

Foods #TCDProjectChallenge Instructions:

1. Read through the Lesson Plan
2. Complete the challenge
3. Fill out the Lesson Worksheet
4. Take a picture during some part of your Challenge
5. Email your challenge picture and a picture of the front and back of your completed Lesson Worksheet to pmaddy@ksu.edu or text it to 785-877-7262.
6. Challenge pictures will be posted (not the worksheet pictures) on our respective county 4-H Facebook pages and our Twin Creeks District Facebook page.
7. Your name will be entered into a drawing for a project prize that will be given at our 2020 Achievement Banquet next fall.
8. Each time you complete a challenge, your name will be entered into a drawing for that project area.
9. You can complete any and all challenges, even if you are not enrolled in 4-H.
10. Challenges are divided into three age groups -- 7 to 9, 10 to 13, and 14 and up.
11. **Pictures of your challenge and lesson worksheets are due by the last day of the month, November 30, 2019.**
12. Printed copies of the challenge can be picked up at your local Extension Office.
13. Do not hesitate to contact me if you have any questions (pmaddy@ksu.edu or 785-877-5755 or 785-877-7262). I am excited to see your pictures and what you learn through these challenges.



#TCDDProjectChallenge

Foods: *Kitchen Safety Basics*

All Ages: 4-H Cooking 101
pages 13 - 17

Age 7 to 9: Pocket Sandwich

Age 10 to 13: Build your own
Breakfast Sandwich

Age 14 & up: Easy Ham &
Cheese Stromboli

Time: varies

Goal: To Learn Basic
Kitchen Safety Through
Practicing Skills In
Making Sandwiches

Self-Evaluation BEFORE: Using
the rating scale below, answer
the following statements:

- 1 = not at all
- 2 = a little
- 3 = a lot.

I know how to...

Wash hands correctly.....1 - 2 - 3

Prevent getting cut.....1 - 2 - 3

Wash the dishes in the correct
order.....1 - 2 - 3

Ingredients/Materials:

*Ingredients vary with each age level
(see attached handouts)*

Instructions:

All Youth: Read and practice materials from 4-H Cooking 101,
pages 13 - 17 (attached)

Youth 7 - 9: Demonstrate skills learned by making the recipe
Pocket Sandwiches (attached)

Youth 10 - 13: Demonstrate skills learned by making the recipe
Build Your Own Breakfast Sandwich (attached)

Youth 14 +: Demonstrate skills learned by making the recipe
Easy Ham and Cheese Stromboli (attached)

Tips & Tricks:

*Check to see if you have all your necessary ingredients and
equipment before you begin your recipe!!!*

#TCDProjectChallenge

Foods: Kitchen Safety Basics

Life Skills Learned: (Check all that apply.)

- Positive Self-Concept
- Inquiring Mind
- Concern for Community
- Sound Decision-Making
- Healthy Interpersonal Relationships

Leadership (teaching someone what you have learned — Int./Sr. levels.)

- Taught lesson to other 4-Hers
- Taught lesson to classmates
- Other _____

Self-Evaluation AFTER: Using the rating scale below, answer the following statements:

- 1 = not at all
- 2 = a little
- 3 = a lot.

I know how to...

- Wash hands correctly.....1 - 2 - 3
- Prevent getting cut.....1 - 2 - 3
- Wash the dishes in the correct order.....1 - 2 - 3

Evaluation: (express your experience)

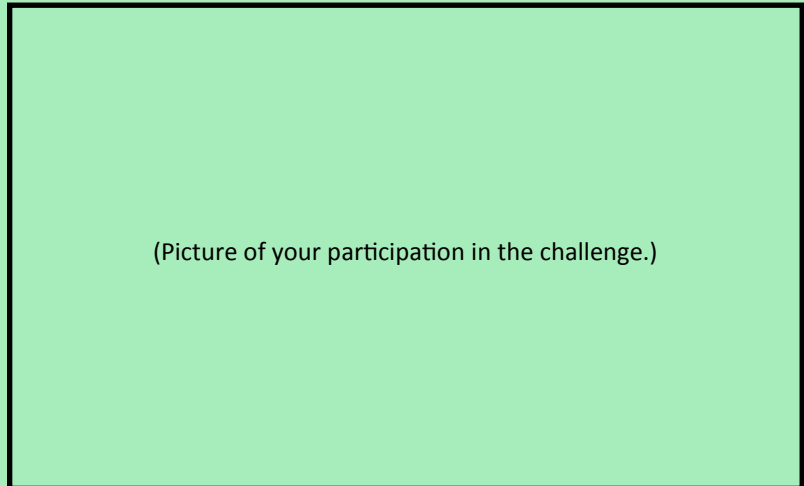
What did you learn about food or kitchen safety? _____

Why is it important to know how to handle food safely? _____

What was the hardest part of the activity? _____

Citizenship (community service examples of sharing what you learned.):

- Shared sandwich with neighbor or friend
- Shared what I have learned with someone in my family
- Other _____



Member's Signature

Date

Resources:

4-H Cooking 101 and 201
University of Illinois

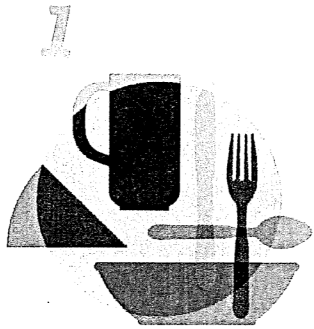
SimplyRecipes.com

Patsy L. Maddy, 4-H Youth Development Agent
 Jenilee Godsey, Youth Ag - Alyssa Rippe-May, Livestock/Horticulture
 Keith VanSlike, Ag & Natural Resources - Karen Shepard, FCS
 Stacy Brown, Director & FCS



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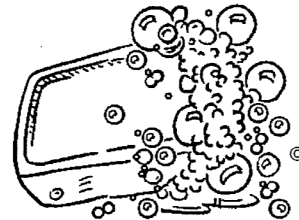


FOOD SAFETY BASICS

Cleanliness is important when preparing food to eat. Food can carry germs that make you sick. Dirty cooking utensils, hands, clothes, or work areas can also spread germs to the food you are preparing. Follow some simple rules when you are cooking to keep your food safe. These rules should become a habit — things you do without thinking because you know the rules well.

Before You Begin To Cook

- Wash your hands with soap and warm water for at least 20 seconds.
- Be sure your fingernails are clean.
- Check to see that your work area is clean.
- Wear clean clothes.
- Wear an apron or tie a clean kitchen towel around you to keep from spreading any germs to the food and to keep your clothes clean.
- Use clean cooking utensils.
- Clip long hair back so that it will not fall into the food.
- Use a clean cloth or paper towel to wipe your hands. This prevents spreading germs. Do not wipe hands on your clothes or apron.
- Use a paper towel or mop to wipe up spills on the floor. Don't use the dish cloth or towel. The floor surface is covered with germs.



While You Are Cooking

- Keep your hands away from your hair, face, and pets. Don't lick your fingers.
- Cover your nose and mouth if you have to sneeze or cough. Wash your hands before you start to cook again.
- Do not use your mixing spoon for tasting foods. Use a separate spoon for tasting. Never put a used tasting spoon into food that is to be served to others.
- Keep dairy products, meat, poultry, and eggs cold. Don't leave them out of the refrigerator while you are cooking or they may spoil.



1

Clean the Food

- Wash fresh fruits and vegetables in plenty of cool water before using them.
- Use a vegetable brush to wash foods such as carrots, celery, and potatoes to remove any soil that remains.
- Wipe the tops of all cans, boxes, and bottles before opening them. This helps remove any germs that are on them.
- Look for clues that food is spoiled. Spoiled food can make you sick. Check the color: does it look right? Check the odor: does it smell the way it should? Check the appearance: do you notice anything unusual about the way it looks? If any of these clues make you think the food is spoiled, ask an experienced cook if the food is safe to use. Never taste food you think is spoiled.

Time for Clean up

Soaking cooking utensils will make them easier to wash. Wipe greasy dishes and pans with a paper towel before washing.

Dishwashing is easy if you use plenty of hot water and soap. (If you have an automatic dishwasher, ask how to use it.) There are three steps in washing dishes.

Step 1: Scrape and stack. Use a scraper or paper towel to remove food. Sort the dishes; put glassware together, silverware together, pots and pans together.

Step 2: Use hot, sudsy dishwater. Wash the glasses first; wash the rims carefully to destroy any germs. Then wash the silverware. Always wash sharp knives separately. Next, wash the rest of the dishes. Rinse the inside and outside of everything you wash with hot water and then let them air dry. Wash pots and pans last.

Step 3: Return any leftover ingredients and cooking utensils to storage. Clean your work area, stove top, and sink. If food has been spilled in the oven, let the oven cool before cleaning it.



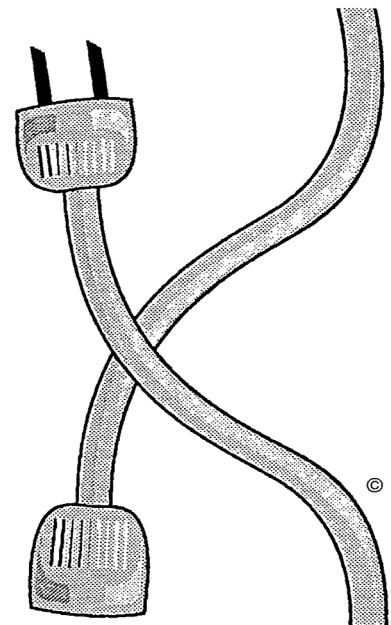
KITCHEN SAFETY BASICS

Be Considerate When You Use the Kitchen

- Ask permission to use the kitchen and prepare the food.
- Keep the kitchen neat and clean while you work.
- Wash all dishes and cooking utensils and put them away when you are finished.
- Clean your work area and put away any unused ingredients and utensils.

Be Safe When Using Electrical Equipment

- Check to see that the appliance switch is in the **off** position.
- Attach electric cord to appliance if it is not already attached.
- Plug the cord into outlet.
- Turn off the motor or heat when you are finished using the equipment.
- Pull the plug from outlet **before** detaching the cord from the appliance. Do not pull on the cord because this may break the wires.
- Unplug appliances when not in use.
- Keep your fingers away from the moving blades of a blender, mixer, or food processor.
- Place the lid on the blender or food processor before turning it on.
- Unplug the mixer when putting in beaters or removing them.
- Never touch the heating element of an appliance such as a toaster. Never put a knife or other utensil into a toaster because you may get shocked. If something is stuck, unplug the toaster before trying to remove anything.
- Never plug in or unplug appliances with wet hands because you may get shocked.

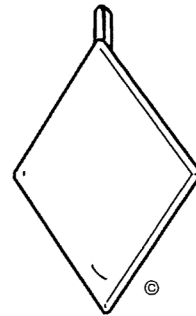
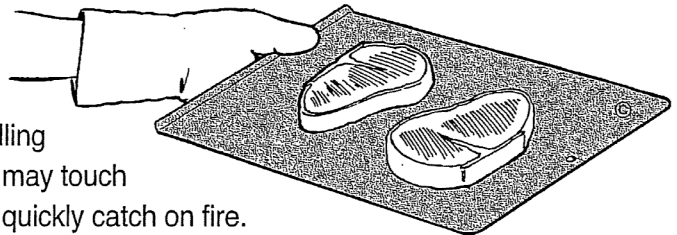


Be Safe When Using Microwaves

- Do not start the microwave oven when it's empty.
- Use microwave-safe dishes. It is not safe to use metal in a microwave.
- Be careful of steam when you take off a cover or open a bag that contains hot food.
- Always use potholders to take things out of the microwave. The food container can get hot from the heat or steam in the food.
- Read and follow the microwave heating directions on food packages.

To Prevent Burns

- Use hot pads or a mitt when handling hot dishes and pans. Dish towels may touch the flame or heating element and quickly catch on fire.
- Avoid using metal utensils when cooking food on top of the stove since metal becomes hot quickly. Wood and plastic utensils don't get hot as quickly.
- Use a fork, turner, spoon, or tongs to lift foods that are hot.
- Do not turn on stove burners until you are ready to use them and turn off the burners as soon as you are finished using them. Double-check to see that all the burners are turned off when you are finished cooking.
- Place the pan on the burner so that the pan handle is toward the center or the rear of the stove. This prevents someone from hitting the handle and spilling the food.
- Don't fill cooking pot over two-thirds full. This will help prevent foods from boiling over or spilling.
- Remove covers from hot foods by tilting the lid away from you. The hot steam will rise away from your face.



To Prevent Cuts

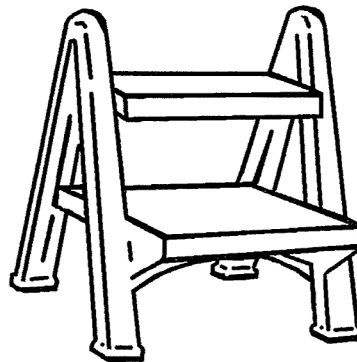
- If a knife starts to fall, jump back. Don't try to catch the knife.
- Keep knives sharp. Because you have to use force to cut with a dull knife, it can be more dangerous than a sharp one.
- Use a cutting board to avoid cutting yourself or cutting the table or counter top.



- Wash knives and put them away as soon as you are finished using them. Don't place knives in dishwasher because you may cut your hand trying to find the knives.
- Use knives for cutting only. Do not use them as can openers, screwdrivers, or chisels.
- Move vegetable peelers away from you as you peel. Keep your fingers underneath the food.
- Hold food graters with one hand and the food to be grated in the other hand. Stop grating or grate slowly when only a small piece of food remains.

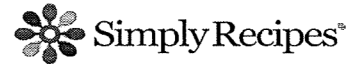
To Prevent Falls

- Immediately wipe up spills.
- Keep kitchen floor free from clutter.
- Use a step stool if you must reach for a high object. If you don't have a step stool, ask someone who is taller than you to get the object for you.



Ages 14 and up

Easy Ham and Cheese Stromboli



Look for the ingredients for this stromboli recipe at your grocery store's deli counter and salad bar.

Peppadew peppers can also often be purchased in jars, sometimes under the name "sweet piquante peppers." Substitute roasted red peppers if you can't find peppadews.

Prep time: 15 minutes

Cook time: 40 minutes

Yield: 6 to 8 servings

INGREDIENTS

- 1 pound prepared pizza dough (homemade or store-bought)
- All-purpose flour, for sprinkling
- 16 thin-cut slices Genoa salami (1/3 pound)
- 8 thick-cut slices capicola ham (1/3 pound)
- 16 slices provolone (1/4 pound)
- 1 1/2 cups shredded mozzarella
- 1 cup peppadews, or roasted red peppers, drained
- 1 tablespoon drained capers (optional)
- 1 large egg, lightly beaten
- 2 tablespoons grated Parmesan, for sprinkling

METHOD

1 Heat the oven to 400°F. Place an oven rack in the lower third of the oven.

2 Roll out the dough: Lay a 16-inch sheet of parchment paper on the counter and dust it with flour. Roll the dough on the floured parchment paper to a 14-by-11-inch rectangle.

3 Add the filling: Layer the salami on the dough to within 1/2-inch of the edges, and overlap the slices so that no dough shows beneath the salami. Add provolone, followed by the ham, mozzarella, and then the peppadews. Finally, sprinkle with capers.

4 Roll up the dough: Brush the edges of the dough with egg. Using the parchment to help you, lift up one long end and start rolling. Continue rolling until the seam on the log is on the bottom. Pinch the ends so they don't open and tuck the dough under the roll.

5 Transfer to the baking sheet: Using the parchment paper as a sling, transfer the log on the paper to the baking sheet. Brush all over with egg and sprinkle with Parmesan. Use a paring knife to cut diagonal slits at 1-inch intervals all along the top.

6 Bake the stromboli: Bake the stromboli for 15 minutes. Turn the oven down to 375°F and continue baking for 25 minutes, or until the log is golden and the cheese is oozing at the slits.

7 Cool and serve: Cool on the pan for about 10 minutes. Cut into slices along the slits. Serve immediately while hot; stromboli is also delicious at room temperature.

Ages 14 and up

Easy No-Knead Pizza Dough Recipe

- Prep time: 5 minutes
- Rising time: 2 hours
- Yield: 2 1-pound balls of dough (enough for 4 10-inch pizzas)

This recipe makes two 1-pound balls of pizza dough, which is enough for two large pizzas or four "personal sized" 10-inch pizzas.

Instant or rapid-rise yeast is actually a different strain of yeast from the usual granulated yeast. It is designed to be mixed directly into the flour. If you can't find it, use the equivalent amount of active dry yeast and proof it in warm water according to the package directions.

Ingredients

- 4 cups (500g) flour
- 1 1/2 teaspoons (slightly less than a full packet) instant yeast
- 1 1/2 teaspoons salt
- 1 1/2 cups (350g) lukewarm water
- 1 teaspoon olive oil

Method

1. Make the dough: In a stand mixer on low speed with the paddle attachment, mix the flour, yeast, and salt to combine. Add the water all at once and mix until the dough comes together and cleans the sides of the bowl, 30 to 60 seconds — you don't need to knead it, just get all the ingredients mixed in together. The dough will be soft and slightly sticky, with no more visible streaks of flour on the surface. (To mix by hand, follow the same procedure using a large bowl and a wooden spoon.)
2. Let the dough rise: Drizzle a large, clean mixing bowl with oil. Flour your hands and form the dough into a rough ball. Transfer it to the oiled bowl and twirl it around a few times to coat it with oil. Cover the bowl with plastic wrap and leave to rise for 2 to 3 hours at room temperature, until doubled in bulk. (*After rising, you can refrigerate the dough for up to 48 hours; take dough out of the refrigerator about 1 hour before shaping.*)
3. Use the dough: Once risen, the dough is ready to be shaped into pizzas and baked. Use this dough for any pizza recipe you want to make and follow recipe instructions for shaping and baking times. (*Any leftover dough can be placed in a zip-top freezer bag and frozen for up to 3 months. Allow the dough to thaw in the fridge before using.*)

https://www.simplyrecipes.com/recipes/easy_no_knead_pizza_dough/