UNIT II  4-H FOOD AND FUN

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Pullman, Washington

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Institute of Agricultural Sciences
FOOD AND FUN WITH FRIENDS

COME ALONG AND SHARE YOUR FOOD AND FUN IDEAS!

This is your chance to entertain the gang in your own home or in school with foods you can prepare easily and well.

It's the time, too, that you learn how to plan with friends for recreation as well as food. Put your best foot forward, not only in the dance but in your courtesies at tea time, banquet time, or 'most any time.

1. PLAN AND SERVE five or more of the following:
   - Kitchen snacks after the game.
   - Open house refreshments
   - Beach picnics
   - Backyard barbecues
   - Guest breakfast or luncheon
   - Sunday night supper (buffet)
   - Luncheon or dinner for friends
   - Holiday party (buffet)
   - Party for children under seven years of age

2. PREPARE each of the following five times:
   - Sandwiches for special occasions
   - Desserts for light refreshments
   - Beverages for parties
   - Sweets for teas and open house
   - Food mixes prepared ahead of time
   - Main dishes (meat, fish, poultry, cheese, or eggs)

3. LEARN AND PRACTICE introductions, table setting, and decorating

4. EAT AT A RESTAURANT. Compare it with eating at home:
   - Cost
   - Appearance and quality of foods
   - Service
   - Atmosphere

JUDGE
Meals, foods, and work methods

EXHIBIT
1. Portfolio, card file, or looseleaf booklet with entertaining suggestions and plans for five special occasions, including menu cost, decorations, color scheme, recreation, and favors.
2. Three foods prepared ahead of time and stored to use for guest and family meals. Examples are: chocolate or cocoa syrup, grated cheese, cake and biscuit mixes, bread crumbs, sweets, jellies, preserves, and relishes. Show examples of these in small, uniformly labeled, tightly covered containers.

DEMONSTRATE or give illustrated talks:
- Special party foods or party meals
- Packing gift boxes

BE IN A CONTEST—Meal Preparation

ON THE FOLLOWING PAGES are some ideas for your club activities during the year. Ten plans are given. You'll have other ideas to add to these.
SNACKS FOR THE GANG

OUR 4-H CLUB is meeting here this evening. What shall we serve? If it's a hot evening, try a cool, fruit beverage. Wintertime might call for toasting some food while you warm up.

SNACKS FOR THE GANG

meetings 1 & 2

FUN WITH THE GANG is fun for everybody. Here is one kind of entertaining we can all do together.

TO FIND OUT HOW TO DO IT—
DISCUSS—
Types of foods suitable for quick snacks
Costs of food for snacks
Preparation ahead of time

SHOW—
How to make different kinds of sandwiches for quick snacks
How to make a variety of beverages for quick snacks

JUDGE OR SCORE—
Sandwiches made
Beverages made

"AT-HOME" ACTIVITIES
Talk over your project with your family. Plan special features to do at home.
Make sandwiches and beverages for quick snacks. Extension Mimeographs 609, Drinks for the Family; 628, Top Notch Sandwiches for the Gang; and 791, Buffet Suppers, will give you ideas. Your leader has other booklets.
On the last page of this bulletin, record what you did.
THE HOLIDAYS

Mother and Father always have open house during the holidays. Friends come and go all afternoon and evening. Mother plans simple foods so she and Father have lots of time for visiting. The dining table is pushed against the wall, but stretched full length for food. It’s an exciting time and we help get the house and food ready.

TO FIND OUT HOW TO DO IT—
DISCUSS—
Whom to invite and how, making introductions
Refreshments to serve for open house or for a large tea
Amounts to buy, costs
Decorations, table settings

SHOW HOW TO—
Make dips for crackers and chips
Prepare fruits and vegetables to serve as finger foods
Prepare beverages for open house
Prepare sweets for open house or a tea
Prepare sandwiches or cakes for a tea
Prepare mixes to be used at a party

SCORE OR JUDGE—
Food products prepared

"AT-HOME" ACTIVITIES
Prepare food mixtures ahead of time
Help plan and prepare foods for open house or a tea. Extension Mimeographs 448, Being Good Hosts and Hostesses; 447, We Entertain at Home; 454, Afternoon Teas; and Extension Bulletin No. 420, Fun Fixing Flowers are references you can use.

Work on a card file or portfolio of party suggestions.
On the last page of this bulletin, record what you did.
HURRAY! We’re going to the city for a visit. On the way, we’ll stop at Tacoma for lunch at Mother’s favorite tearoom. We like to go to this restaurant which has soft lights, fresh and pretty table cloths and napkins, and sparkling silver and dishes. This calls for our best behavior.

TO FIND OUT HOW TO DO IT—
DISCUSS—
Ways to eat while traveling
Menus from different restaurants
Different types of eating places and their services
Cost of meals, of separate items, and tips
Costs of food in restaurants compared with costs of packed lunches

SHOW HOW TO—
Enter a restaurant and proceed to a table with family or date
Order a meal à la carte or a complete meal
Ask for information about food
Pack a lunch for a trip

JUDGE—
A packed lunch
A restaurant meal

“AT-HOME” ACTIVITIES
Put types of menus in a portfolio or notebook
Use Extension Mimeograph 459, Has It Happened to You, for pointers on how to act in restaurants.

meetings 5 & 6
WE ENJOY eating away from home once in awhile. As band members, we may stop at a lunchroom in a neighboring town on our way to play at a game. Maybe friends come to town and the family eats out. Or on our way to the 4-H Fair, we may stop in a public eating place. When we know how it’s done, eating away from home is pleasant as can be.

Pack a lunch
Compare prices of food at home and at restaurants
On the last page of this bulletin, record what you did
LITTLE FOLKS like parties, too! Remember what fun it used to be to “Pin the Tail on the Donkey” and help blow out the birthday candles? Now, you can share your food and fun ideas with your younger brothers, sisters, or friends.

JANE WILL BE FIVE next week, and you and Jim plan to give the birthday party. Jane is asking seven of her kindergarten friends who live nearby.

You learned in school that simple refreshments and not too much of each are best. This rhyme expresses one child’s wish—

“Animal crackers, and cocoa to drink,
That is the finest of suppers I think.
When I’m grown up and can have what I please,
I think I shall always insist upon these.”

SHOW HOW TO—
Make cocoa
Decorate a birthday cake
Set a table
Make children’s sandwiches

SCORE—
Cocoa, sandwiches

“AT-HOME” ACTIVITIES
Plan, prepare, and give a child’s party
Work on your card file or portfolio
Get suggestions for parties from magazines
On the last page of this bulletin, record what you did
WOULD YOU LIKE A PARTY where the boys take the lead in planning and cooking the food? Girls can help, too, of course. There are special tricks to outdoor cookery that cut down on dish washing. Cooking over an open fire is quite different from cooking on mother's electric range. Here's one way to try it.

It's fisherman's luck—when Sue hooks a fish, Jim agrees to cook it. That means the boys build the fire, too. After they've found out how to do it, they all agree that the food tastes wonderful, spiced with open air, sunshine, and fun.

TO FIND OUT HOW TO DO IT

DISCUSS—
Kinds of foods to cook and serve outdoors
Ways of serving

SHOW HOW TO—
Steam clams
Make a barbecue sauce
Make kabobs (fish, beef, or cheese)
Build an open beach fire
Build a fire in a backyard fireplace
Cook fish over an open fire
Cook food in a pit
Pack a lunch
Use tin cans for cooking
Cook on a stick over an open fire
Use foil for cooking outdoors

JUDGE—
Food products prepared
"AT-HOME" ACTIVITIES
Plan and prepare a beach or backyard picnic
Your leader has a kit of ideas for outdoor cooking. Magazines offer good ones, too.
Cook the main dish outdoors
Make food mixes to be used later
Work on portfolio, card file, or notebook
On the last page of this bulletin, record what you did
What I've Done at a Glance
(Mark it down each time you do the job)

<table>
<thead>
<tr>
<th>JOB</th>
<th>PLACE TO MARK(MARK)</th>
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<tbody>
<tr>
<td>Made sandwiches for special occasions</td>
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<td>Made desserts for parties</td>
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<td>Made beverages for parties</td>
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<td>Made sweets for teas or open house</td>
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<tr>
<td>Made food mixes ahead of time</td>
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<td>Made main dishes for buffet or picnic</td>
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<td>Served kitchen snacks</td>
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<td>Served open house</td>
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<td>Had a beach picnic</td>
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<td>Had a backyard barbecue</td>
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<td>Served a buffet supper</td>
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<td>Served a children's party</td>
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<td>Served a tea</td>
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<td>Served tray refreshments</td>
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<td>Ate at a restaurant</td>
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<td>Packed a box lunch</td>
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<td>Judged foods or work methods</td>
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<tr>
<td>Made a portfolio, card file, or looseleaf notebook of party ideas</td>
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<td>Demonstrated party foods and serving</td>
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<td>Exhibited foods or party illustrations</td>
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<td>Planned recreation for parties</td>
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<td>Arranged flowers or decorations</td>
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<td>Helped with family guests</td>
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SUMMARY OF FIVE PARTIES DESCRIBED IN PORTFOLIO OR NOTEBOOK—

<table>
<thead>
<tr>
<th>Menu</th>
<th>Cost</th>
<th>Theme or Decoration</th>
<th>Recreation</th>
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Be sure to list these activities on your summary sheet in 4-H Record Book.

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