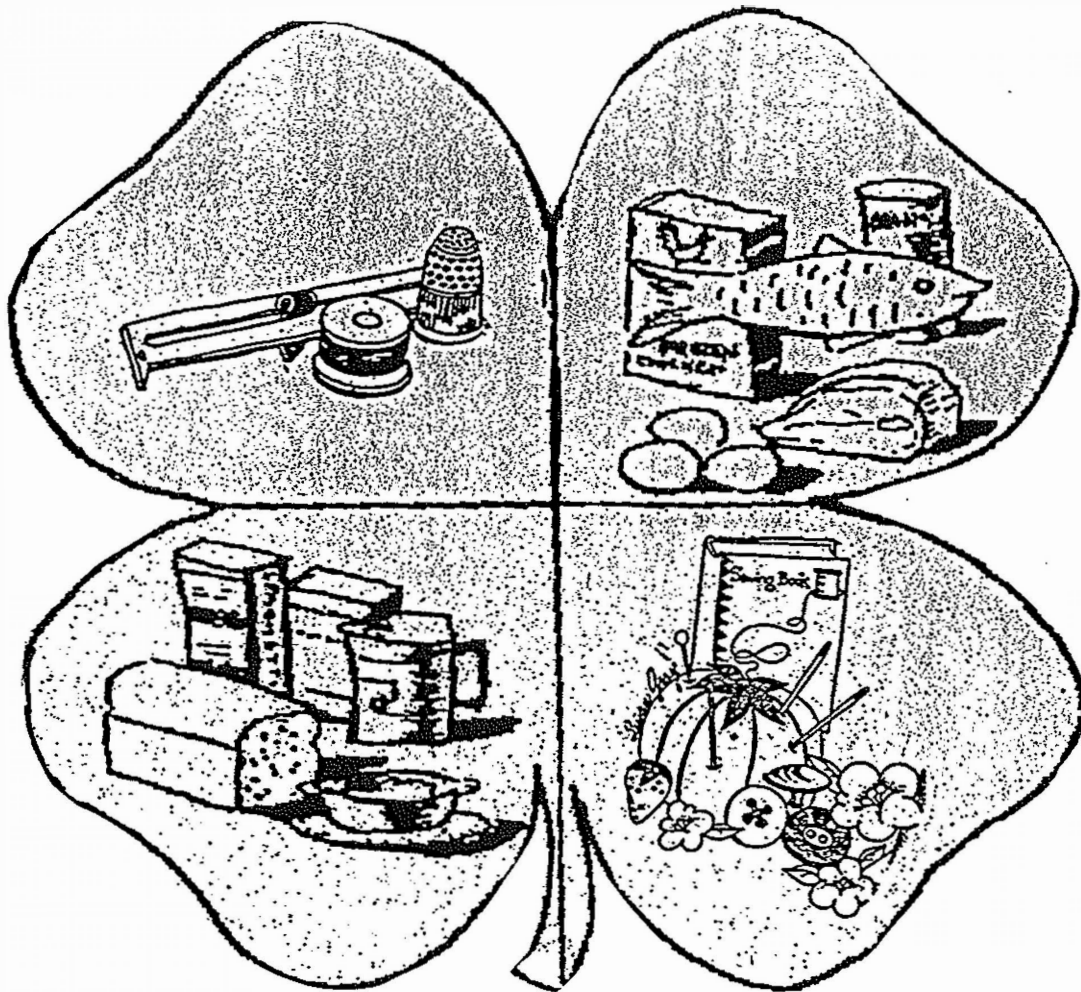




CLOVERBUDS



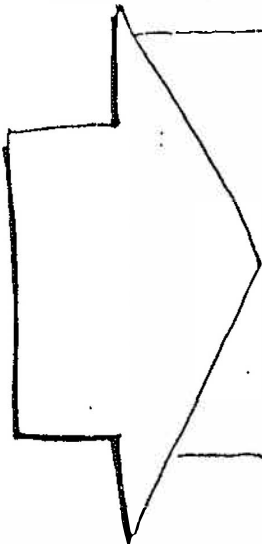
NAME _____

CLUB NAME _____

HOME ECONOMICS

Favorite Food Facts Finder

Why do you choose your favorite foods? List your top 6 favorites on the chart. Then answer these questions by marking spaces in the chart.



1. Put a 😊 by the two foods you like best of all.
2. When do you eat those 6 favorites? Mark [S]= Summer, [F]= Fall, [W]= Winter, [SP]= Spring, [A]= All year long.
3. Do you think this food is healthy for you? Mark Y=yes, N=no
4. What is the food made from?
5. Is any food a new favorite that you wouldn't have picked 2 years ago? Check (✓)
6. What do you like best - the food's taste, feel, shape... or what?



sample - french fries

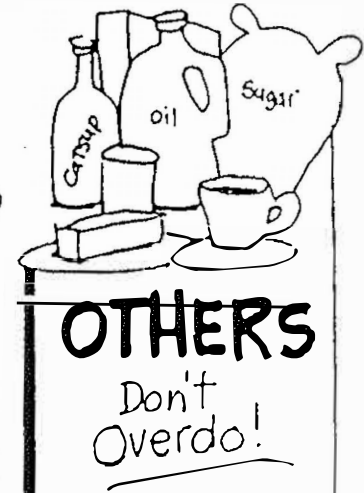
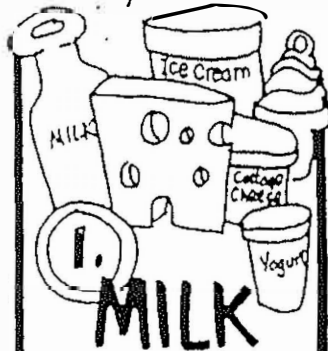
	Top Two 😊	Season S F W SP A	Healthy Y N	Made From ?	New ✓	Taste Feel Shape...
sample	😊	A	N too much fat	potatoes		taste
1						
2						
3						
4						
5						
6						

If you asked your parents their favorite foods, would they pick the same foods you did?

GOOD EATING

The Big FOUR

- ① Eat a variety of foods every day.
- ② Make a (✓) for each daily serving from each food group.
- ③ Count your servings from the Basic Four each day. Pick foods that add up to good eating.



Suggested Servings for kids Ages 1-10

3 EXTRA 2 EXTRA 4 EXTRA 4 EXTRA

Sunday					
Monday					
Tuesday					
Wednesday					
Thursday					
Friday					
Saturday					

Name _____

*Based on National Dairy Council guidelines, 1989

Cut out this handy placemat. Keep it on your table and check off your good eating habits for a week.



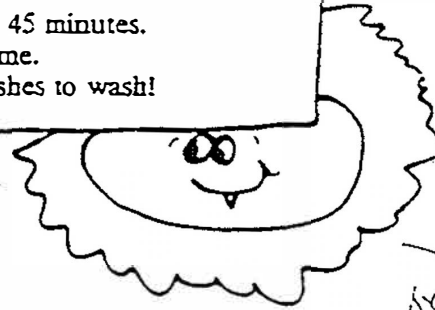
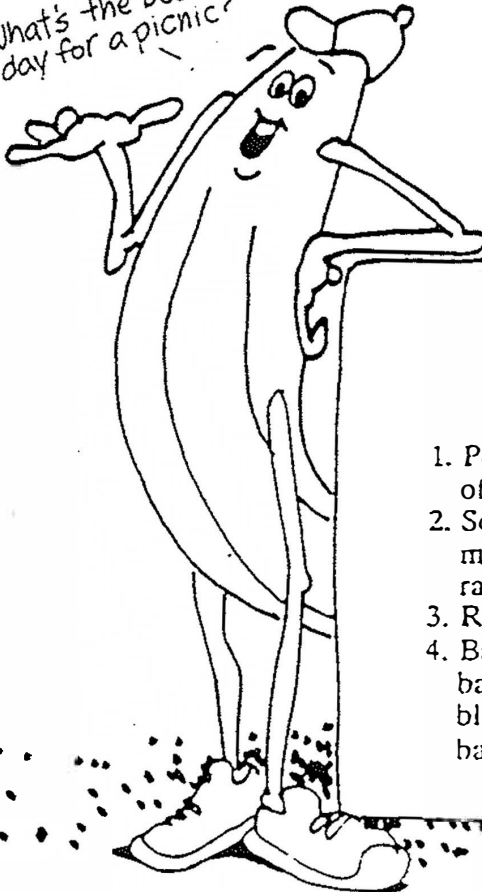
Recipes

HOBO DINNER

1 1/2 lb. to 2 lbs. ground beef, shaped into 6 patties
 3 cups green snap beans, washed, ends snapped off
 or 3 cups sliced carrots
 6 potatoes (white or sweet), pared, cut into 1/2 inch slices
 6 pats butter or margarine
 salt, pepper, ketchup to serve with hobo meal

1. Place ground beef patty in the center of a large square of aluminum foil. Place 1/2 cup of potatoes and 1/2 cup of snap beans or carrots around each patty. Season with salt and pepper. Add a pat of butter.
2. Fold and shape foil into a package around the food. Seal well with a tight double fold.
3. Cook over a medium hot fire for about 45 minutes. Turn foil packet once during cooking time.
4. Serve in the opened foil packet. No dishes to wash!

What's the best day for a picnic?



A Sun-day

BANANA BOATS

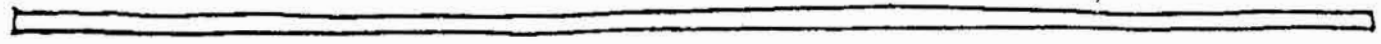
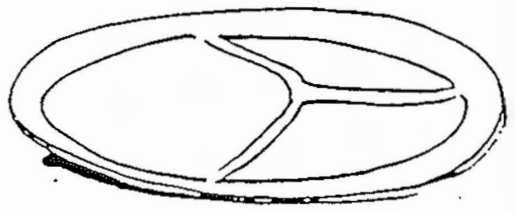
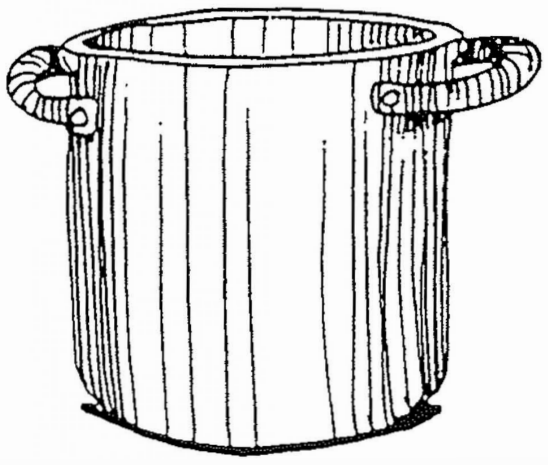
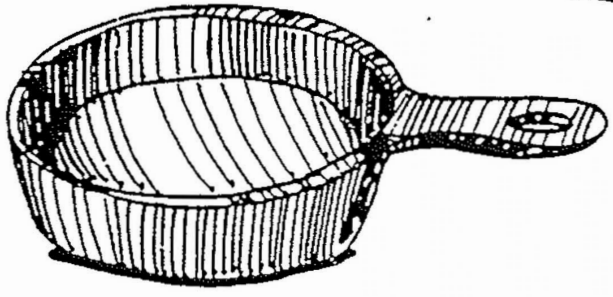
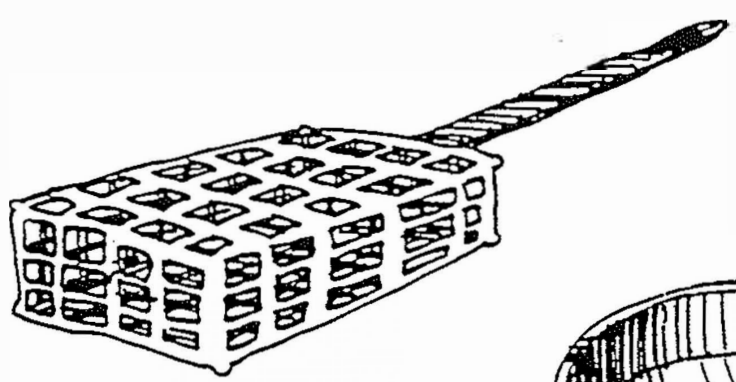
bananas
 marshmallows
 milk chocolate candy bars

1. Peel back a long strip of banana peel on the inside of the curve, leaving one end attached to the banana.
2. Scoop out some of the banana. Fill the space with marshmallow and pieces of candy bar. (You can add raisins if you like!)
3. Replace the strip of peeling.
4. Bake in the embers (about 15 to 20 minutes) until banana, chocolate and marshmallow are melted and blended. Banana boats may be wrapped in foil for baking in the oven.

Outdoor Cookery

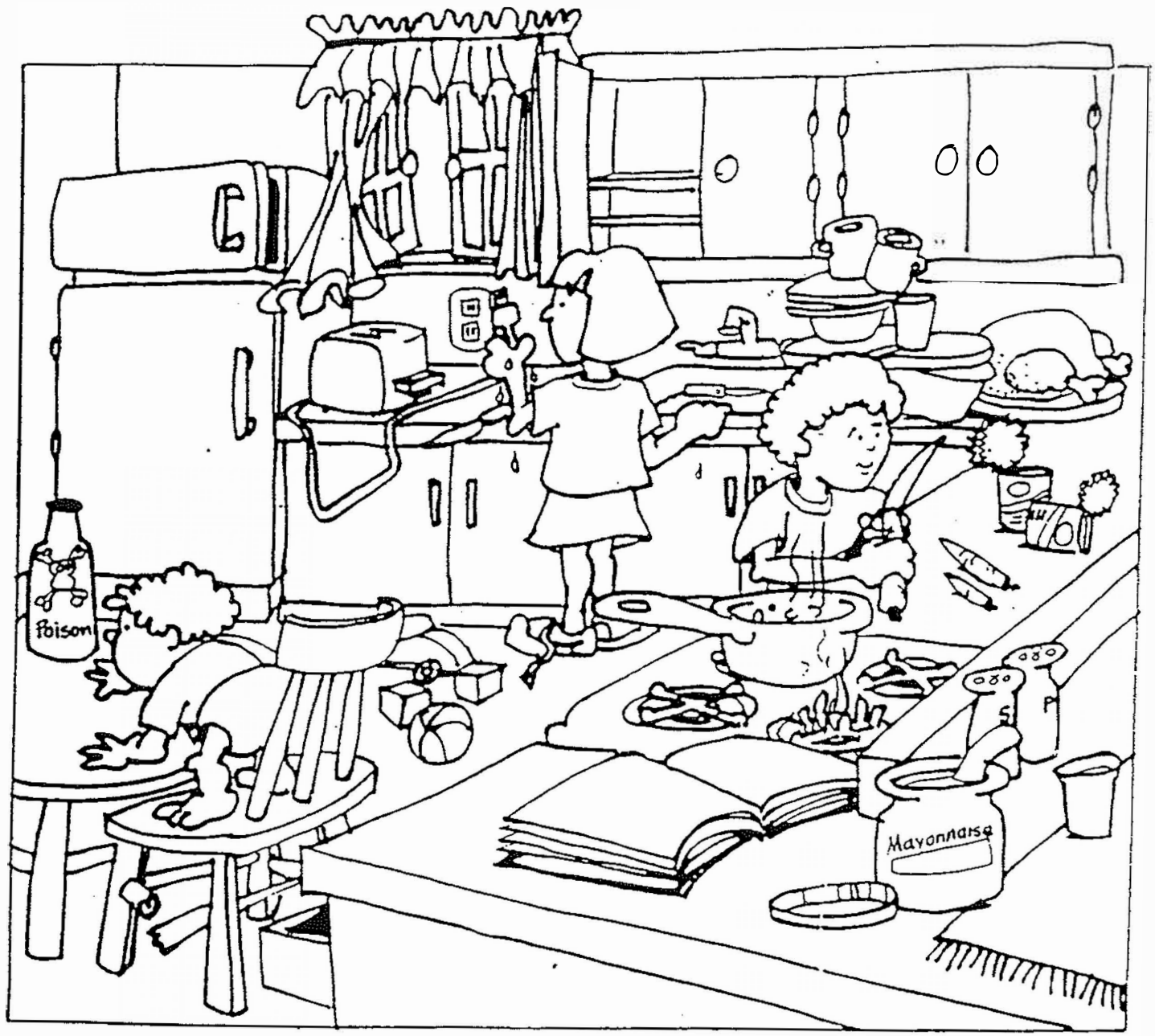
Now You're Cookin'!

You could use all but two of these things to cook over a fire. Draw or write about what you would cook in each. Cross out the two things that would be unsafe to use. Tell why.



Kitchen Safety

There are 20 unsafe things in this picture
Circle the things that are wrong. Tell why.



Do you have any of these habits in your kitchen?
List the things you will change about your own safety habits.

Pack it safe!

Safe food starts in the kitchen. Follow these tips and take safe food to school or on picnics. Draw a line to the reason why each tip keeps your food fresh and safe.

Good tips:

If you take juice in a carton, freeze it overnight.

Wash your lunch box every night with hot soap and water.

Avoid sandwich fillings made with mayonnaise.

When you have something hot in a thermos, keep the stopper on until ready to eat.

Here's why:

This kills germs and keeps them from growing.

Frozen foods can help keep your whole lunch cool and safe.

Cool air that gets inside can lower the temperature and germs can grow.

This is made from eggs. Germs can quickly grow, causing you to get sick.



Turn this over and draw your favorite lunch!

Let's find out!

1.

Why do runners eat pasta or carbohydrates before a long race?

2.

What foods do you eat for quick energy?

3.

What foods help you feel settled down, calm, relaxed, or sleepy?

4.

What foods do you eat to help settle an upset stomach?

Food is for fitness, fun and health!



Fun and Fitness!



How do you exercise to stay healthy?
(Running, riding a bike, playing sports
all count!)

Use this chart to
list the ways you exercise for one week.

Exercise	Sun.	Mon.	Tues.	Wed.	Thurs.	Fri.	Sat.

Which exercise
was the most fun?



Tell why.

Count the checks. _____

Add **5** bonus
points if you
exercised every day. _____

Total: _____

- A score of 10-14 is **GOOD!**
- Over 15 is **SUPER**
- Over 20 is

Out of Sight!

Food Fun

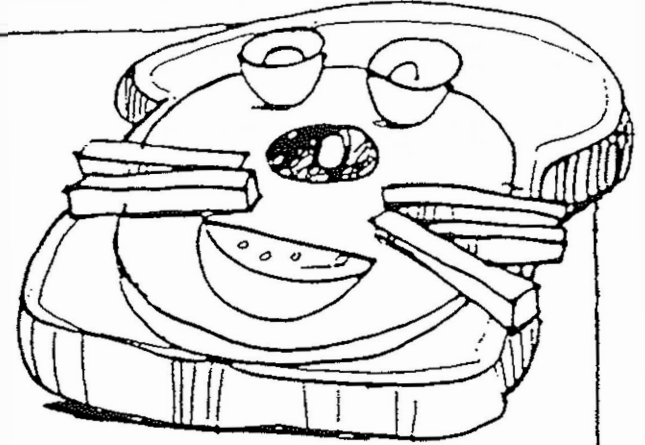
Ants on a log



Ambrosia

- oranges
- coconut
- bananas
- maraschino cherries

Peel and section the oranges, then slice into smaller pieces. Put in bowl. Gently stir in sliced bananas and cherries. Add coconut and enjoy!



Animal face sandwich

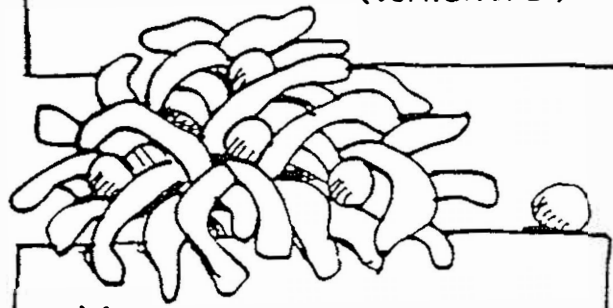
- 1 slice bread (head)
- sandwich meat (face)
- green olives (eyes)
- black olives (nose)
- 1/2 cherry tomato (mouth)
- shoe string potatoes (whiskers)



Happy face snack

- 1/2 apple (head)
- raisins (eyes)
- cherry (nose)
- peanuts (mouth)

Use peanut butter to keep the face in place.



Haystacks

- chow mein noodles
- butterscotch chips
- peanuts

Melt butterscotch chips. Stir in chow mein noodles and add peanuts. Cool on wax paper.

Snack Attack!

Does your school invite you to bring a snack to eat at break time? A snack can be good for you.

How? _____

Circle the foods below that you think would be good choices. Tell why.



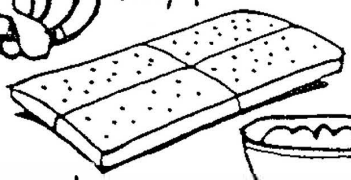


Sleigh to go!

You need:



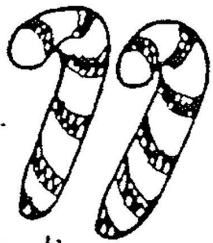
tiny pretzels



graham cracker



frosting



tiny candy canes



teddy graham



candy santa



Optional: tiny gift wrapped presents



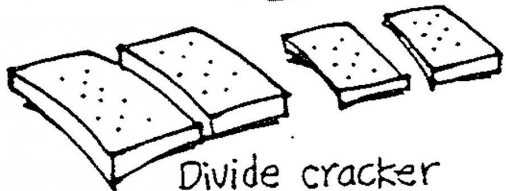
string licorice



decorated paper plate

You do:

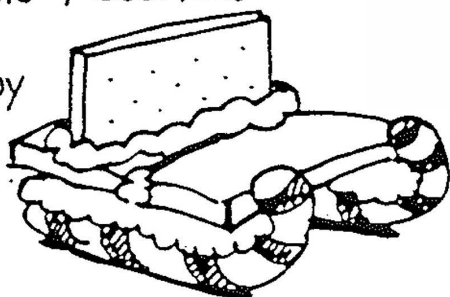
1.



Divide cracker into 4 sections.

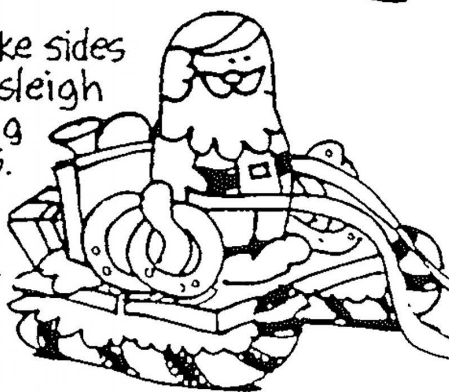
2.

Make seat by using the frosting to glue crackers to candy cane "runners."



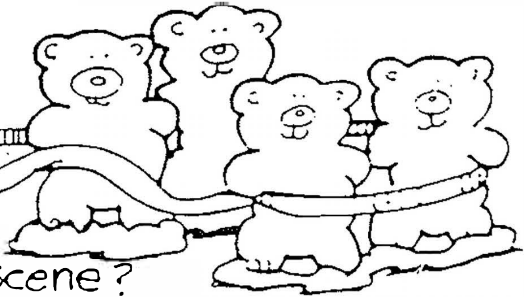
3.

Make sides of sleigh by adding pretzels. Fasten with frosting.



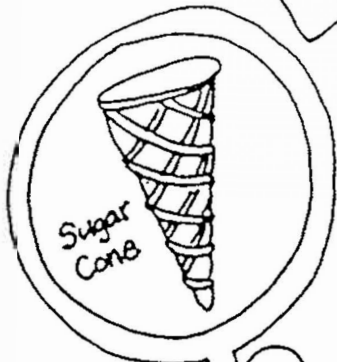
4.

Set sleigh in your "yard" or on a decorated paper plate. Use teddy grahams to pull sleigh and string licorice for reins. Set in frosting to hold. Put candy santa in sleigh and add a pile of little presents in back.



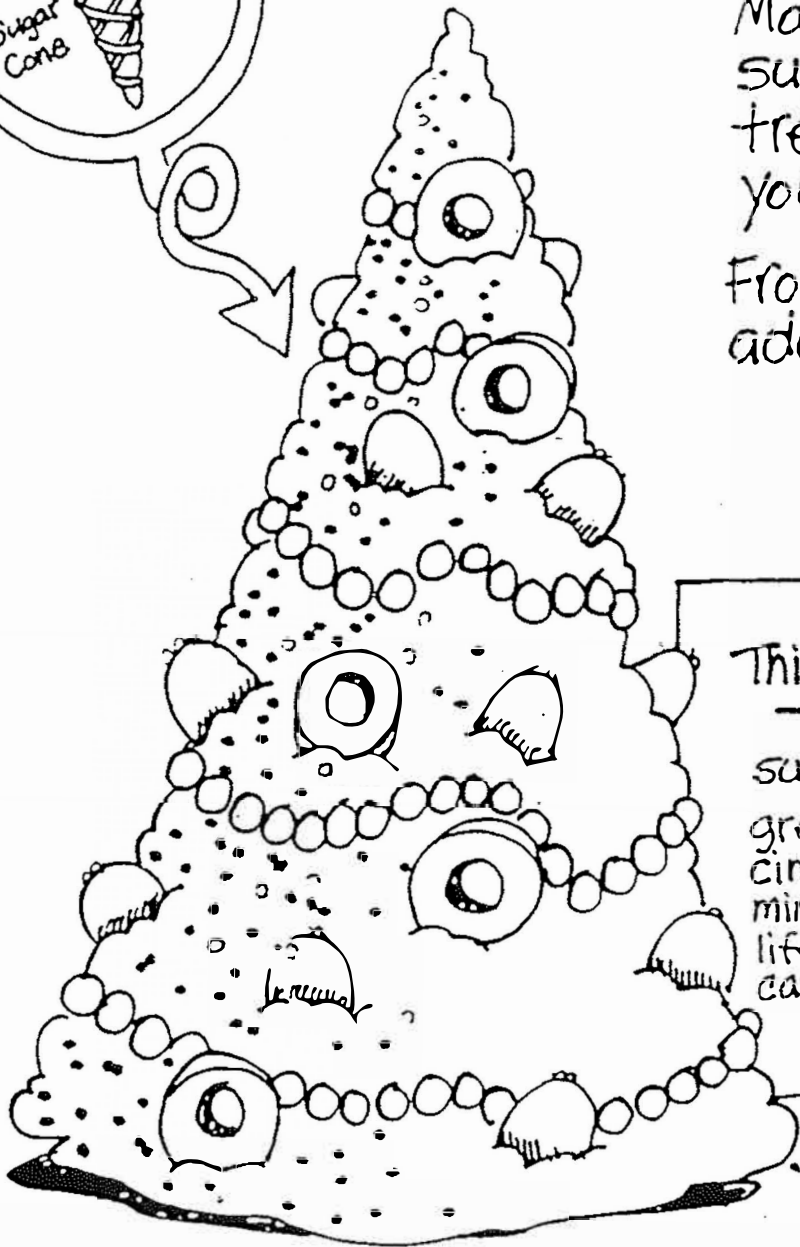
What else can you add to your scene?

Sweet tree



Make a
sugar-coated
tree for
your "yard."

Frost and
add candy.

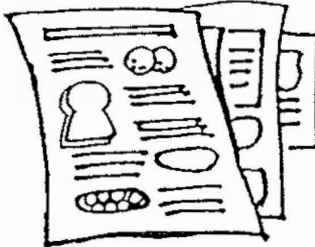


Things I need:

- sugar cone
- green frosting
- cinnamon red hots
- mini gumdrops
- life savers
- candy sprinkles

Smart Shopping

You need:



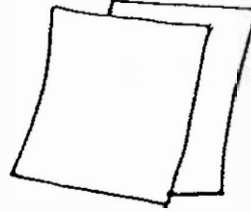
newspaper grocery ads



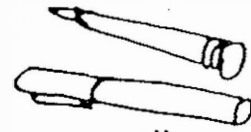
scissors



glue

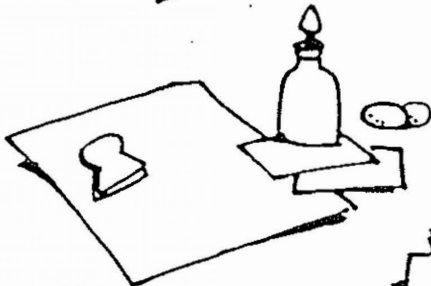


paper



pencil or marker

You do:



1. Choose your favorite foods in the food ads.

2. Cut out the pictures of the food, or just the names.

3. Glue them onto paper. Write down the prices next to each item. Put the name of the store at the top of your paper.

4.

Find your favorite foods at the supermarket when you shop with Mom or Dad.

1. Is it ok with your parents to buy some of these foods?
2. Compare prices. Are they the same as in the ad?
3. Are the prices the same in every store? If not, why not?

Which is a better deal?



Circle your answers



shirt
\$5.00



shirt and socks
\$5.00

Why? _____



8¢



10¢

Why? _____



Save 10¢ off

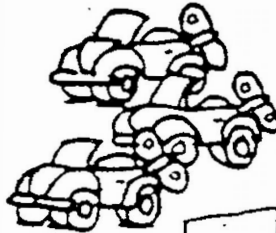
75¢



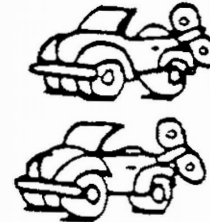
Buy me

85¢

Why? _____



\$1.29



\$1.29

Why? _____



Meal deal!
\$1.30



Milk

50¢



75¢

Why? _____



95¢



\$1.00

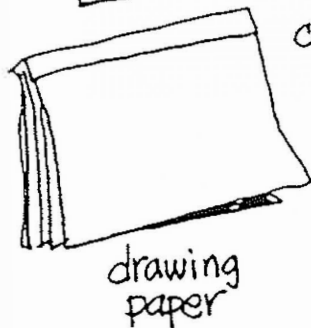
Why? _____



Tell about a time you were a smart shopper!

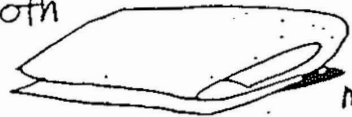
Stitchin' Time

You need:

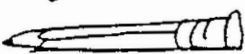
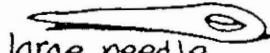


drawing paper

cloth



large needle

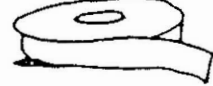


pencil

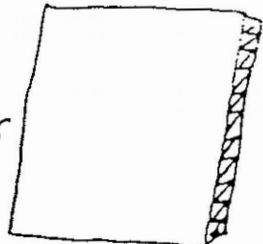


sewing carbon paper

masking tape



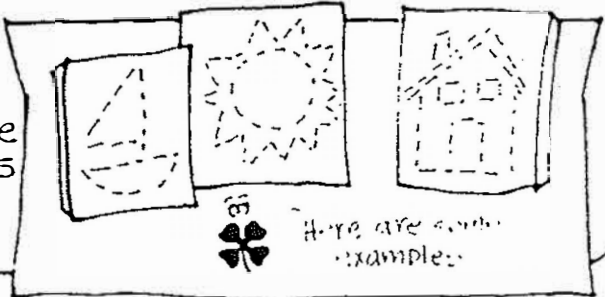
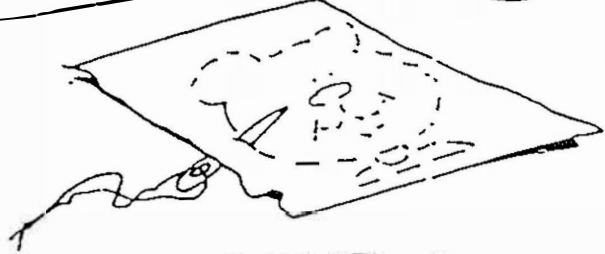
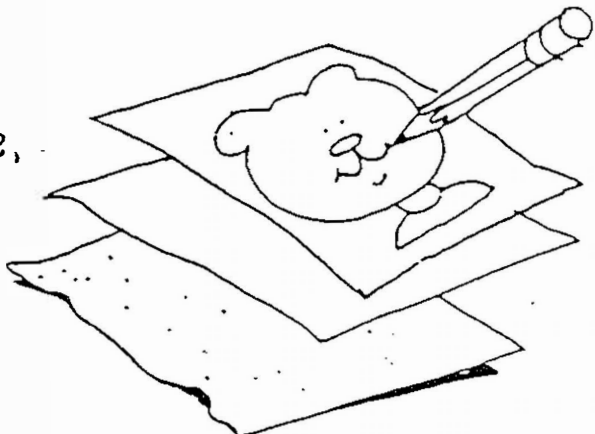
thread



cardboard (the size of your picture)

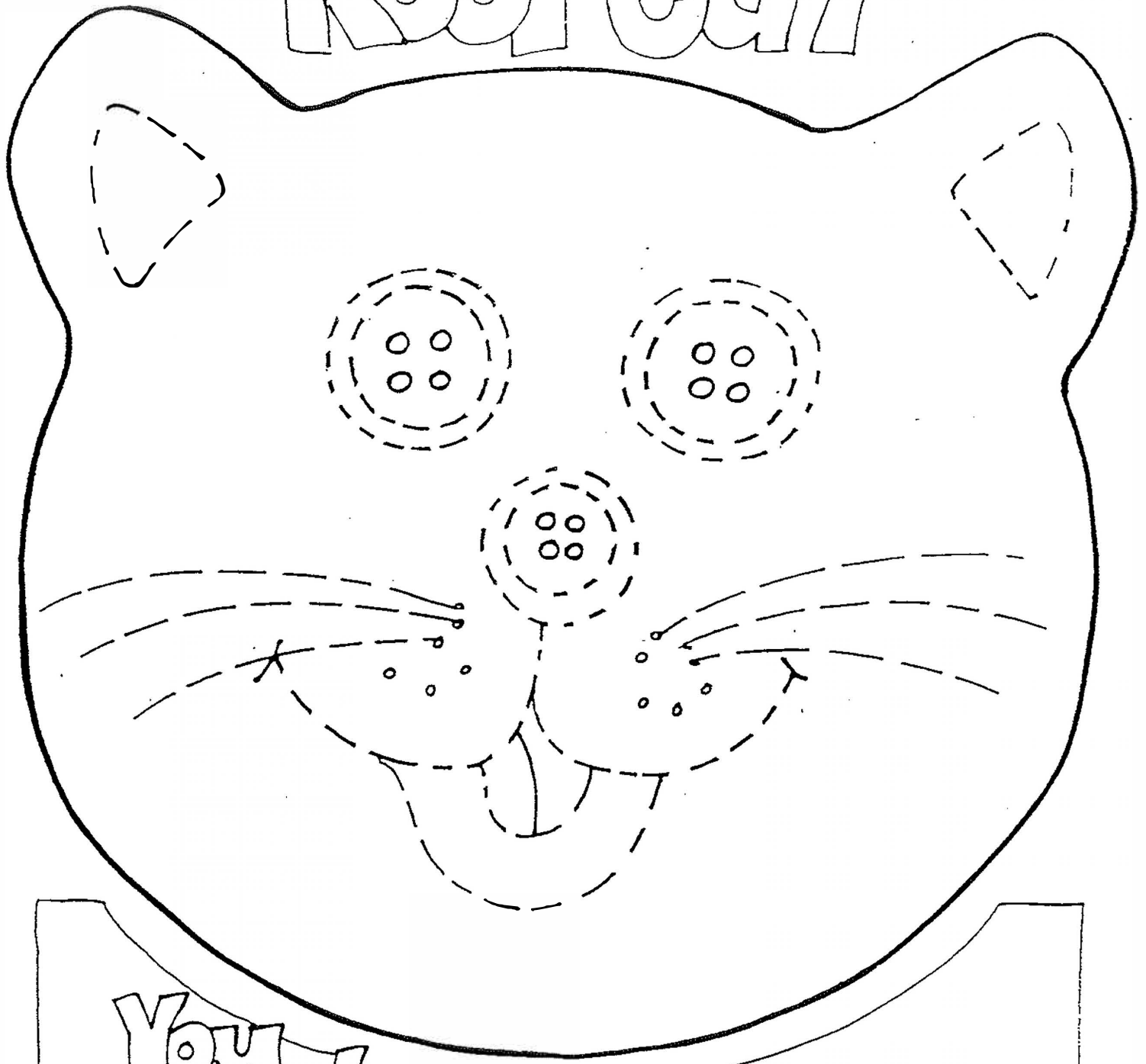
You do:

1. Draw a picture of a house, tree, pet or other favorite thing.
2. Put carbon paper under your drawing and lightly trace the lines onto the cloth.
3. Thread your needle. Double the thread and make a knot at the end.
4. Push the needle through the backside of the cloth. Pull the thread through until the knot stops it. Stitch in and out of the cloth along the lines.
5. Stretch your cloth picture over cardboard. Tape edges around the back. Stand up to display.



Here are some examples.

Kool Cat



You need:

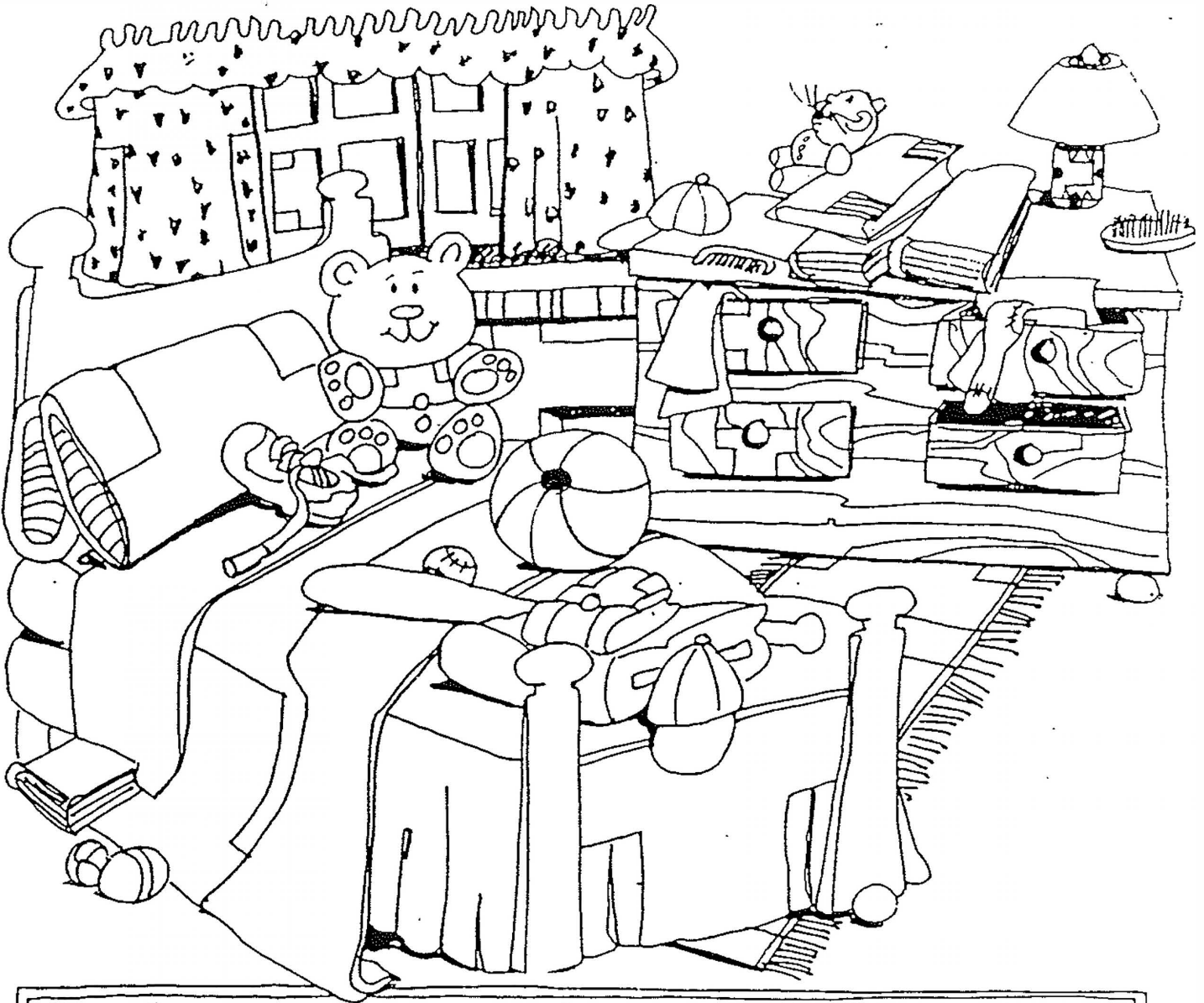
See your
Leader's guide for
sewing directions.



- Cotton fabric - large enough to cut 2 Kool cat patterns.
- pins
- scissors
- buttons - for eyes and nose
- fabric crayons
- cotton batting
- needle and thread
- sewing machine (optional)

T Clothes Alert!

Color the 15 T-shirts in this room that are in places they don't belong



Wash the shirts and hang to dry...

After the shirts are clean and dry, what should you do with them? Tell why. _____

Clothes Care

My Suitcase

Draw what you need to put in your suitcase to go to Grandma's for two days in the summer.

