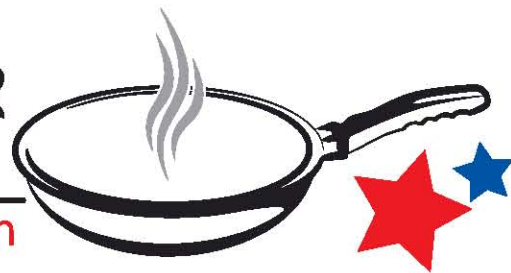


# IRON Skillet

Arkansas 4-H Military Club Program



## LEADER'S GUIDE

The 4-H Iron Skillet Club in a Tub project materials were developed for children of military personnel serving in all branches of service. The Military 4-H Club Program is funded by the United States Navy in partnership with 4-H Programs nationwide. These materials were developed by Arkansas Military 4-H Program in partnership with the Arkansas Expanded Food and Nutrition Education Program. The materials are designed to help children become aware of healthy food choices and develop their ability to prepare healthy foods.



The Educational Philosophy of 4-H is "Learn by Doing."

### What Will Young People Gain from being 4-H Members?

All children benefit from membership in a high quality youth organization. Due to the special demands and challenges in their lives, military kids benefit from the core elements of youth development and from being with other children who share military family experience. A Military 4-H Club may include both military and non-military children. Non-military

children benefit from learning about the special ways that military families serve our country.

### The Core Elements of Youth Development are:

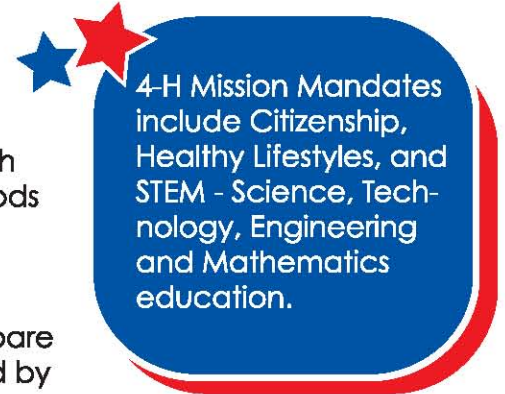
- **Belonging** – military kids form a bond with kids who share the experiences that deployment can create. Their non-military friends do not share the demands of deployment and may not understand what it is like. All children need to belong – and 4-H provides a positive way to belong to a group.
- **Independence** – military kids are often forced by their experience to be more responsible. The 4-H Club experience may offer them opportunities to express their independence in new settings, and in settings away from home. The programs also encourage independent thinking for positive decision making.
- **Mastery** – selecting a project or working in a project club gives children the opportunity to master skills outside the classroom. This sense of accomplishment lays groundwork for life's responsibilities and instills the confidence needed to take on new challenges.
- **Generosity** – 4-H clubs teach children the importance of service. Community service projects and opportunities to help younger children with their projects help youth form strong values for service.

### How to Form a 4-H Club:

1. **Leaders** – One or more adults may serve as leaders for a 4-H Club. Your County Extension Office will guide you with volunteer registration requirements. Leaders guide the 4-H members in naming their club, planning their meetings, selecting service projects and learning to conduct meetings. Training opportunities are available in most counties for Volunteer 4-H Leaders.
2. **4-H members** – A club must have at least 5 members, from age 5 through 18. Cloverbud members are age 5 – 8 and do not participate in competitive events, only educational events. Members age 9 and older may participate in 4-H competitive events offered in the county or at other levels. Membership requirements may vary from state to state. The Mission of 4-H is to provide opportunities for youth to acquire knowledge, develop life skills, form attitudes and practice behavior that will enable them to become self directing, productive and contributing members of society.

**How to use the materials:** These materials are intended to be used in a 4-H project club or a community club. A 4-H club is an organized, continuing group with elected officers, at least one adult volunteer leader and planned programs throughout several months of the year (preferably 9-12 months). A project club selects a project area as a main focus for members to work on as a group. A community club allows members to select projects of interest to them. To use these project materials effectively, consider:

- Having a 4-H meeting, following the guidelines, each time you prepare a new recipe.
- Selecting project lessons that will work best in your meeting place. (Do you have a kitchen, or limited equipment?)
- Selecting project lessons that are appropriate for the season. Are fresh fruits and vegetables readily available? During hot weather, which foods would be most appealing. During cold weather?
- Selecting simpler project lessons for younger members or for the first few meetings.
- Being flexible in your meeting schedule. If a food takes longer to prepare or needs baking time, let the members prepare the food first, followed by the club meeting.
- Encourage kids to use technology to research information on nutrition, recipe variations, attractive food service, and to present this information or demonstrate skills that they have learned. (Project Talks and Method Demonstrations) These talks and demonstrations are part of the program portion of the meeting. Scheduling each 4-H member to do this once or twice will help them to develop speaking skills.



### Selecting service projects:

Generosity is one of the essential elements of youth development. Encourage members to think of ways to help your community, and enlist families when appropriate. Suggest types of projects – pick up litter, make cards for seniors in retirement homes, write letters to service men and women, adopt a family at Christmas, volunteer at an animal shelter, host a parent appreciation event, etc.

### Bring in or go to outside resources:

Consider inviting a speaker to visit your club and talk to the members on a topic of interest to them. There are local resources that will fill the bill. Cooperative Extension Service, Game and Fish, Corps of Engineers, and other agencies may have a program. A field trip is another good learning experience.

### MAKING HEALTHY FOOD CHOICES: MyPyramid Food Groups

This information can be included with recipes that focus on the various food groups.



#### The Vegetable Group

Any vegetable or 100% vegetable juice counts as a member of the vegetable group. Vegetables may be raw or cooked; fresh, frozen, canned, or dried/dehydrated; and may be whole, cut-up, or mashed.



#### The Fruit Group

Any fruit or 100% fruit juice counts as part of the fruit group. Fruits may be fresh, canned, frozen or dried, and may be whole, cut-up or pureed.



#### The Grain Group

Any food made from wheat, rice, oats, cornmeal, barley or another cereal grain is a grain product. Bread, pasta, oatmeal, breakfast cereals, tortillas, and grits are examples of grain products.



Grains are divided into 2 subgroups, whole grains and refined grains.

Whole grains contain the entire grain kernel – the bran, germ, and endosperm. Examples include:

- whole-wheat flour
- bulgur (cracked wheat)
- oatmeal
- whole cornmeal
- brown rice

Refined grains have been milled, a process that removes the bran and germ. This is done to give grains a finer texture and improve their shelf life, but it also removes dietary fiber, iron, and many B vitamins. Some examples of refined grain products are:

- white flour
- degermed cornmeal
- white bread
- white rice

Most refined grains are enriched. This means certain B vitamins (thiamin, riboflavin, niacin, folic acid) and iron are added back after processing. Fiber is not added back to enriched grains. Check the ingredient list on refined grain products to make sure that the word "enriched" is included in the grain name. Some food products are made from mixtures of whole grains and refined grains.



### **The Milk Group** (Yogurt, Cheese)

All fluid milk products and many foods made from milk are considered part of this food group. Foods made from milk that retain their calcium content are part of the group, while foods made from milk that have little to no calcium, such as cream cheese, cream, and butter, are not. Most milk group choices should be fat-free or low-fat.



### **The Meat and Beans Group**

All foods made from meat, poultry, fish, dry beans or peas, eggs, nuts and seeds are considered part of this group. Dry beans and peas are part of this group as well as the vegetable group. Most meat and poultry choices should be lean or low-fat. Fish, nuts and seeds contain healthy oils, so choose these foods frequently instead of meat or poultry. [Reference: MyPyramid.gov](http://MyPyramid.gov)

### **Terms to teach young chefs:**

**Bake:** To heat food in an oven, toaster oven, waffle baker or griddle.

**Cook:** To heat food in a container on a cook-top surface or in a microwave.

**Cut in:** Cut in is a cooking term used in making pie crusts or pastry. Its definition is to mix butter or shortening, into dry mixture by chopping it in with a knife or a pastry blender.

**Grate:** To use a cooking utensil such as a grater, to shred an ingredient.

**Warm:** To bring food to a desired temperature in a microwave oven or on a cook top.

**Beat:** Mix vigorously with spoon, fork, whisk or beater.

**Stir:** Blend in completely with spoon or spatula.

**Fold:** Gently combine ingredients, using slow sweeps of a spoon going deep into the mixture and bringing it up to "fold" over the top surface. Example: folding beaten egg whites into batter. Folding keeps the egg white cells from collapsing.

**Knead:** To work a dough with the hands. On a floured surface with hands floured, press the dough downward with the heel of the hand, turn the dough a quarter turn, fold the dough in half onto itself, repeat the downward motion. Yeast breads may be kneaded for several minutes, while quick breads such as biscuits are kneaded just until the dough is combined and almost smooth.

**Pare:** Remove the outer peeling or skin – potatoes or apples.

**Dice or Chop:** To cut with a knife or chopper to a coarse consistency, about ¼ inch.

**Mince:** To cut with a knife or chopper until the consistency is fine.

**Garnish:** To accent a food with a complimentary food. Example: mint leaf, whole berry, edible flower, such as a pansy, a vegetable fan or curl, or a drizzle of a glaze or sauce.



**Shred:** Cut into very fine strips.

**Stir Fry:** Cook in a hot pan or Wok with a small amount of vegetable oil.

### Measuring Ingredients Correctly:

There are two types of measuring cups – dry and liquid. Dry measuring cups are metal or plastic with a flat edge on top. Ingredients are scooped or spooned into a cup and leveled with a straight edged spatula or knife. Liquid ingredients are measured in liquid measuring cups – clear glass or plastic with a pouring spout. The liquid should reach the line on the measuring cup for the correct amount. Set the cup on a flat surface and check for a correct measure at eye level.

Shortening, brown sugar, and peanut butter are spooned and packed into a dry measuring cup and leveled off.

### Substitutions:

1 cup buttermilk: 1 cup plain yogurt OR 1 cup whole milk mixed with 1 tablespoon lemon juice.

Salt: salt substitutes are available using potassium chloride as a substitute for sodium chloride (salt)

Seasonings: [Avoid using onion salt and garlic salt. The salt content is very high].

- Commercial salt-free seasonings such as "Mrs. Dash"
- Onion powder in place of fresh onion (be careful – concentrated flavor).
- Garlic powder in place of fresh garlic (be careful – concentrated flavor).

## 4-H PLEDGE



I pledge my **head** to clearer thinking,  
my **heart** to greater loyalty,  
my **hands** to larger service,  
and my **health** to better living,  
for my club, my community,  
my country and my world.

