

## Foods #TCDProjectChallenge Instructions:

- Read through the Lesson Plan.
- Complete the challenge.
- Fill out the Lesson Worksheet (include circling your age level, Before and After Self-Evaluation, Life Skills Learned, Leadership (if applicable), Evaluation, Citizenship, Signature and Date).
- Take a picture during some part of your Challenge.
- Email your challenge picture and a picture of the front and back of your completed Lesson Worksheet to [pmaddy@ksu.edu](mailto:pmaddy@ksu.edu) or text it to 785-877-7262.
- Challenge pictures will be posted (not the worksheet pictures) on our respective county 4-H Facebook pages and our Twin Creeks District Facebook page.
- Your name will be entered into a drawing for a project prize that will be given at our 2020 Achievement Banquet next fall.
- Each time you complete a challenge, your name will be entered into a drawing for that project area.
- You can complete any and all challenges, even if you are not enrolled in 4-H or in that specific project area.
- Challenges are divided into three age groups -- 7 to 9, 10 to 13, and 14 and up.
- Pictures of your challenge and lesson worksheets are due by the last day of the month, February 29, 2020.**
- Printed copies of the challenge can be picked up at your local Extension Office.
- Do not hesitate to contact me if you have any questions ([pmaddy@ksu.edu](mailto: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.



**Foods:** *Desserts*

Age 7 to 9: Peanut Butter Kisses

**Time:** 30 minutes

**Goal:** Learning to follow recipe directions.

# #TCDDProjectChallenge

**Instructions:**

When we think of February, one of the first things we think of is Valentine’s Day — a day that we share cards and sweets with one another. As we all know sweets are a sometimes food but that doesn’t mean that we can’t enjoy them sometimes.

For your challenge this month you will be making Peanut Butter Kisses.

Please read the enclosed information before making this recipe that is not only fun to make, but fun to eat and share with others.

**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...**

Use a knife.....1 - 2 - 3

Clean a cutting board.....1 - 2 - 3

Follow recipe directions...1 - 2 - 3

**Ingredients:**

*See recipe.*

**Tips & Tricks:**

*Get permission from your parents.*

*Read all materials and understand directions.*

*Make sure you have all needed ingredients before starting.*

*Wash your hands with soap and water before starting.*

*Have fun and enjoy!*

**Foods:** Desserts

Ages 7-9

**Life Skills Learned:**

(Check all that apply.)

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

**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...**

Use a knife.....1 - 2 - 3

Clean a cutting board.....1 - 2 - 3

Follow recipe directions...1 - 2 - 3

**Resources:**

4-H Cooking 101  
University of Illinois

# #TCDProjectChallenge

**Evaluation**

Why is cooking an important skill to have? \_\_\_\_\_

How can you use the skill that you learned in the future? \_\_\_\_\_

What was the hardest part of the activity? \_\_\_\_\_

**Share:**

- Shared candy pieces with others.
- Share what you have learned with one of your friends and encourage them to try it.
- Other \_\_\_\_\_

\_\_\_\_\_  
Member's Signature

\_\_\_\_\_  
Date

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



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