide variety of nutrients. You will learn to prepare foods from all of the food groups illustrated in the pyramid.

By knowing what is in each group of foods and how much of each group to eat, you can make sure you're getting a balanced diet.

### Add Variety to Your Meals

No one food gives you all the nutrients you need to stay healthy. So it is best to eat a variety of different foods every day.

Use the Food Guide Pyramid to help you eat better every day. Start with plenty of Breads, Cereals, Rice, and Pasta, Vegetables, and Fruits. Add two to three servings from the Milk group and two to three servings from the Meat group. Go easy on fats, oils, and sweets, the foods in the small tip of the pyramid.



Food Guide Pyramid  
A Guide to Daily Food Choices

## THE MILK GROUP—BODY BUILDERS

Milk and other dairy products contain many different nutrients. Milk has a very important nutrient called calcium. Calcium builds strong teeth and bones. Milk is also an important source of vitamins A and D. Vitamin D helps the body use calcium. Children, ages 9 to 12, need three servings from this group each day. Children under 9 need two to three servings. Teens need four servings. One 8-ounce cup of milk is a serving. One 1-inch cube of cheddar or Swiss cheese equals  $\frac{1}{2}$  cup of milk. One cup of ice cream equals  $\frac{2}{3}$  cup milk.

### Activity

Soak a small, clean, cooked chicken leg bone in vinegar for two weeks. The vinegar causes the calcium in the bone to come out. The bone without calcium is rubbery.

### Orange Dairy Delight

#### Ingredients:

- $\frac{1}{2}$  cup of vanilla ice cream
- $\frac{1}{3}$  cup frozen orange concentrate\*
- 2 cups milk
- $\frac{1}{4}$  teaspoon nutmeg or cinnamon

\*In place of orange juice, you may use 1 ripe banana, mashed, or  $\frac{1}{2}$  cup fresh fruit such as peaches, raspberries, or strawberries.

#### Equipment:

- rotary egg beater, blender, or mixer
- medium size bowl
- liquid and dry measuring cups
- measuring spoons
- table knife or spatula

#### Steps to follow:

1. Get out all the ingredients and equipment.
2. Measure the ice cream, orange juice concentrate, and nutmeg, or cinnamon into a bowl (or the blender) and blend.
3. Add the milk slowly and continue beating until all the milk is added.
4. Serve cold.

*Yields 4 one-cup servings.*

## FRUITS AND VEGETABLES—VITAMIN STOREHOUSES

Vitamins help your body work right. They are very small, but they do big jobs. You need 13 vitamins every day. They work to help the body make blood, keep skin soft, and digest food. One vitamin helps you see and another helps heal wounds.

Almost all foods contain some vitamins. Fruits and vegetables have many vitamins, including vitamin A and vitamin C. Vitamins A and C work together to keep skin healthy and help protect us against infections. Vitamin A has another job, too: it helps us see at night.

Vitamin C is in oranges, lemons, grapefruit, tomatoes, strawberries, raspberries, cantaloupe, watermelon, broccoli, and cabbage. Potatoes also have some vitamin C.

You can see carotene, which our bodies use to make vitamin A. It is dark orange and gives some fruits and vegetables a dark yellow-orange color. Some dark yellow and orange fruits and vegetables are apricots, hard rind squash, pumpkin, carrots, and broccoli. Spinach, broccoli, green pepper, and dark green lettuce are all good sources of vitamin A, because carotene is also found in dark green vegetables.

You need four servings of vegetables and three servings of fruit each day. Include one good vitamin C source each day. Frequently include deep yellow or dark green vegetables (for vitamin A) and unpeeled fruits and vegetables and those with edible seeds, such as berries, for fiber.

One-half cup is a serving or a typical portion—one orange, half a medium grapefruit or muskmelon, a wedge of lettuce, a bowl of salad, or one medium potato.

## Fruit Kabobs

Fruits add flavor, color, and valuable nutrients that help your body's growth and health. Although fruits can be cooked and are available canned, frozen, or dried, they are most delightful when eaten fresh, at the peak of their flavor and color. Fruits can be an adventure! Experiment with new flavors and textures by trying exotic fruits or preparing fruit in a unique way. Choose fruits that are ripe, but not bruised or soft.

### Ingredients:

6 strawberries  
2 kiwi fruits  
1 apple  
2 bananas  
 $\frac{1}{2}$  cup lemon juice or orange juice

### Equipment:

strainer  
paper towels  
cutting board  
paring knife  
vegetable peeler  
small bowl  
6 wooden cocktail skewers or  
narrow plastic coffee stirrers

### Steps to follow:

1. Rinse strawberries in cold water and drain using the strainer; gently blot dry with a paper towel. Carefully remove the stems and green caps with a paring knife. Cut each strawberry in half, from top to bottom.
2. Thinly pare the skin from the kiwi fruit using a paring knife or vegetable peeler. Cut each fruit into 6 even slices.
3. Rinse and dry the apple. Cut into fourths, from top to bottom; carefully cut out the core and seeds. Cut each section into 3 slices. To prevent discoloration before all fruit is ready, dip apple slices in orange or lemon juice in a small bowl.

4. Peel the bananas and cut each into 6 bite-size pieces. Like apples, bananas slices also discolor quickly when exposed to the air. Dip them in lemon or orange juice so they look appetizing.
5. Layer fruits on skewers, alternating colors. Serve immediately.

*Yields 6 kabobs.*

Experiment with tastes by topping your fruit kabob with a dip. Try soft cream cheese, yogurt, whipped topping, or melted caramel or carob.

Explore combinations of other fruits such as: citrus fruits—orange, tangerine, mandarin orange; melons—cantaloupe, honeydew, watermelon; grapes—seedless varieties; pineapple—fresh or canned chunks; pears, peaches, apricots; blueberries. What other fruits can you find at your local grocery store, farmer’s market, or produce stand?

## Vegetable Snacks

What is crisp, crunchy, and easy to fix in a hurry? A raw vegetable snack, that’s what. Most vegetables can be eaten raw, and you may like them better than cooked ones. It’s fun to try different kinds of vegetables like broccoli, turnips, or cauliflower that you may not have tasted before. There are many kinds of dips for vegetables that you can create for a party snack.

### Ingredients:

broccoli  
cucumber  
turnip  
carrots  
green pepper  
zucchini  
cauliflower  
radishes  
celery  
rutabaga

### Equipment:

cutting board  
bowl of ice for carrot curls and radish roses  
knife  
fork  
vegetable peeler

### Steps to follow:

1. Wash vegetables in cold water.
2. Cut into pieces that are easy to handle, especially if using dip. Use a cutting board and a sharp knife.
3. Use a vegetable peeler to peel carrots. Always peel away from your hand, using long strokes the length of the carrot.
4. Separate broccoli and cauliflower into florets.
5. Peel turnips and rutabagas with a sharp knife and cut into thin slices.
6. Make carrot curls by slicing carrots lengthwise into paper-thin slices. Roll the slices around your finger and fasten with a toothpick. Place in ice water to curl.
7. Make radish roses by cutting the outside layer down from the tip toward the stem end in five or more sections. Chill in ice water until petals curl.
8. Flute the edges of cucumber slices by scraping lengthwise with the tines of a dinner fork and cutting cross-section slices.

## Vegetable Dip

### Ingredients:

- $\frac{1}{2}$  cup plain yogurt
- $\frac{1}{3}$  cup mayonnaise or salad dressing
- 1  $\frac{1}{2}$  teaspoons grated onion or  $\frac{1}{2}$  teaspoon garlic salt or  $\frac{1}{2}$  teaspoon dill weed
- $\frac{1}{2}$  teaspoon season salt

### Equipment:

- measuring cups
- measuring spoons
- small bowl for mixing
- spoon for mixing
- bowl for serving

### Steps to follow:

1. Measure all ingredients into small bowl.
2. Mix thoroughly.
3. Chill in refrigerator several hours for flavors to blend.

*Yields 1 cup dip.*

## Activity: Grow Your Own Vegetables in a Jar

To grow bean sprouts, all you need are some beans, a screw-top jar, water, and a little time. Buy some mung beans or alfalfa seeds for sprouting. Then follow these three steps:

(1) Wash a half cup of the beans and soak them overnight in cold water; (2) Drain off the water. Punch holes in the lid of your screw-top jar. Put the beans in and screw on the lid; (3) Put the jar in a dark place.

Rinse the beans with water and drain them two or three times each day. Put the jar back in a dark place each time. The sprouts grow very fast—in fact, they'll be ready to eat in five days. They're really good in salads, sandwiches, or cooked with other vegetables.

Bean sprouts, of course, are only the beginning of plants. If they were to grow much bigger and develop green leaves and stems, they would need more than just the water you gave them to make sprouts. They would need soil, light, and air.



## BREADS AND CEREALS—ENERGY BOOSTERS

Bread is one of the oldest foods. People in different parts of the world grow various types of grain plants to make their bread. In the United States, farmers grow wheat to make bread. In China, they grow rice. They eat rice plain and also make it into flour for bread. In Mexico, they grow corn and make it into flat bread called tortillas. In Egypt, they make a flat bread called pita or pocket bread. They put meat and vegetables in the pocket.

The foods in this group help give you energy to work and play. They include breads, cereals, rice, and pasta. The B vitamins in grains help you grow by building healthy body tissue. The iron in whole grain or enriched bread or cereals builds red blood cells that give you energy. You need nine servings

each day from this group. Count as a serving 1 slice of bread;  $\frac{1}{2}$  cup to  $\frac{1}{4}$  cup cooked cereal, cornmeal, grits, macaroni, noodles, rice, or spaghetti; or 1 ounce ready-to-eat cereal.

## Soft Pretzels

Pretzels are fun to make. You use yeast and knead dough to make them. You can shape the dough into initials, numbers, or other shapes.

### Ingredients:

- 1 package dry yeast
- $\frac{3}{4}$  cup warm water
- 1 teaspoon salt
- 1 tablespoon sugar
- 2 cups sifted flour
- coarse salt (Kosher salt; optional)
- 2 tablespoons milk or water

### Equipment needed:

- large mixing bowl
- liquid and dry measuring cups and spoons
- flour sifter
- waxed paper
- large mixing spoon
- spatula or table knife
- pastry brush or other clean brush
- cookie sheet (greased)
- cooling rack

### Steps to follow:

1. Preheat oven to 425°F.
2. Dissolve yeast in warm water in large bowl. Water should feel comfortably warm to the inner wrist. If the water is too hot, the yeast will die and the dough will not rise.
3. Add salt and sugar and mix well.
4. Beat in flour and knead dough in the bowl until smooth. This may take about 10 minutes.
5. Turn dough out on floured surface, either a board or counter or table top.
6. Pinch off a section of dough about 2 inches in diameter and roll into a rope. Place both palms on the dough and roll back and forth on the lightly floured surface until it is about 12 inches long.
7. Shape into a variety of shapes.
8. Place on greased cookie sheet. Brush surface with milk or water, using a brush. Sprinkle with coarse salt.
9. Bake immediately for 12 to 15 minutes until brown.
10. Remove from cookie sheet and cool on rack.

*Yields about 8 pretzels, depending on size.*

### Variations:

1. For a softer pretzel, let the unbaked shaped forms rise 15 minutes covered with a damp cloth. Brush with milk or water and sprinkle with coarse salt.
2. Use poppy seeds, caraway seeds, or sesame seeds instead of salt.

## Granola

This is one of many recipes. You may use different ingredients.

### Ingredients:

- 2  $\frac{1}{2}$  cups rolled oats (uncooked)
- 1 cup shredded coconut
- $\frac{1}{2}$  cup nuts

- 1/2 cup wheat germ
- 1 1/2 cup sesame seeds
- 1/3 cup cooking oil
- 1/2 cup chopped diced, mixed fruit
- 1/2 cup raisins
- 2 tablespoons vanilla

*Equipment needed:*

- 1 large mixing bowl
- liquid and dry measuring cups and spoons
- large spoon for mixing
- cutting board
- sharp knife
- spatula or knife
- shallow pan, 13" x 9" x 2", or cookie sheet
- large pan

*Steps to follow:*

1. Get out all the ingredients and equipment needed.
2. Turn on the oven to 325°F.
3. Measure the rolled oats, coconut, nuts, sesame seeds, and wheat germ into large bowl. Stir to mix well.
4. Measure oil into clear measuring cup and stir into dry mixture.
5. Spread mixture evenly in shallow pan.
6. Bake in 325°F oven for 45 to 50 minutes, stirring every 15 minutes.
7. Cut the dried fruit in small pieces or use a packaged mix that is already chopped.
8. Remove from the oven and mix in dried fruit and vanilla.
9. Place in another pan to cool, stirring occasionally to prevent lumping.
10. When cool, store in tightly covered jar.

*Yields about 6 cups.*

Granola has many uses. It's a snack, a breakfast cereal, and a topping for fruit or ice cream. It can also be used to make apple crisp.

## Sandwich Special

Sandwiches can be special for lunch, a picnic, a party, or an after-school snack. Served with a glass of milk, they are a good snack; or with milk, a salad, and fruit, they're a meal. Sandwiches can be boring unless you try different kinds of bread and fillings.

*Breads:*

Use whole wheat, cracked wheat, rye, white, potato, raisin, pita, sourdough, English muffins, bagels, tortillas, croissants, baquette, or hamburger or hot dog buns.

*Fillings:*

Create your own favorite with a combination of meat, cheese, vegetables, and fruits. Try new combinations. Here are a few to get you started:

1. Slices of cooked chicken or other cooked meat, alfalfa sprouts, shredded lettuce, cucumber, and tomato slices.
2. Cream cheese, sliced cucumber, green pepper, and bean sprouts.
3. Chopped dates, cream cheese, and nuts.

4. Canned tuna or chicken or other cooked fish, chopped celery, chopped onion, and mayonnaise, salad dressing, or yogurt.
5. Chopped hard-cooked eggs, chopped celery, green pepper, and onion, and sour cream or yogurt.
6. Tuna or chopped ham or chicken, grated cheese, grated onion, chopped pickles, salad dressing, or yogurt.
7. Peanut butter, honey, and chopped oranges.
8. Grated cheddar cheese, chopped apples, nuts, and mayonnaise and lemon juice, or sour cream.
9. Chopped hard-cooked eggs, salad dressing, grated cheese, and chopped raw spinach.
10. Cream cheese, sour cream, chopped apples, raisins, and sliced bananas.

### Making Sandwiches

You can make sandwiches in many shapes and sizes. A good sandwich begins with fresh bread. Spread the bread with softened butter, margarine, or cream cheese to prevent the filling from soaking into the bread. If you use a chopped filling, it should be finely chopped or ground. This makes it easier to spread. If the filling is sliced meat, several thin slices are much easier to eat than one thick one.

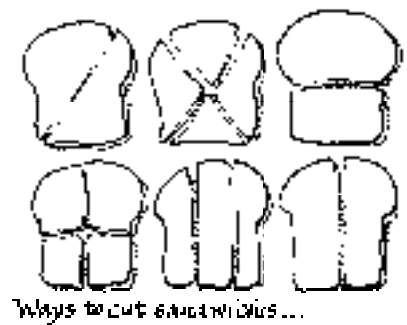
The filling should come to the edge of the bread. The amount of filling varies, about  $\frac{1}{4}$  to  $\frac{1}{2}$  cup is good.

### Sandwich Safety

Sandwiches that have fillings with cheese, eggs, meat, or fish should be kept cold. Sandwiches made ahead and frozen can be packed for lunch or picnics and will thaw in time to eat. They can also be packed in insulated carriers.

You can make sandwich fillings ahead of time if you store them in the refrigerator.

Wrap sandwiches in waxed paper, plastic wrap, aluminum foil, or put into sandwich bags to keep them fresh and free from dust or bacteria in the air.



## START FAST WITH BREAKFAST

Your body needs fuel for energy in the morning since it has been several hours since you had something to eat. You need to “break your fast” to get the day off to a good start. Explore new foods to make breakfast interesting.

Try starting the day with a toasted cheese sandwich, hamburger on toast broiled in the oven, orange juice shake, your favorite soup, granola with fruit, or yogurt.

You will feel better all morning if you eat foods without much sugar for breakfast. Some breakfast cereals that do not have much sugar are Rice Chex, Cheerios, Corn Flakes, Shredded Wheat, and Rice Krispies. Oatmeal and Cream of Wheat have no sugar. Eat these with milk and fruit.

Is everyone at your house in a hurry in the morning to get to school or to work? If so, some of the ideas above are quick and easy to prepare. You can make granola in the evening or on Saturday. When you are in a hurry, pour it into a bowl, pour on milk, and eat!

When you have more time, try these things.

## French Toast

### Ingredients:

1 egg  
1/2 cup milk  
1/8 teaspoon salt  
1 tablespoon sugar  
1/2 teaspoon vanilla extract  
4 slices of bread  
oil or spray cooking oil in skillet  
powdered sugar

### Equipment needed:

griddle or skillet  
liquid and dry measuring cups  
measuring spoons  
small mixing bowl  
egg beater  
pie plate or other shallow pan or dish  
fork or pancake turner

### Steps to follow:

1. Preheat griddle or skillet to 375°F or until drop of water skips on surface and grease it lightly.
2. Beat egg in a bowl until it is well blended.
3. Add milk, salt, sugar, and vanilla to the egg.
4. Pour the egg mixture into a pie plate or other shallow dish.
5. Dip each piece of bread into the milk-egg mixture, front and back, until both sides are well soaked.
6. Lift bread with a fork or slotted pancake turner, letting the excess liquid drain back into the dish.
7. Brown bread on both sides on griddle or in skillet (takes about 5 minutes).

*Yields 4 one-slice servings.*

## Pancakes

### Ingredients:

2 cups flour  
2 eggs, beaten  
2 cups milk  
2 teaspoons baking powder  
1/2 cup shortening, melted  
1 tablespoon sugar  
1 teaspoon salt

### Equipment:

liquid and dry measuring cups  
measuring spoons  
large bowl  
small bowl  
mixing spoon  
pancake turner  
griddle, heavy skillet, or electric frying pan, greased  
flour sifter  
egg beater  
spatula  
waxed paper

### Steps to follow:

1. Preheat griddle or skillet to 375°F or until a drop of water skips over the surface.
2. Sift flour onto waxed paper, measure 2 cups and put into sifter.
3. Measure baking powder, salt, and sugar, and add them to the flour.
4. Sift all dry ingredients together into a large bowl.
5. Break eggs into the small bowl. Add milk and melted shortening and mix well.
6. Make a well in the dry ingredients.
7. Add liquid ingredients to the dry ingredients all at once. Mix thoroughly, but do not mix until smooth. Mixture will be lumpy.
8. Test preheated griddle with a drop of water.

9. Drop batter onto griddle by tablespoons. Cook until bubbles appear on surface and break, leaving holes.
10. Turn over with a pancake turner.
11. Cook until pancakes are brown on the second side.
12. Remove to warm platter and serve with butter, and fresh or canned fruit, flavored syrup, jelly, or jam, or sprinkle with powdered sugar.

*Yields—32 pancakes, 2 inches in diameter.*

## PROTEIN—YOUR BODY’S BUILDING BLOCKS

Nearly everything in your body is made up of protein. This includes your hair, bones, blood, muscles, teeth—even your brain.

The protein you eat gets broken down and built back up into all these parts of your body. Sometimes you need extra protein—like now when you are growing, or when a wound is healing.

Protein foods are meat, fish, and chicken, milk, nuts, cheese, peanut butter, eggs, beans, and grains. You need two servings daily. Count 2 to 3 ounces of boneless, lean, cooked meat, poultry, or fish as a serving. One egg,  $\frac{1}{2}$  to  $\frac{3}{4}$  cup cooked dry beans, dry peas, soybeans, or lentils, 2 tablespoons peanut butter, or  $\frac{1}{4}$  to  $\frac{1}{2}$  cup nuts, sesame seeds, or sunflower seeds have the same protein as one ounce of meat, poultry, or fish.

Most people in this country get enough protein. Most people in the world get their protein from a combination of legumes (such as dried beans or peas) and grains. Mexican people eat red beans and cornmeal tortillas. The Chinese eat soybean cakes and rice. Arabic people eat chickpeas and cracked wheat. Some people eat peanut butter sandwiches. These foods not only taste good together, they work together in your body.

Your muscles are made of protein. But you won’t build stronger or bigger muscles just by eating foods with protein. You have to exercise your muscles, too. Exercise and food work together to make strong muscles.

## MAIN DISHES

Casseroles are a favorite way to prepare foods from the meat group for the main dish for dinner or supper. Meat casseroles are a combination of meat, poultry, or fish, and vegetables. Cheese is also often included.

The main dish usually gives us the food we need from the meat, poultry, fish, and beans group. These provide protein, the “building blocks” for our bodies.

### Tater-topped Casserole

#### Ingredients:

- $\frac{1}{2}$  cup chopped onion
- $\frac{1}{3}$  cup thinly sliced celery
- 1 pound ground beef
- 1 can condensed cream of celery soup (undiluted)
- 1 16 oz. package of frozen tater-tots
- $\frac{1}{2}$  teaspoon salt
- $\frac{1}{4}$  teaspoon pepper
- Oil or spray cooking oil

#### Equipment:

- skillet
- stirring spoon
- sharp knife
- cutting board
- measuring cups and spoons
- can opener
- 2-quart baking dish

Steps to follow:

1. Preheat oven to 400°F.
2. Brown ground beef, onions, and celery in a skillet over medium-high heat.
3. Drain off excess fat.
4. Add salt and pepper
5. Pour one can of cream of celery soup over meat mixture and mix together.
6. Spread mixture evenly in greased baking dish.
7. Top with a layer of tater-tots and bake 45 minutes or until bubbly.

*Yields 5 servings.*

## Tuna Terrific Pie

Ingredients:

- 2 1/2 cups cooked rice
- 4 eggs
- 2/3 cup finely grated Swiss cheese
- 1 medium size tomato, chopped
- 1 6-oz. can of tuna, drained and flaked
- 1 medium onion, chopped
- 2 tablespoons butter
- 2 tablespoons flour
- 1 cup half-and-half
- 1 teaspoon salt
- 1/4 teaspoon nutmeg
- 1/8 teaspoon pepper
- 1/4 cup grated Parmesan cheese
- paprika

Equipment:

- 10-inch pie plate
- small bowl
- egg beater
- sauce pan
- sharp knife
- cutting board
- skillet
- stirring spoon
- liquid measuring cup
- measuring spoons

Steps to follow:

1. Preheat oven to 350°F.
2. Cook rice according to directions on package.
3. Grate Swiss cheese or use packaged grated cheese.
4. Beat one egg slightly and combine with rice and Swiss cheese.
5. Press rice mixture evenly in greased, 10-inch pie plate.
6. Chop tomatoes and spread evenly over rice.
7. Drain and flake tuna and put over tomatoes.
8. Cook onions in melted butter or margarine in skillet until tender but not brown.
9. Blend in flour.
10. Add 3/4 cup of half-and-half and cook over medium heat until thickened and bubbly.
11. Continue to cook an additional 2 minutes and then remove from the heat.
12. Combine the remaining 1/4 cup half-and-half, seasonings, and three eggs slightly beaten.
13. Add to hot mixture.
14. Pour mixture evenly into crust.
15. Sprinkle Parmesan cheese on top.
16. Dust with paprika
17. Bake at 350°F for 30 minutes or until set.

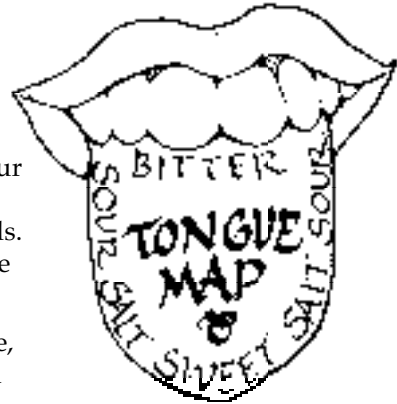
*Yields 6 servings.*

# TASTE MAP

## How Does It Taste?

Do you know what makes some foods taste sweet, and other foods salty, bitter, or sour? The answer is taste buds. You have 9,000 of them on your tongue. The taste buds that tell you something is sweet are on the tip of your tongue. Taste buds that tell you something is salty are on the sides of your tongue. Farther back on the sides are the buds that tell you about sour foods. And all the way at the back are the buds that pick up bitter tastes. These are the four basic tastes. But you learn to taste spicy, hot, or bland food, too.

Taste is partly a matter of habit. You like what you get used to. For example, if you cut down on sugar or salt for several weeks, food will taste fine with less salt and sugar.



## Sugar is Sweet

Sugar tastes sweet, a taste most people like. It's such a good taste they can eat too much and get fat. Sugar causes cavities and tooth decay, and that's no fun. Another problem with sugar is that sugar does not have any vitamins, minerals, or other nutrients your body needs.

If you do not eat many sweet foods you get used to less sweet tastes. Try foods with other flavors. It's fun to bake cookies, cakes, and other sweet desserts. But too many sweets can dull our appetite for the foods we really need and add too many calories. When choosing recipes for desserts or sweets, look for those that include ingredients with nutritional value, such as fruits, vegetables, or grains.

## Apple Crisp

### Ingredients:

- 4 cups of peeled, cored, and sliced apples
- $\frac{2}{3}$  cup of brown sugar (firmly packed)
- $\frac{1}{2}$  cup flour
- 1 cup rolled oats
- $\frac{3}{4}$  teaspoon cinnamon
- $\frac{3}{4}$  teaspoon nutmeg
- $\frac{1}{3}$  cup soft butter or margarine
- $\frac{1}{2}$  cup nuts (optional)

### Equipment:

- sharp knife for peeling
- casserole or baking pan
- measuring cups and spoons
- mixing spoon or fork
- mixing bowl

### Steps to follow:

1. Preheat oven to 375°F.
2. Spread apples on bottom of casserole or pan.
3. Mix other ingredients together with fork or spoon into a coarse meal.
4. Spread mixture over apples.
5. Bake 30–35 minutes.

# Raisin Bar Cookies

## Ingredients:

- 1/2 cup shortening
- 1 cup brown sugar
- 1 egg
- 1 teaspoon vanilla
- 1/4 teaspoon salt
- 1 cup sifted flour
- 1/2 teaspoon baking powder
- 1/8 teaspoon baking soda
- 1/2 cup chopped nuts
- 1 cup raisins

## Equipment:

- dry measuring cups
- measuring spoons
- large mixing bowl
- flour sifter
- cutting board
- sharp knife for chopping
- waxed paper

## Steps to follow:

1. Preheat oven to 350°F.
2. Cream shortening and sugar until fluffy.
3. Add egg, vanilla, and salt and mix thoroughly.
4. Sift flour on waxed paper and measure.
5. Sift together flour, baking powder, and soda. Add to shortening and sugar mixture and mix until all is moist.
6. Add nuts and raisins and stir.
7. Spread dough in 9 x 13-inch pan.
8. Bake at 350°F for 25–30 minutes.
9. Cool slightly and cut into bars.

## PUTTING IT ALL TOGETHER

How many servings do you need each day?	Number of servings I eat each day	Number of servings I need to eat each day
Bread group		
Vegetable group		
Fruit group		
Milk group		
Meat group		
Fats and Sweets group		

## THE COOK'S MATCH-UP

Play this game to help you learn the meaning of words used in recipes. In the column on the left is a list of words used in cooking. In the column on the right are the meanings of these words. Match the word and the meaning by placing the correct number in the space in front of each meaning.

- |                 |   |
|-----------------|---|
| 1. bake         | <u>  1  </u> cook in the oven   |
| 2. beat         | <u>      </u> carefully mix two or more ingredients by stirring gently                                |
| 3. blend        | <u>      </u> mix ingredients rapidly with a mixer, spoon, beater, or fork                            |
| 4. boil         | <u>      </u> cook in liquid almost to boiling, just hot enough to bubble                             |
| 5. chop         | <u>      </u> mix lightly   |
| 6. chill        | <u>      </u> beat two or more ingredients with a spoon or mixer until mixture is smooth and fluffy   |
| 7. cookie sheet | <u>      </u> cut food into small pieces, using a sharp knife on a cutting board                      |
| 8. cool         | <u>      </u> separate liquid from solid  |
| 9. cream        | <u>      </u> mix ingredients together until they are combined  |
| 10. drain       | <u>      </u> work dough with hands by repeating a folding-back, pressing forward, and turning motion |
| 11. dust        | <u>      </u> turn a solid into a liquid by heating it  |
| 12. flake       | <u>      </u> mix round and round with a spoon  |
| 13. fold        | <u>      </u> sprinkle lightly with flour or sugar  |
| 14. grease      | <u>      </u> rub the sides and bottom of a pan with shortening                                       |
| 15. knead       | <u>      </u> break lightly into small pieces   |
| 16. melt        | <u>      </u> combine foods by stirring until the mixture looks the same all over                     |
| 17. mix         | <u>      </u> put food in the refrigerator until thoroughly cold                                      |
| 18. simmer      | <u>      </u> a flat baking pan with no or very low sides   |
| 19. stir        | <u>      </u> cook in liquid over high heat so lots of bubbles form quickly, then break               |
| 20. toss        | <u>      </u> let stand at room temperature until no longer warm                                      |



# STARTING TO SEW

It's fun to use the sewing machine to make something to use or to wear. You will learn about important tools you need and how to use them. You will begin to develop sewing skills so that with experience and practice you can make the clothes you really like to wear.

Make at least two of the following:

- carry-all or duffel bag
- pin cushion
- pull-on skirt
- pull-on shorts
- any of the items in EM4870, *Sew Quick!*, available at your county Extension office or from your project leader.

## SEWING TOOLS

You will need tools for measuring, cutting, and sewing. Good sewing tools help you do good work. Mark your tools so that you know which ones are yours.

You will *need to have or borrow*:

- A box or carry-all bag; a shoe box, 2-pound candy box, a cake or cookie tin, or a basket with a lid to bring your tools and supplies to meetings.
- Ruler: either 6 inches or 12 inches.
- Scissors: small scissors are handy for cutting threads and trimming seams.
- Shears have longer, stronger blades and are used to cut fabric. To keep them sharp, only cut fabric with them.
- Tape measure: a plastic-coated tape, 60 inches long, with metal tips and numbers on both sides.
- Pins: fine, sharp, rust-proof pins won't damage fabric. Long pins may be easier to use than short ones. Some people even use paperclips.
- Needles: long, sharp, thin needles are the easiest to push through fabric.
- Thread: it should match the color of your fabric.
- Thimble: the best ones are hard metal. A thimble protects the end of your middle finger, making it easier to push the needle through the fabric.
- Pin cushion: You can use a wrist pin cushion, or a magnetic one; you can buy or make one.

# THE SEWING MACHINE

All sewing machines have the same basic parts even though they don't look the same. The guidebook for the machine you use tells about its parts. Look at the list of parts and the drawing to see where the parts are. Try to find the same parts on the sewing machine you use.

The needle (1) has an eye near the point for holding the thread. It draws the thread through the fabric and back again.

The presser foot (2) holds the fabric while the needle passes through it.

The presser foot lifter (3) is a lever in the back of the machine.

It raises or lowers the presser foot.

The feed dog (4) moves the fabric as you sew.

The hand wheel or balance wheel (5) is used to raise or lower the needle and to help start the machine by hand.

The spool pin (6) holds the spool of thread. The thread is also held in place by thread guides.

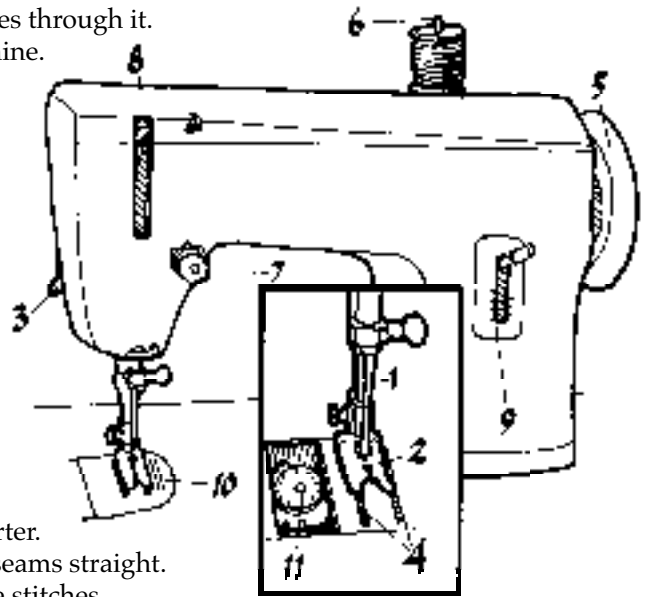
The tension control (7) makes the needle thread tighter or looser. If the tension is balanced, stitches will be smooth, even, and look the same on both sides of the fabric.

The thread take-up (8) moves up and down with the needle, preparing thread to be drawn through the fabric.

The stitch length regulator (9) makes stitches longer or shorter.

The throat plate (10) has guidelines to help you keep the seams straight.

The bobbin (11) holds the thread for the bottom half of the stitches.



# USING THE SEWING MACHINE

Begin by learning to run the machine without a needle and with the presser foot up. Learn to start and stop smoothly and to control the speed.

Next practice with a needle, but with no thread. Sew on paper with lines or draw your own straight and curved lines. Lift the needle to its highest point, put the paper under the presser foot, and lower the presser foot down on the paper. Guide the paper with both hands. Do not push or pull the paper.

Before you sew on fabric, have your leader or someone at home show you how to change the needle. Sewing on paper dulls the needle and a dull needle may pull the threads in the fabric. Have someone show you how to thread the machine, wind the bobbin, and put the bobbin in place for sewing. Practice until you can do this yourself.

Practice sewing on two strips of fabric to see how straight and even you can stitch.

You will learn how to:

- thread the machine for sewing
- start and stop the machine
- place the fabric in the machine
- pull the thread ends back to keep them from getting tangled
- backstitch at the beginning and end of each line of stitching
- run the machine slowly and smoothly
- adjust the length of stitch

## A Carry-All or Duffel Bag

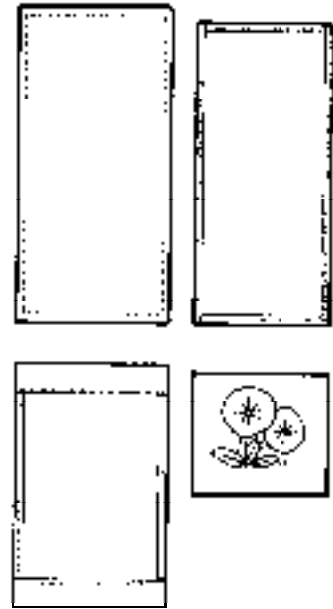
You can make this handy bag in different sizes. Use large size for camping, or sports, or laundry. Use medium size for an overnight bag, or to carry your books or sewing supplies. A small size can be used as a purse.

*Supplies needed:*

- firmly woven medium to heavyweight fabric: percale, denim, muslin, ticking
- thread to match fabric
- 1 to 1 1/2 yards cord

*Steps to follow:*

1. Decide how you will use your carry-all bag. Cut a piece of fabric as wide as you want the finished bag plus 1 1/4 inches and twice the length plus 2 inches.
2. Stitch 1/4 inch from the edge on all four sides. This kind of stitching, through one layer of cloth, is called edge-stitching.
3. Turn the fabric to the wrong side along the stitching line. Press. Stitch close to the folded edge. This time you are stitching through two layers of fabric.
4. To make the headings, fold the short ends over 1 inch. Press. Pin. Stitch. Backstitch at both ends of stitching line.
5. If you have used a plain fabric, you can make your bag different from everyone else's by adding decorations with iron-on fabric, rick rack, yarn, decorative trim or fabric paints. Fold the fabric in half, wrong sides together, to decide where you will put the decorations. Put them in place before step 6.
6. Fold in half with right sides together. Stitch 5/8 inch seams on each side. Begin stitching at the fold. Stitch to the bottom of the heading. Backstitch at both ends of stitching line. Turn right side out. Press.
7. Cut cord in half. Run one piece through each heading. Knot cords together at both ends.



## HAND SEWING

You get to do hand sewing to finish the things you make in this project.

You will learn how to:

- thread a needle
- tie a knot
- use a thimble
- make a running stitch, a slip stitch, a whip stitch, and an overhand stitch.

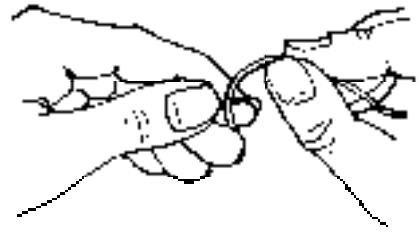
### To Thread a Needle

Cut a piece of thread 18 to 24 inches long. Cut it at a slant to make it easier to thread. Hold the needle between the thumb and first finger of one hand. Brace the other hand holding the thread against it and push the thread through the eye.



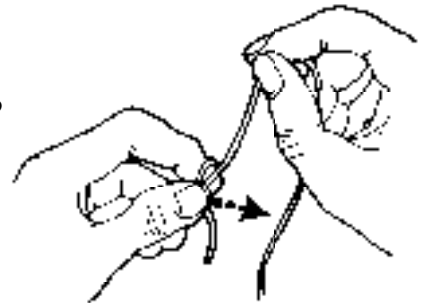
## To Tie a Knot

1. Wrap the end of the thread around the end of your first finger.
2. Tightly roll the crossed end into a loop as you push the loop off the end of your finger with your thumb.
3. Pull the loop into a knot with your thumb and middle finger. As you do so, pull the knot down to the end of the thread.



## To Use a Thimble

Put the thimble on your middle finger. Hold the needle between your thumb and first finger. Put the needle into the fabric and push it through with the side or end of the thimble. Using a thimble for all hand sewing will protect your finger and make sewing easier. It will keep the needle from pricking your finger.

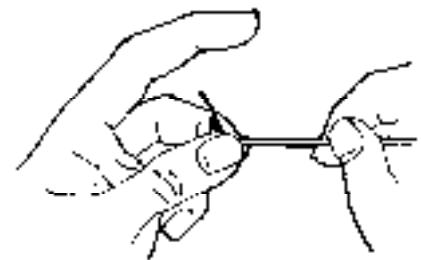


## Basic Hand Stitches

Make a running stitch putting the needle in and out of the fabric in a straight line. The length of the stitch depends on how it is used. Use small stitches to hold parts of your project together until the permanent stitching can be done.

The slip stitch is used for hemming or for closing an opening. Slip the needle through the edge of the fold of the top fabric. Then pick up a thread of the under fabric. Space the stitches evenly.

The whip stitch and the overhand stitch hold two edges together. For the whip stitch, put the needle into the fabric at the back and front edges at the right angles to the edge so the stitches are slanted. For the overhand stitch, put the needle in at a diagonal (/) through the back and front edge so the stitch itself is straight. Either stitch can be used to close an opening or attach lace or trim.



Tie a Knot

## Pin Cushion

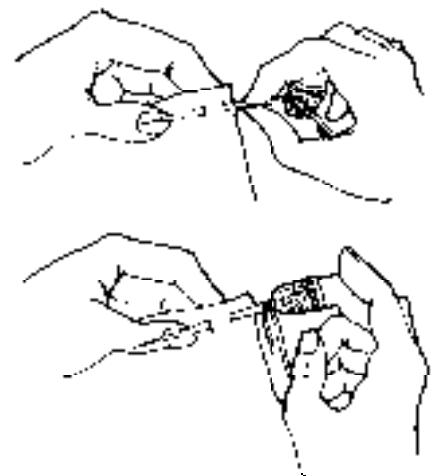
This is just one way to make a pin cushion for your sewing box.

*Supplies needed:*

- 2 pieces of firmly woven fabric, 4 x 6 inches each
- matching thread
- sawdust, wool yarn, tiny wool scraps, shredded foam, or batting for stuffing
- elastic

*Steps to follow:*

1. Cut two pieces of fabric, 4 x 6 inches.
2. Place the right sides of the fabric together. Pin along all four sides.
3. Now stitch around the outside of the pin cushion  $\frac{5}{8}$  inch from the edge, leaving a 1  $\frac{1}{2}$ -inch opening on one side. Backstitch at the beginning and end of stitching.
4. Remove the pins, trim the corners as shown.
5. Turn right side out. Pull out the corners to make them square.
6. Stuff the pin cushion, making it very firm.
7. Stitch the opening closed by hand with small whip stitches or slip stitches.



Use a Thimble

- You can attach a piece of elastic  $\frac{1}{4}$  or  $\frac{3}{8}$  inches wide and long enough to fit your wrist snugly to the back of the pin cushion. Pin and then stitch in place.

The projects that follow will introduce new skills as you make something to wear. You will take body measurements, learn about fabric care labels, and use a sample pattern.

## Pop-on Skirt

Make a pop-on skirt in a solid color or a print to wear with T-shirts or blouses you already have. You can make it for yourself or for someone else in your family. Use a person's measurements to cut and sew the skirt to fit. You can make each skirt a little different using rickrack, fringe, lace or trim. Use draw cord instead of elastic. Add pockets. Fringe the bottom instead of making a hem, or make and use your own patchwork.

### Supplies needed:

- one to two widths of 45-inch fabric
  - matching thread
  - $\frac{3}{4}$ -inch elastic the length of your waist measurement
  - Fabric suggestions: a cotton or cotton blend in a small print or solid color
1. Decide how much fabric to buy. A single width may be enough. Hold one width of fabric up to your waist. Gather it with your finger to see how many widths you need. It should be at least 4 inches bigger than your hips.
  2. To decide how long your skirt should be, measure the length of a favorite skirt. Add 2 inches for a heading and 4 inches for a hem. For example if your skirt is 15 inches you will need:

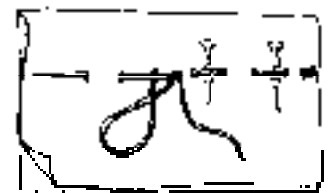
skirt length	15 inches
heading	2 inches
hem	4 inches
	<hr/>

Total length 21 inches

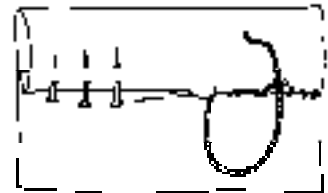
If you are using two widths, you will need to buy ( $2 \times 21 = 42$  inches).

### Steps to follow:

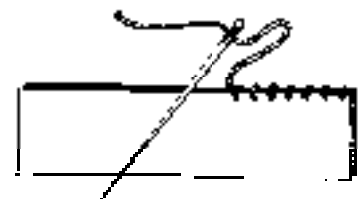
1. Measure and cut fabric into the size of pieces you need.
2. Put the right sides of the fabric together. Pin along the lengthwise edges. Stitch a  $\frac{5}{8}$ -inch seam to make a tube. Backstitch at both ends. This makes the side seam. (If you have two fabric widths, you will need to sew two seams.)
3. Press the seam open.
4. Finish the seam edges to prevent fraying. Most woven fabrics ravel unless the edges are finished. Seam finishes are usually done on a single thickness of fabric to avoid bulkiness and allow the seam to lie flat when pressed open. Here are several ways to finish seams:
  - a. Edgestitch close to each edge of the seam allowance. Set the machine to straight stitch. Guide the right edge of the presser foot along the cut edge of the fabric, stitching through one layer only. Stitching will be about  $\frac{1}{4}$ " from the cut edge.



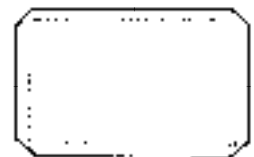
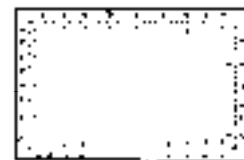
Running stitch



Slip stitch



Whip stitch



Pin Cushion

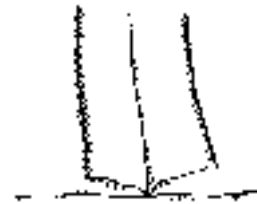


Straight stitch

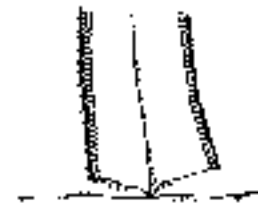
- b. Zigzag each seam allowance edge. Use a medium width zigzag and a medium to short stitch length. Stitch the “zig” in the fabric and the “zag” just off the cut edge. This seam finish works best on medium to heavyweight fabrics.
- c. Serge the seam allowance edge with an overlock stitch using a serger sewing machine.

Your project leader may have you practice seam finishes on sample fabrics before trying them on your garment. For more information refer to WI/LS200, *Let's Sew*.

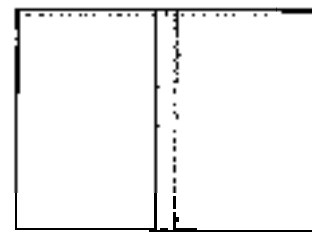
5. To make the heading, stitch around the top,  $\frac{1}{4}$  inch from the edge.
6. Fold the fabric toward the inside along the line of stitching and press. Then stitch around the edge again, close to the fold. This time you are stitching through two layers of cloth.
7. Fold the fabric to the inside once more. Make the fold  $1\frac{3}{4}$  inches deep. Press to get a sharp crease. Pin the edge to the skirt. Stitch along the pinned edge by machine. Go all the way around the skirt—except for a 2-inch opening (this is for the elastic). Backstitch at the beginning and end.
8. Make a second row of stitching,  $\frac{5}{8}$  inch from the top of the skirt. This will make a casing for the elastic.
9. Pin a large safety pin to one end of the elastic. Slip it through the two rows of stitching.
10. Lap the ends of the elastic 1 inch. Machine stitch an “X” several times to hold the ends together.
11. Push the gathers away from the opening. Pin the opening closed. Machine stitch, being careful not to stitch through the elastic. A zipper foot, if you have one, will make this easier.
12. Try on the skirt. Experiment until you find the best length. Ask your leader or parents to help.
13. For the hem, edge-stitch around the bottom,  $\frac{1}{4}$  inch from the edge. Fold the fabric along the stitching line and press. Stitch again, close to the folded edge.
14. Turn the hem up the amount you need. Press to get a sharp crease. Pin to skirt and machine stitch along pinned edge.



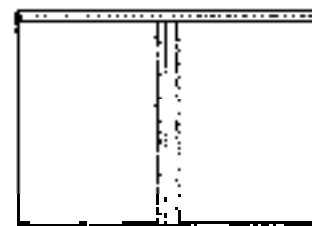
Zigzag



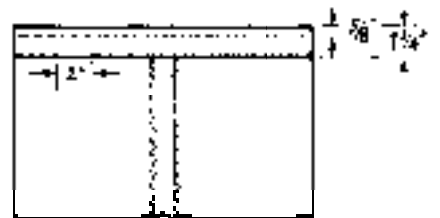
Overlock



Skirt (5)



Skirt (6)



Skirt (7, 8)

## Pull-on Shorts or Pants

You can make pull-on shorts or pants for school or play. They require a simple two-piece pattern with an elastic or drawstring waist.

*Taking measurements:*

Have someone take your body measurements over whatever undergarments you usually wear. You will need your waist and hip measurements at the fullest part of the hip. When measuring, the tape measure should be snug, but not tight.

*Choosing a pattern:*

Turn to the section of the pattern book for “Boys” or “Girls” when you go to the store to look at patterns. Look for patterns suggested as easy to sew such as “Quick and Easy” or “Jiffy.”

Select a pattern without pockets or with patch pockets.

### Pattern size:

The right size is very important. Your measurements may not be exactly the same as the pattern size, but should be as close as possible. The correct hip size is the most important.

A pattern has an envelope, a direction sheet, and the pattern pieces. The front of the envelope shows the ways the pattern can be made. These are called views. Choose the one you will make.

The back of the pattern envelope shows the pattern pieces. It suggests the kind of fabric and the amount to buy for the view you have shown.

The direction sheet shows you how to lay the pattern on the fabric and how to sew the garment together.

The pattern pieces have their own special markings.

### Fabric suggestion:

Choose a firmly woven cotton or cotton blend in solid color or a print for your first project with a commercial pattern.

### Pretreating the fabric

Before placing the pattern on your fabric, you must wash the fabric the same way you plan to wash the sewn item. Follow the care label instructions given on the fabric bolt. If you are using a cotton or cotton blend, wash it in the washing machine in warm water and then dry in the dryer.

### Placing the pattern on the fabric

Take the pattern pieces you will need for the view you are going to make from the envelope and write your name on them.

Take out the direction sheet and circle the view you are using.

Fold the fabric lengthwise with the selvages (finished edges) together.

Place the pattern on the fabric as shown in the pattern directions and pin.

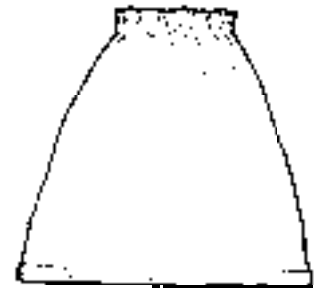
Have your leader or other adult check your pattern before you cut and explain the markings on the pattern to you.

Putting it together: Ask your leader or other adult to help you follow the directions for sewing your shorts or pants.

Follow the publication, PNW0197, *Quality Standards of Clothing Construction*, as you sew and further develop your skills. Copies are available from your leader or your county extension office.

## Clothing Care

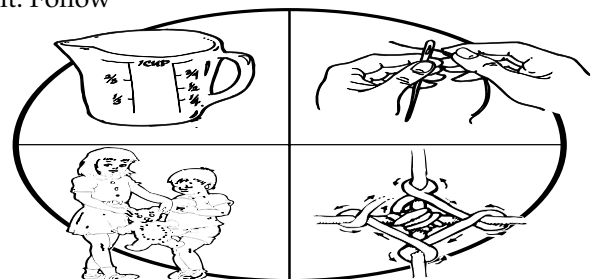
Care labels tell you how to care for your fabric. Look at the end of the bolt of fabric when you purchase your fabric and record how to care for it. Follow the care directions to help keep your garment looking new.



Skirt (13)



Skirt (14)



# HELPING LITTLE CHILDREN LEARN

Young children learn using all their senses. They want to touch, taste, smell, see, and hear objects. Children are naturally active, curious, and eager to do things. There is so much to learn and so many things to explore that young children need many different activities.

Play is one way children learn about themselves, other people, and the things around them. It is very important for young children. Play activities have different purposes, some develop the large muscles, others the small muscles (eye-hand coordination), and still others imagination and expression.

You may know little children who want to play with you. The activities in this project will give you ideas of things to do with 2- to 5-year-olds and toys to make that will help them learn and grow.

- Play finger games
- Choose and read a story to a child
- Learn an action song
- Make a picture book
- Make a toy
  - a nest of cans
  - sock puppet
  - modeling dough

Some of these are best for very young children, such as picture books and simple finger games. Action songs, some finger games, and modeling dough will interest older children. Choose an activity that the child will be able to do and enjoy.

## FINGER GAMES

Young children like to play games with one older person one-on-one or with just one or two other children joining in the game. Finger games help them learn new words and learn about numbers. They are a good way to help develop small muscles and coordination. These games are a good activity for a quiet time after playing hard or before meals, naptime, or bedtime. Try the games and choose the ones you like best. Try them with little brothers and sisters or other young children you know. Which ones are their favorites?

### *Here's a Ball*

Here's a ball (make a circle with thumb and first finger of one hand)  
And here's a ball (make a circle with thumb and first fingers of both hands)  
And a great big ball I see (arms over head to make a big circle)  
Let's count them  
Let me hear you  
One, two, three (make the three different size balls as you count)

### *Beehive*

Here is a beehive (left hand cups downward)  
Where are the bees?  
Hidden away where nobody sees (hide fingers of right hand under hive)  
Soon they'll come creeping out of the hive (fingers come out one by one)  
One, two, three, four, five. Buzz-zz (hand circles around hive).

### Itsy Bitsy Spider

An itsy bitsy spider (join first finger of right hand with thumb of left hand—first finger of left hand with thumb of right to make spider)  
Went up a water spout (rotate fingers to make spider go up)  
Down came the rain (downward motion of hands—flutter fingers)  
And washed the spider out (outward motion toward sides with hands and arms)  
Out came the sun (arms over head in a circle)  
And dried up all the rain (move hands left to right fluttering fingers)  
And the itsy bitsy spider (repeat spider motion)  
Went up the spout again.

### Two Little Houses

Two little houses all closed up tight (both fists closed)  
Open the windows and let in the light (open up hands)  
Ten little people, tall and straight (fingers and thumbs pointing up)  
Ready for school at half past eight.

### Right Hand, Left Hand \*\*

This is my right hand;	Right foot, left foot,
Raise it up high	Run, run, run.
This is my left hand;	Left foot, right foot,
I'll touch the sky.	Jump, jump for fun.
Right hand, left hand,	Face right, face left.
Twirl them around.	Turn round and round;
Left hand, right hand,	Face left, face right,
Pound, pound, pound.	Jump up and down.
This is my right foot	Right hand, left hand,
Tap, tap, tap.	Clap, clap, clap
This is my left foot;	Right foot, left foot,
Pat, pat, pat.	Tap, tap, tap.

\*\* Use hands and feet to describe words

### Other Games

You may know other games such as:

This Little Pig Went to Market

Pat-a-Cake

## CHOOSING STORIES

Children like stories about other children, animals, airplanes, spaceships, cars, trucks, and other things that are familiar. Choose stories that are short and have some action. The younger the child, the shorter his or her interest span. A 2- or 3-year-old will prefer to listen alone or with one or two others. Older children may listen to stories in a larger group their own age.

Children will enjoy the story more if they can see the pictures. The pictures should be colorful, simple, without a lot of detail, and fairly large. Stories for young children help them learn about the real world. Older children can understand what is real and what is make-believe, but use caution when selecting imaginary stories for younger children.

Young children can be frightened by stories of giants, monsters, or ghosts. Older children may enjoy fairy tales; they understand that they are not about real people.

Children like to look at pictures and make up their own stories, especially about things they know about.

## READING STORIES

Most children like to be read to. It's a way for them to learn about their world. It helps them learn words and ways to express their thoughts and feelings. It also encourages them to want to learn to read when they are older.

Look at children's books at home or at the library. You might bring a book to the 4-H meeting to share with the group.

Choose a story you enjoy and can read well. It's important for you and the child or children to have a comfortable place to sit. If you are reading to several children, you may want to sit in a semi-circle on the floor. Hold the book so the children can see the pictures.

Read slowly and distinctly so the children understand the words. Read in your usual tone of voice, but with enough expression in your face and voice to add interest to the story.

Let the children ask questions and talk about the story as you read or after you have finished.

Children often have favorite stories they like to have read over and over. If so, let them choose which story or stories to have you read. Stories are a good quiet time activity.

## ACTION SONGS

Young children like music to listen to, dance to, or songs to sing. They enjoy songs with actions that they can do while they listen to you sing. An older child will soon pick up the words and sing along with you. They may also make up songs of their own about everyday things they do.

There are many action songs in books of songs for children or songs for camp. You may have some favorites that you learned at school, in camp, or at home that you can share.

### *The Grand Old Duke of York*

The grand old Duke of York (children seated in chairs)  
He had ten thousand men,  
He marched them up to the top of the hill (stand up)  
And he marched them down again (sit down)  
And when they were up, they were up (stand up)  
And when they were down, they were down (sit down)  
And when they were only half-way up (stand half-way)  
They were neither up (stand) nor down (sit)

### *Looby Loo*

(Join hands in a circle)  
Here we go looby loo (walk toward center of circle)  
Here we go looby light (back to original place)  
Here we go looby loo (into circle)  
All on a Saturday night (back to place)  
You put your right hand in (right hand in toward center of circle)  
You take your right hand out (remove from circle)  
You give your right hand a shake, shake, shake (shake right hand)

And turn yourself about (turn around)  
Repeat with left hand, right leg, left leg, and whole self.

### Three Little Ducks

(Tune: Bell Bottom Trousers)

Three little ducks that I once knew (hold up 3 fingers)

Fat ones (hands far apart), skinny ones (hands close together), and fair ones, too.

But the one (hold up one finger) little duck with a feather in his back (put hands together behind back to look like a tail)

He ruled the others with a quack, quack, quack (open and shut hands like a duck's bill)

Down to the river they would go (point down—move hands left to right)

Wiggle (hands together—move arms back and forth), waggle, wiggle, waggle to and fro.

But the one little duck with a feather in his back

He ruled the others with a quack, quack, quack

He ruled the others with a quack, quack, quack.

### Other Action Songs:

Farmer in the Dell

London Bridge

Pease Porridge Hot

### PICTURE BOOKS

These books are fun for children 9 months to 2 years old. They can look at them by themselves or with you.

The pictures should be brightly colored and large without a lot of small detail. Choose a subject for the book that is familiar to the child: babies or small children, animals, cars, airplanes, trucks, or toys. For a child who is learning about colors, numbers, or letters, you could combine pictures and numbers or letters drawn on the page or the name of the color written in large letters.

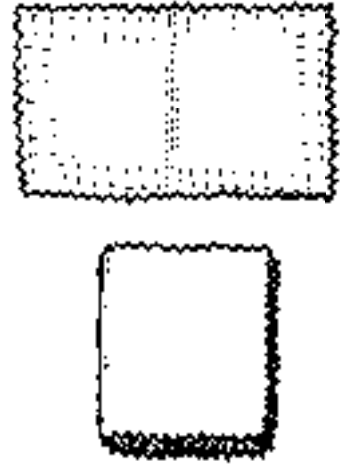
Make picture books using thin cardboard or cloth. The pages must be heavy enough to avoid tearing. Cloth books do not make noise when the pages are turned and do not tear easily.

Here's what you'll need:

- old magazines, calendars, or coloring books with pictures
- 4 to 8 pieces of cardboard cut to the size of the book
- rubber cement or glue stick
- scissors
- ruler
- paper punch
- notebook rings, ribbon, yarn, or heavy cord
- heavy fabric like heavy muslin, canvas, or sailcloth for cloth books, with thread to match
- clear acrylic coating to spray cardboard pages

Steps to follow:

1. Decide on the subject of the book.
2. Look for pictures.
3. Make a plan for putting pictures or a combination of pictures and drawings on each page.
4. Usually one or two pictures on a page is enough for very young children; 2- or 3-year-olds enjoy more.
5. Cut out and glue the pictures on the pages.
6. Spray cardboard pages with clear acrylic spray coating, laminate with clear contact paper, or heavy pages laminated at a photocopy center to help keep clean and prevent tearing.
7. Punch holes in the pages and put them together with notebook rings, ribbon, yarn, or heavy cord.
8. If making a cloth book, use pinking shears to cut out pages that are as long as the book is high and twice the width you want. You will stitch the pages down the middle to hold the book together.
9. Put pages of cloth book one on top of other and pin around outside edge every 2–3 inches to hold in place.
10. Stitch two or three times close together down the center of the book from top to bottom to hold the pages in place.



## MAKING TOYS

Safety is very important when selecting or making a toy for a young child. There should be no sharp edges or points, paint should be lead-free, eyes on stuffed toys should be sewn on tightly. The toy should be small enough and light enough for the child to carry, and it should not have small removable parts that a child could swallow.

Children like bright colors, and toys that make noise, are light enough to lift and carry, and that can be used many different ways.

### Nested Cans

A child can do many things with nested, brightly colored cans, such as:

- fit one inside another
- stack them to make a tower
- use the large one to carry small toys or objects
- put things in and take them out of the cans

To make nested cans you will need:

- three or four empty cans of different sizes such as 10 <sup>1</sup>/<sub>2</sub>-ounce can, 16- or 20-ounce fruit cans, and a 32-ounce coffee can
- spray paint, acrylic coating, or contact paper in bright colors such as red, orange, yellow, green, or blue.
- can opener or hammer to smooth sharp edges
- newspapers

Steps to follow:

1. Select cans that will fit inside one another.
2. Check the edges of the opened ends for rough spots. Smooth any rough edges with a can opener or use a hammer to pound the edges smooth.
3. Remove the paper labels and wash off the glue. The cans should be clean and smooth before you paint or cover them.

4. Decide what color(s) to use. The cans may be all one color or different colors.
5. Spread newspaper beneath the can before you paint.
6. If covering with adhesive contact paper, carefully measure and cut the paper to fit the outside of each can before smoothing on.

## Modeling Dough

Children like to do things with their hands. You can help a 3-to 4-year-old child make modeling dough. Children can squeeze, roll, and shape it. They can bake it or let it air dry and paint it.

Here's a recipe for making dough;

- 1 1/2 cups flour
- 1/2 cup salt
- 1/2 cup water
- 1/4 cup vegetable oil
- food coloring, if you wish

Steps to follow:

1. Mix the flour and salt in a bowl.
2. Slowly add the water (add coloring to water if used), stir to mix well.
3. Slowly add the oil, mixing well.
4. Knead dough in bowl for at least 5 minutes.

The dough will harden if left in the air or it can be baked on a cookie sheet at 350°F.

The dough will keep several days if put in the refrigerator in a covered jar or a plastic bag.

If you are helping a child make the dough, work on a counter top or table covered with paper. The dough is crumbly until thoroughly kneaded. Clean-up will be easier if the child plays with the dough on a table where he or she can roll it and shape it.

## Sock Puppet

Playing with puppets helps children use their imagination. Puppets can speak for children since the attention is on the puppet not the child. Children can feel free to practice words and express ideas and feelings that they might not otherwise try. Puppets can be used to tell a story or sing a song. To give a short play with a group of puppets you will need:

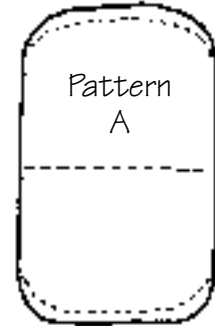
- one size 6 or 7 sock, white or one-colored
- two buttons pieces of felt, or cloth for eyes
- red felt or cloth for a mouth
- lightweight cardboard (file folders or index cards)
- yarn for hair
- scissors
- needle and thread

Steps to follow:

1. Sew two buttons, one on each side of the top crease of the sock about one inch from the toe. These are the eyes.
2. Cut a circle 1 1/4 inches in diameter from the red felt or cloth for the mouth.



3. Fold the circle over the crease on the bottom of the sock about 1 1/2 inches from the tip of the toe and whipstitch to hold in place.
4. Cut pattern A from the cardboard. Turn the sock wrong side out. Fold the cardboard in half and stitch ends of the cardboard to the top and bottom of the mouth. Turn sock right side out.
5. Sew on some yarn for hair. You can add a nose and eyebrows with a felt-tipped pen.
6. Make the puppet talk by putting your fingers above one piece of cardboard and your thumb below the other.



## MAKE IT FOR YOUR ROOM

You can add a bulletin board, a big pillow, a wastepaper basket and pencil holder, or a colorful decoration to your room. Look around your room and decide what you need that would be fun to do. If you share a room with someone else, you'll want to talk it over with them and with others at home too.

You could choose any one of these:

- bulletin board
- wall hanging
- mobile
- matching wastepaper basket and pencil holder
- pillow
- Eye of God

Choosing the color or colors for your project is one of the most exciting things about making something for your room. Select colors you really like. You might pick colors that are similar to and will harmonize with ones already there, if you have several colors in your room. You may choose colors that contrast with ones you have to add more variety.

If there are already several patterns in your room such as flowers, stripes, plaids, prints, and many different sizes and shapes of objects, choose simple, plain shapes or a quiet pattern for your project. If there is very little pattern in the room, a bold, colorful design may be just what you need.

## BULLETIN BOARD

A bulletin board is a good way to show pictures, newspaper clippings, and other things you save. It keeps the walls from being marked up by tacks or tape.

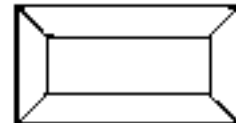
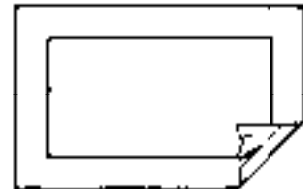
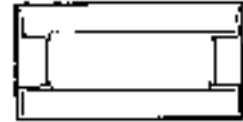
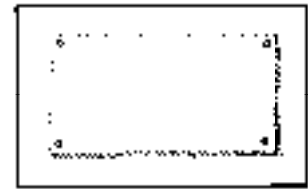
There are many ways to make a bulletin board. Cut it from a cardboard box and cover with fabric or paint. Large pieces of cardboard from shipping cartons are often available from furniture or appliance stores.

You can also decorate stiff polystyrene foam, cork, or composition board and hang using screw eyes or picture hangers and cord or wire.

## Fabric-covered bulletin board

Steps to follow:

1. Cut fabric  $1\frac{1}{2}$  inches wider on each side than cardboard. Place fabric right side up evenly on the cardboard and thumbtack it at the corners to hold in place. Remove tacks when board is finished.
2. Turn the board over.
3. Fold in  $1\frac{1}{2}$  inches on all four sides.
4. Open, fold corners on the diagonal.
5. Trim corners  $\frac{1}{2}$  inch from crosswise fold.
6. Fold back on first fold lines and glue to cardboard.
7. Attach a wire, cord, or string for hanging the board. At both top corners, measure 3 inches from the top and side of the board and mark. Make a small hole through the board at the marks using a nail. Run the ends of the wire, cord, or string through the holes from back to front and then through both holes of a two-hole button and to the back of the board. Knot cord or string, or twist the wire to hold in place.



## BANNER OR WALL HANGING

One easy way to begin a banner or wall hanging is to make a design on paper. You can also decide the size to make it by placing the paper where you plan to hang the banner.

The background can be any firm or medium to heavyweight fabric such as muslin, canvas, denim, burlap, or felt. A solid color that fits in with other colors in the room makes a good background for other solid colors or prints.

Use fabric scraps such as percale, wool, denim, burlap, or felt for the design. Yarn of different colors also makes an attractive hanging. Small lightweight objects such as buttons, beads, or bells may be a part of the design.

You may glue, iron on, or stitch the design.

You will need:

- paper (newsprint, butcher paper, or wrapping paper)
- crayons, colored pencils, or felt-tipped pens
- scissors
- white glue
- pins
- fabric
- thread
- cord
- 2 dowels or lightweight plain metal rods for hanging

Steps to follow:

1. Decide on the size of the wall hanging.
2. Choose a design and draw it on paper first. You may want to start with a small drawing and then enlarge it. Color the small design to see if you will like the colors you have chosen. Your design motif might be rainbows, animals, birds, fish, words, circles, squares, hearts, faces, flowers, or sport symbols. Repeat shape or try a combination of different shapes and small objects.
3. Cut out the background fabric the size of the finished hanging plus  $1\frac{1}{2}$  inches at the top and bottom to make tubes for the rods. To hem the sides, leave more fabric on each side for a hem.

4. Cut out the fabric pieces of the design, place them where you want them to be and pin them on the background.
5. Glue, stitch, or iron the design in place.
6. Hem the sides of the banner if needed by turning under  $\frac{1}{4}$  inch of the fabric and pressing then turning under  $\frac{1}{4}$  inch and pinning and stitching along the edge.
7. Turn under  $\frac{1}{2}$  inch of fabric at the top and bottom and press. Turn under 1 inch and press again. Stitch close to the inside edge. This will make a tube for the dowels or rods.
8. Push the rods through the tubes. Fix the ends of a cord to the top rod and the banner is ready for hanging.

## MOBILE

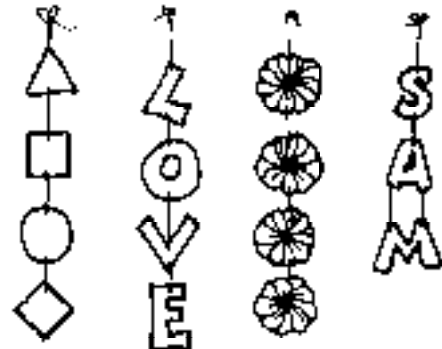
A mobile makes an interesting and colorful moving decoration for your room that's fun and challenging to make. You can make a string mobile. It is a group of shapes made from paper, cardboard, felt, or heavy aluminum foil suspended on a string or thread. They are balanced so they move with a slight air current.

To make a string mobile you will need:

- material for the shapes
- scissors
- glue
- pencil
- ruler
- thread or string
- felt-tipped pen or crayon

Steps to follow:

1. Cut out two of each of your shapes.
2. Decorate each shape with a felt-tipped pen if desired.
3. Lay one set of shapes face down exactly as the parts will hang on the mobile.
4. Lay a thread or string along the center of the shapes starting at the bottom of the mobile. Leave enough string at the top to hang it up.
5. Glue the string to each shape and then hold up the string to be sure the shapes balance, adjust them if necessary.
6. Glue the second copy of each shape to the first, wrong sides together, pressing them together carefully.
7. Since the main purpose of a mobile is movement, hang it where a slight draft or air current will allow it to move. Hang the mobile at eye level or a little higher.



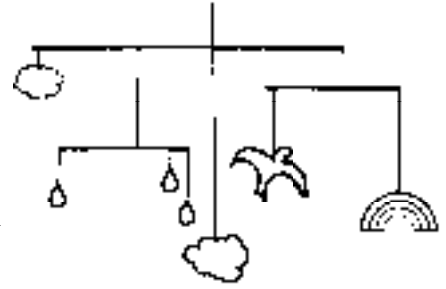
## More Difficult Mobile

Make more difficult mobiles using small, smooth sticks, balloon sticks, dowels, galvanized steel wire, or plastic drinking straws. Choose the material for the arms by how heavy the shapes are. The arms may be straight or curved. Hang the shapes from nylon thread, nylon fishing line, or heavy sewing thread.

Balance is the key to a mobile. Start with a simple design. Always start from the bottom up by balancing the lowest arm first.

Steps to follow:

1. Cut out the shapes; they will be seen on both sides so color or decorate all sides.
2. Attach a thread to each shape. The easiest way is to thread a large needle. Push the needle through the balance point. This is the place at which the weight is the same on each side. The balance point of a regular shape, such as an oblong or square, will be at the center of the top edge. The balance point of an irregular shape, such as a flower, fish, letter or other shape, is the point at which the weight is equal on all sides. Pull the thread until you can tie a knot at the top of the shape. Leave the thread long enough to hang the length you want it from the arm plus enough to tie to the arm.
3. Tie the balanced shape to one end of the arm tightly and put a drop of glue on it to hold it securely.
4. Balance and tie the second shape at the other end of the arm.
5. Decide where the balance point of the lowest arm is before attaching the thread. Lay the arm on a pencil or stick; when the arm stays level you have found the balance point. Tie the thread at this point, then check the balance again by holding up the string to see if the arm hangs level. If it doesn't, move the string slowly along the arm until it does.
6. Balance the second arm the same way. Tie the two arms to the topmost arm, balance, and tie in place.
7. When you are trying to balance an arm, remember that the balance point will be the exact center only if the two shapes tied to either end are equal in weight and the threads are the same length.
8. Hang your mobile where a slight draft will make it move. Mobiles are usually hung from the ceiling. How it is attached depends upon the weight of the mobile. A thumbtack will hold up a light mobile, but a heavier one will require a hook or screw eye.



You can make mobiles using many different small objects as well as shapes cut from flat material as suggested for the string mobile. They can also be balanced in different ways.

## WASTEPAPER BASKET AND PENCIL HOLDER

Make a matching wastepaper basket and pencil holder from a large ice cream container and a soup can. Ask a local ice cream store or drive-in to save a container for you.

Steps to follow:

1. Start with clean containers that you have washed and dried. Check the edges of the can where the end has been removed to be sure it is smooth.
2. To decorate the outside, choose something you like such as video games, music, sports, cartoons, cars, or circus animals. Find pictures in magazines, coloring books, wallpaper samples, or draw your own. Cut the pictures out; paste or glue them on. You may make a collage by covering the entire surface with pictures. Protect it with clear varnish or acrylic coating.
3. Another way to finish the outside of the container is to cover it with a solid color or patterned contact paper or paint it.
4. Paste or glue a picture or several cut-outs on containers covered or painted a solid color. You can combine stick-on letters or numbers with picture cut-outs.

5. Paint the soup can or cover it with a solid color to harmonize or contrast with a color used on the larger container.

## PILLOW

Pillows are fun to make and comfy to have around. You can make them any size or color you can imagine. Materials to decorate pillows include iron-on fabric, applique, rick-rack, decorative trims, or decorative stitches. Pillows can be large for your floor or smaller for a bed or chair.

### Floor Pillow

*Supplies needed:*

- fabric
- stuffing such as polyester fiber, old cut-up nylons, or feathers
- thread to match fabric
- scissors
- needle—thimble
- trim
- pattern, if needed

*Fabric Suggestions:*

Choose firmly woven fabric that launders easily and will take wear such as denim, sailcloth, ticking, or heavy muslin. Select a single color or combination that will blend or contrast with other colors in the room. A light color will show soil more quickly than a darker color.

*Shapes:*

A simple shape such as a square or rectangle is easiest to sew and stuff. However, you can make large, simple shapes such as a turtle, cat, fish, happy face, fruit, or vegetable.

*Steps to follow:*

1. Pretreat fabric according to the directions on the care label.
2. Make a pattern if needed.
3. Cut two pieces of fabric the size and shape you want the pillow to be, allowing a  $\frac{5}{8}$ -inch seam allowance.
4. Add design on the right side of the pillow before putting it together.
5. Place the right sides of the fabric together, pin and stitch a  $\frac{5}{8}$ -inch seam, leaving an opening of 4 to 5 inches.
6. Turn right side out and put the stuffing through the opening.
7. When the pillow is full, turn in the seam of the opening and slipstitch, overcast, or whipstitch it closed.

To make a new cover for a pillow you already have, use the old cover for a pattern. Measure the length and width of the pillow, adding the seam allowance.

If you are using an outer fabric that is not washable or you want to wash only the cover but not the pillow, make an inner pillow of closely woven fabric, cotton, muslin, ticking, or unworn pieces of discarded sheets.

# EYE OF GOD

Indians of Mexico and Bolivia wind brightly colored yarn over a simple frame of crossed sticks and call it Ojo (oho) de Dios or Eye of God.

Ojos can be made in different sizes and used for wall decorations, to hang in a window, or as Christmas ornaments.

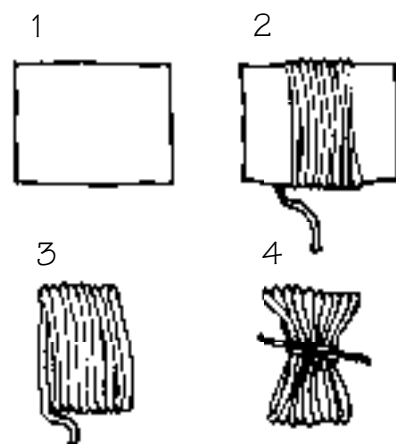
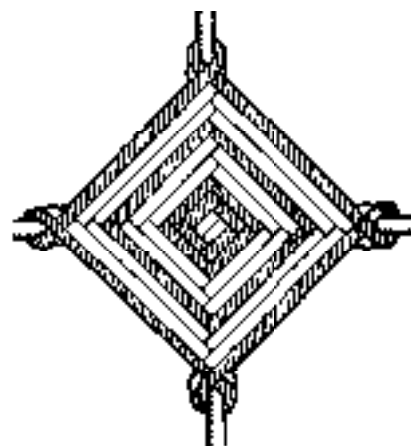
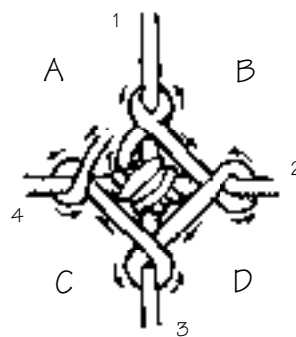
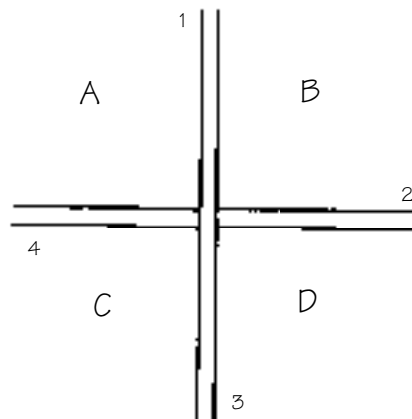
## Supplies needed:

- 2 sticks the size you want the finished Eye of God to be; make small ones on popsickle sticks or skewers
- solid or multi-colored handknitting yarn, heavy colored cord, jute, or heavy crochet cotton
- white glue
- pencil
- scissors

## Steps to follow:

1. Glue the sticks together at right angles at the center and let dry.
2. Number the sticks in pencil starting with number 1 at the top and number clockwise.
3. Think of the space between sticks as lettered A, B, C, D, starting with A between stick 1 and stick 4 and lettering clockwise.
4. Choose the colors and design you want, and draw it on paper before you start. Designs with three colors usually look nice.
5. Select the color for the center of the eye. Holding the end of the yarn at the back of the sticks, wrap the yarn three times from space A to C and then three times from B to D to make an X in the center.
6. Bring the yarn from behind stick 4, over stick 1, and behind stick 1 to form a loop and carry to stick 2.
7. Go over stick 2, under stick 2, over stick 2, forming an X in the center and carry to stick 3, over, under and over stick 3 to stick 4, continuing in a clockwise direction. Each yarn should lie beside, not on top of, the preceding one. Keep the yarn tight as you wrap, but not so tight the yarn overlaps. Work from the center out.
8. To change colors, cut the yarn you are working with long enough to make a knot. Tie two yarns together, making sure the knot goes to the back of the stick where the new color starts. Secure the knot with a drop of glue.
9. Continue wrapping until you are  $\frac{1}{2}$  inch from the end of the sticks. Cut the yarn leaving a 7-inch tail. Tie the tail in a knot on the back of the last stick you wrapped. Use the rest of the tail to make a loop for hanging.
10. Leave the ends of the sticks as they are, paint them, or wrap with yarn. Tassels of yarn may be hung at the ends. You can also make small Eyes of God and hang them from the crosswise arms.

Some people finish the ends with pompons. To make a pompon, wrap yarn around a rectangle or square of cardboard of the size you want the pompon to be. Carefully remove the yarn from the cardboard and tie it with another piece of yarn firmly in the middle. Cut the loops on each end, fluff the pompon, and trim it to a round shape.



# THINGS I CAN DO

Place a check mark beside each one of the skills listed below as you learn how to do it.

## What's to Eat?

- choose foods that help me grow and keep healthy
- tell someone else why each of the food groups are important and why we should not eat too much sugar or fat
- read and follow a recipe
- measure accurately
- use kitchen tools and appliances safely

Make:

- a snack
- a sandwich
- something for breakfast
- a main dish
- a dessert

## Starting to Sew

- identify and use sewing tools
- thread the sewing machine, wind and put the bobbin in place
- sew a straight and a curved seam
- control the speed of the sewing machine
- put in a hem or heading

Sew by hand:

- tie a knot
- use a thimble
- use a slipstitch, whipstitch, or overhand stitch
- use a simple pattern
- recognize good stitching

Make at least two of the following:

- carry-all bag
- pin cushion
- pop-on-skirt
- pull-on shorts or pants
- other

## Helping Little Children Learn

- play a finger game with children
- sing an action song
- make a picture book
- choose and read a story suitable for a young child
- choose a safe toy for a young child

Make a toy:

- a nest of cans
- modeling clay
- a sock puppet

## Make It for Your Room

- choose colors that add to the attractiveness of my room

Make something for my room:

- bulletin board
- wall hanging
- mobile
- wastepaper basket and pencil holder
- pillow
- Eye of God

## General

- show and tell someone else something I learned
- exhibit something I made
- finish my record book



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