

UNIVERSITY OF KENTUCKY

COLLEGE OF AGRICULTURE

Extension Division

THOMAS P. COOPER, Dean and Director.

CIRCULAR NO. 189

Junior Food Project Programs, I, II and III.

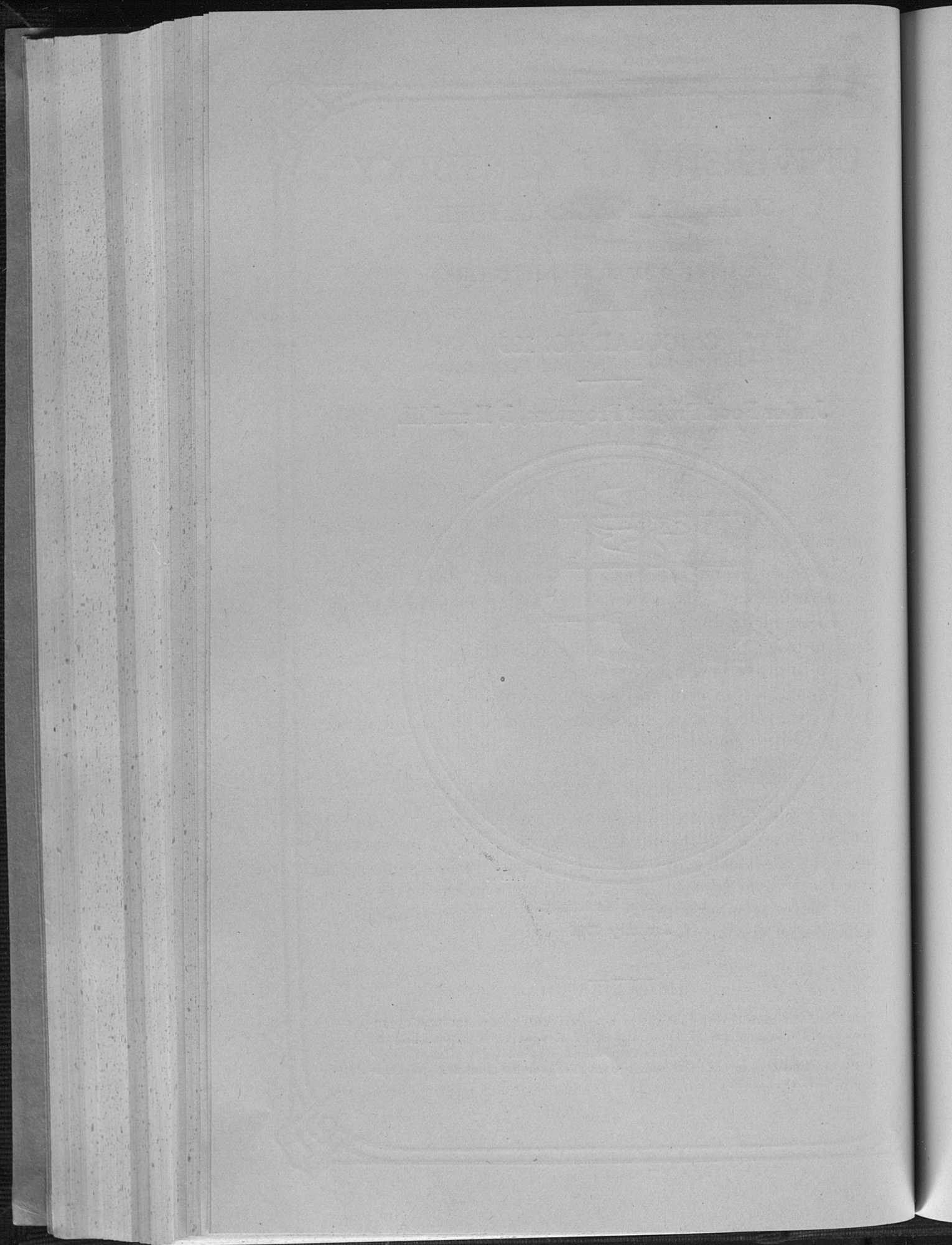


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CIRCULAR NO. 189

Junior Food Project Programs Junior Agricultural Clubs.

By ANITA BURNAM and EDITH LACY.

The Junior Food Project Programs aim to accomplish the following:

1. To give girls a knowledge of wholesome foods, their preparation and combination, thus aiding them in selecting an adequate diet.
2. To teach correct table-setting and service.
3. To improve health habits.
4. To promote a more varied and well-balanced diet.
5. To provide a more enjoyable life thru the maintenance of positive health.

ENROLLMENT

Any girl between the ages of 10 and 18 years may enroll for food work, by filling out a club enrollment card and returning it to the local leader or home demonstration agent. In case there is no home demonstration agent in the county, application for membership may be made to the State Club Office, Experiment Station, Lexington, Kentucky.

ORGANIZATION

Since the girls enrolled for this work constitute a project group they are entitled to membership in a junior community club. Definite instructions in the organization of such a club are given in Club Circular 117 and also in the Club Secretary's

book, both of which may be obtained from the Home Demonstration Agent or from the State Club Office.

In order to stimulate interest and develop leadership among the girls carrying on a project, it is advisable for them to select a name for their project group, elect officers and plan a program of work. The secretary of the project group will report the progress of her group at the regular meetings of the junior community club. A good meeting of the project group consists of a snappy business session conducted by the group chairman, a discussion by a club girl on some subject pertaining to the project, the work of the day, an assignment for home work and some recreation consisting of games and songs with club girls in charge. Discussion topics should be assigned and leaders for games and songs appointed when the program is made.

GROUP PROGRAMS

The following program for one meeting may be suggestive in planning the year's program for the project group:

PROGRAM OF THE TIP TOP FOOD GROUP

Date: October 28, 1925.

Place: Home of Mrs. Joe Clark.

Leaders: Mrs. John Miller, Mrs. Robert Holt.

Business session in charge of group chairman.

Call to order

Reading of minutes

Reports of committees

Old business

New business

Discussion—Methods of Preparing Cereals. Mary Jones.

Work for the day—Demonstration. Cooking Cream of Wheat. Mrs. John Miller.

Demonstration. Fruit Combination with Cereals. Jane Higgins.

Score cereals prepared.

Home Work—Each girl will cook a breakfast cereal at least twice at home.

Recreation

Game—Buzz. Leader, Mary Brown.

Music—A musical romance contest. Leader, Josephine Stanley.

Song—Oh Me! Oh My! (In club song book entitled "Sing Songs" page 48.)

LEADERSHIP

There should be a local leader in charge of each group of girls in the food project. The local leader, with the assistance of the Home Demonstration Agent and club specialist, will see that each girl has the instructions essential to good work. The leader should be a local woman who is interested in girls and one to whom the girls may go with their problems. Former club girls who have initiative make excellent leaders. In order for a club to be most successful it should have two leaders to share the responsibility of instruction, recreation and other club activities. Arrangements can be made with the College of Agriculture for a specialist to hold a training school for leaders, provided at least four communities in a county are sufficiently interested to secure two leaders for each project group. Application should be made thru the home demonstration agent or to the State Club office, Experiment Station, Lexington, Kentucky.

RECORDS

Each member is required to keep an accurate and up-to-date record of the time spent in working and the cost of the products. A record book is supplied each girl enrolled. At the end of the food program this record book properly filled out, story included, is to be returned to the local leader or home demonstration agent. When a complete record has been filed with the home demonstration agent, an achievement card will be awarded.

ACHIEVEMENT DAY

At the close of the work the girls will want to hold a community achievement day, the chief purpose of which is to show the community the results of their work. This can best be done by a public exhibit. The nature and arrangement of this exhibit is to be determined by the girls in consultation with their leaders and home demonstration agent. They may arrange an educational program with each club member taking part. Each girl who has satisfactorily completed her work will receive a certificate of achievement.

DEMONSTRATION TEAMS

Demonstration is one of the best educational methods employed in presenting information. Two or more girls working together in presenting information compose a demonstration team. Demonstrating creates in the team members poise, the ability to think quickly, to express themselves before an audience, and makes for those qualities of leadership which are so often undeveloped. In addition the team demonstration is a graphic and very effective way of acquainting people with the benefits of club work and of passing on to them a knowledge of home practices which have been learned and adopted by club girls.

A demonstration team is composed of girls who have successfully carried on a piece of club work and who have been trained during their club work to demonstrate publicly some phase of the knowledge they have gained. A good demonstration presents one idea and carries this to a successful conclusion; for instance, preparation of a breakfast, cooking eggs, wholesome beverages, serving a breakfast, are good subjects for demonstration. Various types of demonstrations are outlined in Team Demonstration Circulars. These, however, are only suggestions and it is hoped that club girls, with the help of their leaders, will organize and outline their own demonstrations. In planning and outlining a demonstration one should always keep in mind that the primary aim is to show the audience how to perform some home practice. This practice must be presented very clearly and simply if the hearers are to adopt it without further instruction. Club girls must repeat a demonstration many times before they become skilled in presenting it publicly. A team or individual demonstration can be used profitably as a part of each project meeting. These demonstrations should be very simple and present only one idea. Participation in a team demonstration makes the work more educational and vitally interesting to the club girl.

SCORING

It is well to have all foods prepared scored by the girls in their group meetings. This knowledge of scoring is very valuable and later forms the basis of selecting girls to compete in judging contests. This can best be done by the leader or home demonstration agent explaining to the club girls the meaning of the various points in the score card, and taking up each point to be sure it is thoroly understood. One good way of knowing that the girls understand the score card is for the leader to give the group a demonstration in scoring some product. After this demonstration the girls will want to take part in scoring which can be made a very interesting and instructive game by organizing the group into judging teams.

JUDGING TEAMS

Training in judging can well be a part of any club program. Thru judging girls learn by comparison which of a group of articles is best and why it is best. This knowledge develops appreciation of a well-canned product, an excellent loaf of bread or a beautifully made garment. These appreciations help to create higher standards of living.

(NOTE.—Material on How to Organize and Conduct Judging Contests may be had from the home demonstration agent or by writing to the State Club office, Experiment Station, Lexington, Kentucky.)

EXHIBIT

An exhibit is an important part of the club work. Each member will be required to make an exhibit of her work in the community or county fair, preferably both.

Each project group is urged to have a community display of the work of the club. This may be in the form of a meal. Food to be exhibited should be fresh. If it is fresh when brought it will remain in good condition long enough to be judged successfully.

FOOD PROJECT PROGRAMS.

UNIT I

FAMILY BREAKFASTS

Outline of the breakfast project.

1. Selection of food for health.
2. Planning the family breakfast.
Fruits, their preparation and service.
3. Breakfast cereals.
4. Beverages.
5. Eggs and other protein foods for breakfast.
6. Quick breads.
Serving the family breakfast.
7. Preparing and serving a breakfast.
8. General review and Achievement Day.

Suggested Programs for Food Club Meetings.

The following is only suggestive. It is intended that the girls make out their own programs, choosing only those topics listed which will meet their needs.

MEETING I.

1. Business session.
2. Study and discussion.
 - A. Selection of foods for health.
 1. Foods needed every day in order to be well and growing.
 2. Normal weight for age and height.
 3. Scoring food habits.
 - B. The place of the home library in food selection.
 1. Card catalog of recipes.
 2. Advertisement food circulars.
 3. Government bulletins.
 4. Bulletins from State Extension Department.
 5. Home economics books
 6. Articles in magazines.

3. Demonstrations.
 - A. Show grouping of foods needed in a day's diet, giving reasons. (List on board.)
Some foods from each group may be exhibited.
 - B. Have individuals make out score cards.
 - C. Make a table showing height and weight of each member of the group.
4. Home work.
 - A. Learn the health creed.
 - B. Learn to eat a new vegetable.
5. Recreation.
 - A. Songs.
 - B. Games.

Review.

1. Make a set of health rules suitable for a girl of club age.
2. Explain why vegetables and fruits are very valuable for the diet.
3. What should a schoolgirl eat for breakfast?
Note:—Club members should report home work at each meeting.

MEETING II.

1. Business session.
2. Study and discussion.
 - A. Planning the family breakfast.
 1. Kinds of breakfasts needed by the different members of the family.
 2. What is meant by balanced meals.
 - B. Fruits.
 1. Importance of eating fruits regularly.
 2. Fruits most needed and why.
 3. Fruits suitable for breakfast.
3. Demonstrations.
 - A. Show attractive ways of serving fresh fruits.
 - B. Cook dried and fresh fruits (prunes, apricots, apples or fresh fruits in season).
 - C. Serve cooked fruits in a variety of ways.

4. Home work.
 - A. Select recipes for ways of cooking and serving fruits.
 - B. Prepare fruits for at least three breakfasts.
5. Recreation.
 - A. Songs.
 - B. Games.

Review.

1. What are the important points to be considered in planning a meal?
2. What is meant by a well-balanced breakfast?
3. Is coffee and bread a suitable breakfast for a schoolgirl?
4. How would sausage, hot cakes, fried potatoes and coffee do for a schoolgirl's breakfast?
5. Why are tomatoes and oranges such wholesome fruits?
6. What fruits can be eaten in winter if fresh fruits are not available?

MEETING III.

1. Business session.
2. Study and discussion.
 - A. Breakfast cereals.
 1. What they are.
 2. Value in the diet.
 3. Kinds and methods of preparation.
 4. Relative cost of bulk and package cereals.
3. Demonstrations.
 - A. Show samples of various cereals—uncooked and prepared.
 - B. Cook cereals (oatmeal, cornmeal mush, rice or cream of wheat).
 - C. Show ways of adding variety.
 1. Adding fruits (raisins, prunes or apples).
 2. Cooking in milk.
 - D. Make a fireless cooker.

4. Home work.
 - A. Cook cereals for two family breakfasts, and report work at next club meeting.
 - B. Make fireless cooker if one is needed.
5. Recreation.
 - A. Songs.
 - B. Games.

Review.

1. What is a cereal?
2. Give three reasons why cereals are valuable in the diet.
3. Give general directions for cooking cereals.
4. Name some whole-grain cereals. Tell of their value as food.

MEETING IV.

1. Business session.
2. Study and discussion.
 - A. Beverages.
 1. Water, the most important beverage.
 2. Milk, a food used as a beverage.
 - a. Amount required daily.
 3. Coffee and tea.
 - a. History.
 - b. Harmful effects.
 4. Cocoa and chocolate.
 - a. History.
 - b. Manufacture.
 - c. Price, brands, etc.
3. Demonstrations.
 - A. Make coffee and tea and show how properly made beverages differ from poorly made beverages.
 - B. Make and serve cocoa and cinnamon toast.
4. Home work.
 - A. List two breakfast menus used at home on two successive days.
 - B. Plan two family breakfasts.
5. Recreation.

Review.

1. Why should a growing boy or girl avoid coffee and tea?
2. How much milk should be included in the day's diet? How much water?
3. Give methods for making tea, coffee and cocoa.

MEETING V.

1. Business session.
2. Study and discussion.
 - A. Eggs and other protein foods for breakfast.
 1. Ways of preserving eggs.
 2. Value of eggs in the diet.
 3. Foods that may be used for breakfast in place of eggs.
 - B. Discussion of menus made at home. (See home work, meeting IV.)
3. Demonstrations.
 - A. Cook and serve eggs in three ways (poached, scrambled and soft boiled.) Emphasize low temperature.
 - B. Prepare and serve minced or creamed meat on toast.
4. Home work.
 - A. Cook eggs for the family in a new way.
 - B. Cut out pictures from magazine advertisements and make posters of one satisfactory and one unsatisfactory breakfast menu.
5. Recreation.

Review.

1. What foods can be substituted for eggs in the breakfast menu?
2. Discuss the food value of eggs.
3. Give directions for cooking poached, hard boiled, soft boiled and fried eggs.
4. How can eggs be stored for winter use?

MEETING VI.

1. Business session.
2. Study and discussion.
 - A. Quick breads.
 1. Hot breads and the question of digestion.
 2. Batters and doughs. Proportion of materials and methods of mixing.
 3. Leavening agents.
 - B. Serving the family breakfast.
 1. Setting the table.
 2. Table decorations and table linen.
 3. Correct ways of serving.
 4. Table etiquette.
 - C. Selection of the most satisfactory breakfast menu for the demonstration meal. The selection to be made from the poster menus, Meeting V.
3. Demonstrations.
 - A. Make muffins or drop biscuit.
 - B. Lay a breakfast cover for one person.
 - C. Serve muffins, jelly and milk.
4. Home work.
 - A. Make muffins three times.
 - B. Set table once a day for a week according to instructions received at the club meeting.
5. Recreation.

MEETING VII.

1. Demonstration.

Cook and serve a breakfast. (Plans made at previous meeting.)
2. Home work.
 - A. Plan, cook and serve a Sunday morning breakfast to the family.
 - B. Learn how to launder table linens.
 - C. Remove fruit and coffee stains from table linen.

MEETING VIII.

1. Short business session.
2. Discussion.
 - A. Report of members on "Value gained from this project."
 - B. The relation of the breakfast menu to the whole day's menu.
 - C. Project work for next season.
3. Demonstration.
 - A. Check up on individual score cards.
 - B. Weigh and measure each individual.
 - C. Award achievement cards.
4. Recreation.
 - A. Hike or a picnic.

REFERENCES

Books:

Household Arts for Home and School, vol. 2. Cooley and Spohr. Macmillan Co., New York City.

Food and Health. Kinne and Cooley. Macmillan Co., New York City.

Food Planning and Preparation. Mabel T. Wellman. Lippincott and Co., Philadelphia and Chicago.

Boston Cooking School Cook Book. Little, Brown & Co., 34 Beacon Street, Boston, Mass.

Bulletins:

Good Proportion in the Diet. U. S. Dept. of Agr., Farmers' Bul. No. 1313.

Table Service and Table Etiquette. Extension Circular No. 154, College of Agriculture, University of Kentucky.

Cereal Breakfast Foods. U. S. Dept. Agr., Farmers' Bul. No. 249.

How to Select Foods, II, Cereal Foods. U. S. Dept. Agr., Farmers' Bul. No. 817.

Cornmeal as a Food: Ways of Using it. U. S. Dept. Agr., Farmers' Bul. No. 565.

Rice as Food. U. S. Dept. Agr., Farmers' Bul. No. 1195.

Use of Fruit as Food. U. S. Dept. Agr., Farmers' Bul. No. 293.

Milk and Its Use in the Home. U. S. Dept. Agr., Farmers' Bul. No. 1207.

Junior Food Project Programs

15

Production of Clean Milk. U. S. Dept. Agr., Farmers' Bul. No. 602.
How to Make Cottage Cheese on the Farm. U. S. Dept. Agr., Farmers' Bul. No. 850.

Cottage Cheese Dishes with Recipes. U. S. Dept. Agr., office of the Secretary, Circular No. 109.

Eggs and Their Value as Food. U. S. Dept. Agr., Bul. No. 471.

Preserving Eggs. U. S. Dept. Agr., Farmers' Bul. No. 1109.

How to Candle Eggs. U. S. Dept. Agr., Farmers' Bul. No. 565.

Home-made Fireless Cookers and their Use. U. S. Dept. Agr., Farmers' Bul. No. 771.

FOOD PROJECT PROGRAMS

UNIT II

FAMILY SUPPERS

Outline of the supper project.

1. Supper menus.
Milk and ways of serving it.
2. Cheese.
Potatoes.
3. Salads.
4. Simple supper desserts.
5. Candy.
6. Quick breads.
7. Preparation and serving of a supper.
8. Achievement day.

Suggested Program for Food Club Meetings.

The following is only suggestive. It is intended that the girls make out their own programs, choosing only those topics listed which will meet their needs.

MEETING I.

1. Business session.
2. Study and discussion.
 - A. Supper menus.
 1. Discussion of what makes a satisfactory supper or luncheon menu.
 2. Kinds of suppers—family, company and Sunday night.
 3. Foods suitable for children's suppers.
 - B. Milk.
 1. Food value of milk.
 2. Ways of using milk.
3. Demonstrations.
 - A. Make cream soups. (Tomato, spinach or pea.)

- B. Prepare creamed vegetables. (Beans, cabbage or turnips.)
- 4. Home Work.
 - A. Make cream soup demonstrated at club at least three times.
 - B. Make a cream soup using some other vegetable not used at club.
 - C. Collect recipes on ways of using milk.
- 5. Recreation.
 - A. Songs.
 - B. Games.

Review.

- 1. In what ways are luncheon and supper menus alike?
 - 2. Describe ways of making suppers attractive.
 - 3. Give method for making white sauce. What is the difference in white sauce for soups and for vegetables
 - 4. Which vegetables may be used for cream soups and how should they be prepared?
- Note:—Club members should report home work at each meeting.

MEETING II.

- 1. Business session.
- 2. Study and discussion.
 - A. Cheese.
 - 1. Kinds.
 - 2. Food value.
 - B. Left-over meats.
 - 1. Ways of serving.
 - C. Potatoes.
 - 1. Food value.
 - 2. Ways of cooking and serving.
- 3. Demonstrations.
 - A. Make cottage cheese and serve in several ways (Plain, as salad, and with scrambled eggs.)

- B. Make a cheese dish, using American cheese. (Welsh rarebit, macaroni and cheese, or Italian rice.)
- C. Bake a potato. It may be stuffed and cheese used on top.
- 4. Home work.
 - A. Prepare cottage cheese according to instructions.
 - B. Use cottage cheese in at least three different ways.
- 5. Recreation.

Review.

- 1. Describe methods of making cottage cheese and tell some ways of serving it.
- 2. What is the essential point to remember in cooking cheese?
- 3. What are the advantages of cooking potatoes in the jackets?
- 4. In what ways have you used left-over meats at home?

MEETING III.

- 1. Business session.
- 2. Study and discussion.
 - A. Salads.
 - 1. Essentials of a good salad.
 - 2. Value of fresh vegetables in salads.
 - 3. Salad dressings.
 - 4. Salads for different seasons.
 - 5. Use of canned vegetables for salads.
- 3. Demonstrations.
 - A. Make salad dressings.
 - B. Make salads of
 - 1. Spinach or other greens.
 - 2. Cabbage in various combinations.
 - 3. Canned vegetables or fruits.
- 4. Home work.
 - A. Make a supper menu for each of the different seasons of the year—fall, winter, spring and summer—considering foods obtainable in locality at these seasons.
- 5. Recreation.

Review.

1. What is the value of raw vegetables in the diet?
2. What vegetables can be eaten uncooked? Which are better cooked?
3. Give some good combinations for salads.
4. Name oils used in salad dressings.
5. What difference does the season of the year make in menus?

MEETING IV.

1. Business session.
2. Study and discussion.
 - A. Discussion of supper menus planned at home. (Meeting III.)
 1. Study these to see if the desserts are suitable to be eaten with the rest of the meal.
 2. Scoring.
 - B. Simple supper desserts.
 1. List a number of simple desserts.
3. Demonstrations.
 - A. Make tapioca, cornstarch or snow pudding.
 - B. Make soft custard and serve it in various ways. (Floating island, with sponge-cake, or with fruit.)
 - C. Serve a canned fruit with sponge-cake (cake not made at meeting).
4. Home work.
 - A. Prepare other desserts by recipes given in food manual.
 - B. Make a picture chart of the menu which received the highest score.
5. Recreation.

Review.

1. What determines the kind of dessert to serve at a meal?
2. Give method of making soft custard. Describe ways of serving.
3. Give ways of serving canned fruit as a simple dessert.

MEETING V.

1. Business session.
2. Study and discussion.
 - A. Candy.
 1. Food value of sugar.
 2. Overuse of sugar and its effect.
 3. Candy as dessert.
 - B. Planning the menu for the demonstration supper.
3. Demonstrations.
 - A. Make fruit candies. (Candied apple rings, stuffed dates, stuffed figs and Parisian sweets.)
 - B. Make fudge, molasses candy or fondant.
 - C. Prepare an attractive gift box of candy or jellies and marmalades.
4. Home work.
 - A. Make a gift box. Use a spray of holly, pine, bitter-sweet or mistletoe for decorating the box.
 - B. Review table manners and table service.
5. Recreation.

Review.

1. When should candy be eaten?
2. What precaution should be taken in buying candy?
3. Describe two ways of using fruit in candy.

MEETING VI.

1. Business session.
2. Study and discussion.
 - A. Quick breads.
 1. Kinds of flour.
 2. Value of whole grain flours.
 3. Cereals other than wheat used in bread.
 - B. Table etiquette and service.
 1. Setting the table.
 2. Duties of a hostess.
 3. Polite table manners.

4. Care of the silverware.
3. Demonstrations.
 - A. Make corn batter bread.
 - B. Make soda biscuit or graham bread.
4. Home work.
 - A. Make breads according to method given at club meeting.
 - B. Clean silverware.
5. Recreation.

Review.

1. Why is a whole grain bread a more satisfactory food than white bread?
2. Give three ways of using corn meal in bread.
3. What are the duties of a hostess?
4. Give directions for cleaning silverware.

MEETING VII.

1. Demonstration.
 - A. Preparation and serving of a supper or luncheon to parents.
2. Home work.
 - A. Help prepare and serve a company supper
 - B. Make or buy a needed kitchen convenience.

MEETING VIII.

1. Exhibit.
 - A. Posters made by club members.
 - B. Recipe files.
 - C. Record books.
2. Demonstrations.
 - A. Serve a mock meal or give some other demonstration relating to project. (May be given by club team made up of girls who have been the best demonstrators.)
 - B. Show how to make a kitchen convenience.

3. Talks by prominent persons.
 - A. Balanced meals.
 - B. Club work (inspirational).
 - C. Presentation of achievement cards.
4. Songs and games.

REFERENCES

Books:—See page 14.

Bulletins:

Food for Young Children. U. S. Department of Agriculture, Farmers' Bul. 717.

Good Proportion in the Diet. U. S. Department of Agriculture, Farmers' Bulletin 1313.

Table Service and Table Etiquette. University of Kentucky, College of Agriculture, Extension Circular 154.

Cheese and its Economical Use in the Diet. U. S. Department of Agriculture, Farmers' Bulletin 487.

Cottage Cheese Dishes. U. S. Department of Agriculture, Circular 109.

Preparation of Vegetables for the Table. U. S. Department of Agriculture, Farmers' Bulletin 256.

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Sugar and Its Value as Food. U. S. Department of Agriculture, Farmers' Bulletin 535.

Honey and Its Use in the Home. U. S. Department of Agriculture, Farmers' Bulletin 653.

Baking in the Home. U. S. Department of Agriculture, Farmers' Bulletin 1136.

Pamphlets on the manufacture of flour published by large milling companies.

The Wife Saving Kitchen. University of Kentucky, College of Agriculture, Extension Circular 158.

Weight Records. Single copy 5c; additional copies 1c each. Superintendent of Documents, Government Printing Office, Washington, D. C.

FOOD PROJECT PROGRAMS.

UNIT III

FAMILY DINNERS

Outline of the dinner project.

1. Study of food needs of the body.
Suggestions for dinner.
2. Place of vegetables in the diet.
Essentials of menu planning.
3. Use and cookery of meats.
Discussion of family menus.
4. Making of yeast breads.
5. Preparation of pastry and pies.
6. Cake making.
7. Preparation and serving of a dinner.
8. Achievement day.

Suggested Programs for Food Club Meetings.

The following is only suggestive. It is intended that the girls make out their own programs, choosing only those topics listed which will meet their needs.

MEETING I.

1. Business session.
2. Study and discussion.
 - A. The food needs of the body.
 1. Grouping of foods according to their use in the body.
 2. Planning meals for one day.
 - B. Advantages of planning meals in advance.
 - C. The score card for family food habits.
 - D. Suggestions for dinner dishes.
3. Demonstrations.
 - A. Cook a one-dish meal. (Stew or pot roast.)
 - B. Make corn meal muffins.
 - C. Serve the one-dish and muffins with fruit for dessert.

4. Home work.
 - A. Prepare stew or some other one-dish dinner for at least three meals.
 - B. Score family food habits for one week.
5. Recreation.
 - A. Songs.
 - B. Games.

Review.

1. What must food furnish each day to the body of the healthy boy or girl?
2. What foods help to furnish these daily needs?
3. What are the reasons for preparing one-dish meals?

MEETING II.

1. Business session.
2. Study and discussion.
 - A. Place of vegetables in the diet.
 1. Classification of vegetables as to
 - a. Food value.
 - b. Ways of cooking.
 2. Means of providing vegetables throughout the year by:
 - a. Storing.
 - b. Canning, drying, etc.
 - c. Local market.
 - d. Home garden.
 - B. The essentials in menu planning.
 1. Food value.
 2. Variety in flavor and texture.
 3. Attractiveness—color.
3. Demonstrations.
 - A. Cook cabbage, onions, turnips or some other strong flavored vegetable.
 - B. Cook spinach, peas, string beans or some other mild flavored vegetable.
 - C. Prepare tomatoes in different ways.

4. Home work.
 - A. Prepare vegetables for five family dinners.
 - B. Plan family menus for one week.
5. Recreation.

Note.—Have each club member report home work at each meeting.

Review.

1. Why is it necessary to eat vegetables?
2. How may the mineral matter of vegetables be retained in the cooking process.
3. Give method for cooking cabbage or onions.
4. Name the greens commonly used in your community. Name others which might be used.

MEETING III.

1. Business session.
2. Study and discussion.
 - A. Use and cooking of meats.
 1. Food value.
 2. Place in the diet.
 3. Cooking.
 - a. Tough cuts.
 - b. Tender cuts.
 - B. Discussion of family menus. (Home work from meeting II.)
3. Demonstrations.
 - A. Prepare a meat dish. (Swiss steak, roast meat, ham baked in milk.)
 - B. Use left-over meat in various ways.
 - C. Show charts for cuts of meat.
4. Home work.
 - A. Prepare meat for three family dinners.
 - B. Collect recipes for using the tough portions of meat.
5. Recreation.

Review.

1. How often should meat be served? Why?
2. Discuss milk as a meat substitute for growing boys and girls.
3. Name different meats used as food. Give food value.
4. Why are meats seared before cooking?

MEETING IV.

1. Business session.
2. Study and discussion.
 - A. Making yeast breads.
 1. Kinds of flour.
 2. Yeast.
 3. Methods of making.
 4. Standards for judging.
3. Demonstrations.
 - A. Make a loaf of bread.
 - B. Make light rolls.
4. Home work.
 - A. Make light bread at least twice and bring one loaf to be scored at next club meeting.
 - B. Make rolls twice.
5. Recreation.

Review.

1. What food needs of the body does bread satisfy?
2. Why is the liquid scalded in making bread?
3. Why is dough kneaded?
4. Give tests for sufficient baking of bread.

MEETING V.

1. Business session.
2. Study and discussion.
 - A. Preparation of pastry and pies.
 1. Pie crust.
 - a. Flour.
 - b. Fat.
 - c. Method of mixing.
 - d. Baking.

2. Pie fillings.
 - a. Kinds.
 - b. Methods of cooking.
3. Demonstrations.
 - A. Make apple pie or some other fruit pie.
 - B. Make tarts.
4. Home work.
 - A. Make tarts or fruit pies at least twice.
 - B. Make a lemon pie. (Refer to food manual.)
5. Recreation.

Review.

1. What makes pie crust tender?
2. How can pie crust be prevented from getting soggy?
3. What oven temperatures is best for baking pastry and pies?

MEETING VI.

1. Business session.
2. Study and discussion.
 - A. Planning the demonstration dinner.
 1. Selection of the menu.
 2. Review of table service and table etiquette.
 - B. Cake making.
 1. Materials used.
 2. Classes:
 - a. Butter.
 - b. Sponge.
 3. Methods of mixing and baking.
3. Demonstrations.
 - A. Make plain loaf cake.
 - B. Make a sponge cake.
 - C. Give recipes for drop cookies. (Cookies may be previously prepared and served at meeting.)
4. Home work.
 1. Make drop cookies.
 2. Make two variations of the plain cake recipe.
5. Recreation.

Review.

1. Give method for mixing a butter cake.
2. Give method for mixing a sponge cake.
3. What kind of cakes are suitable for children?

MEETING VII.

1. Demonstration.
Prepare and serve a dinner. (Mothers may be invited as guests.)
2. Home work.
Plan, cook and serve a dinner.
3. Recreation.
Jokes and pleasant conversation during the dinner.
(Planned in advance.)

MEETING VIII

Achievement day.

1. Discussion and talks.
 - A. Rescoring the family, showing improvements made.
 - B. Amount of food needed by the individual.
 - C. Attractive and wholesome meals.
2. Food demonstration by team.
3. Presentation of achievement cards.
4. Songs.

REFERENCES

Books:—See page 14.

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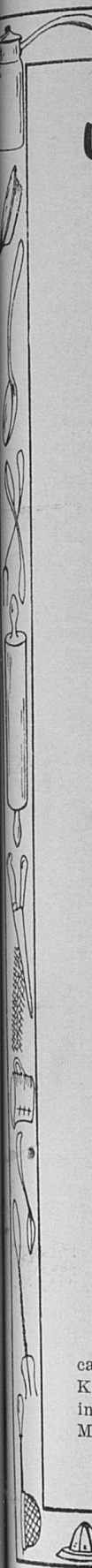
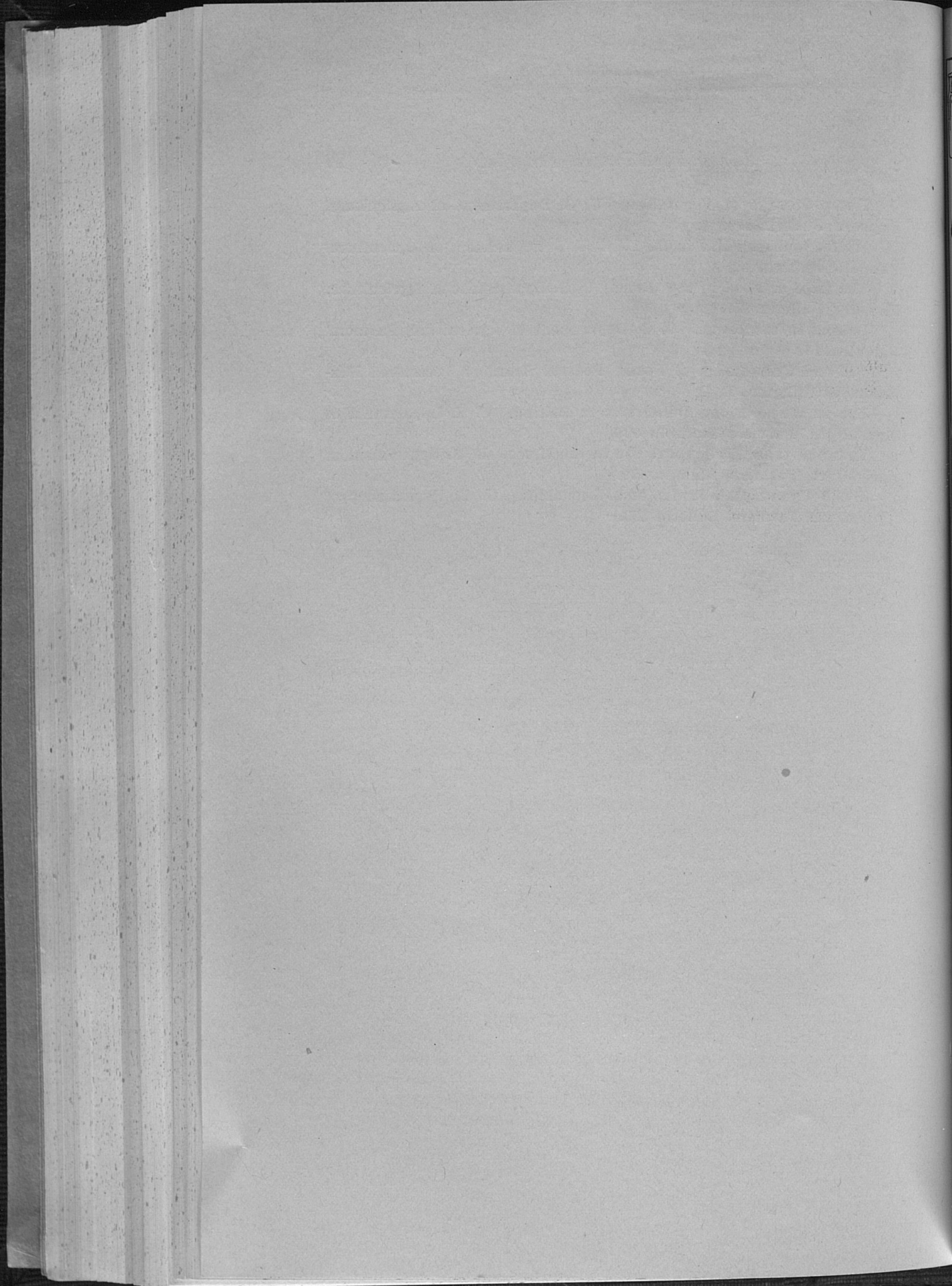
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