



Rio Arriba 4-H Presents:

Tell Us About it Tuesdays!

FOOD FUN!

Cloverbuds enrolled in the Food Fun project will complete activities on nutrition, kitchen safety, fitness, and food preparation.



Some of the Project Activities include:

- ✓ USDA's MyPlate
- ✓ What's in the Food Groups?
- ✓ Grocery List Jumble
- ✓ Food Safety
- ✓ My Food Log
- ✓ Fun with Food and Nutrition Scrapbook

Complete the following activities, share your results, and earn points!

Watch these video about Food Fun!

Healthy Eating: An introduction: <https://youtu.be/mMHVEFWNLMc>

Breakfast Song: <https://youtu.be/fsQVfQt0HOk>

I am healthy: <https://youtu.be/q3XWjexSHH8>

Earth Day Songs for Children: <https://youtu.be/yfhyXx1kCzo>

Handwashing Experiment: <https://youtu.be/1ul2F9zxbZ8>

Read about "Food Safety" and complete the "Kitchen Safety" activity.
Then prepare a "Fruit Parfait" to help begin completing a "My Food Log"

Send a picture of your projects to: marctala@nmsu.edu or hannah99@nmsu.edu

Earn points for your participation and receive Pizza Gift cards!

Have Questions Contact: 575-588-7423

Marcella, Extension 4-H Agent, at marctala@nmsu.edu

Hannah, Extension Program Assistant, at hannah99@nmsu.edu



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College of Agricultural, Consumer
and Environmental Sciences
Cooperative Extension Service
Rio Arriba County Extension Office

Food Safety

Wash Your Hands and Kitchen Surfaces

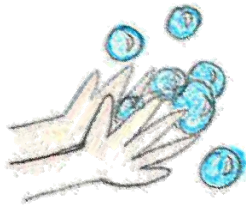
Wash hands for at least 20 seconds

- Use warm water and soap
- Rinse with cooler water

Sing your ABC's or Twinkle Twinkle Little Star to make sure you wash your hands long enough!

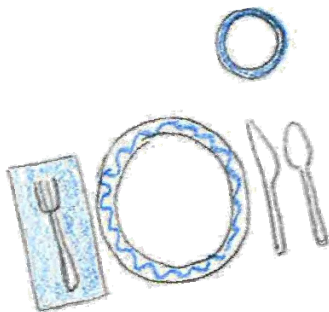
Always wash

- Before cooking
- After using the bathroom
- After handling raw meat



Wash counter tops with hot, soapy water to kill bacteria

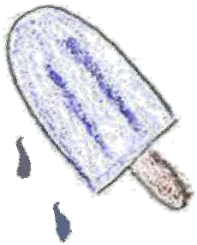
When eating food always use a clean utensil



Food Safety

Keep Food Out of the Danger Zone

Keep hot foods hot (above 140 degrees Fahrenheit)

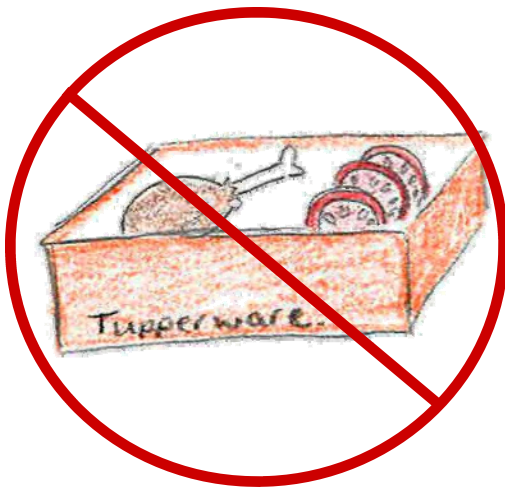


Keep cold foods cold (below 40 degrees Fahrenheit)

Cover and refrigerate or freeze leftovers within 2 hours
after they were cooked

Avoid cross-contamination

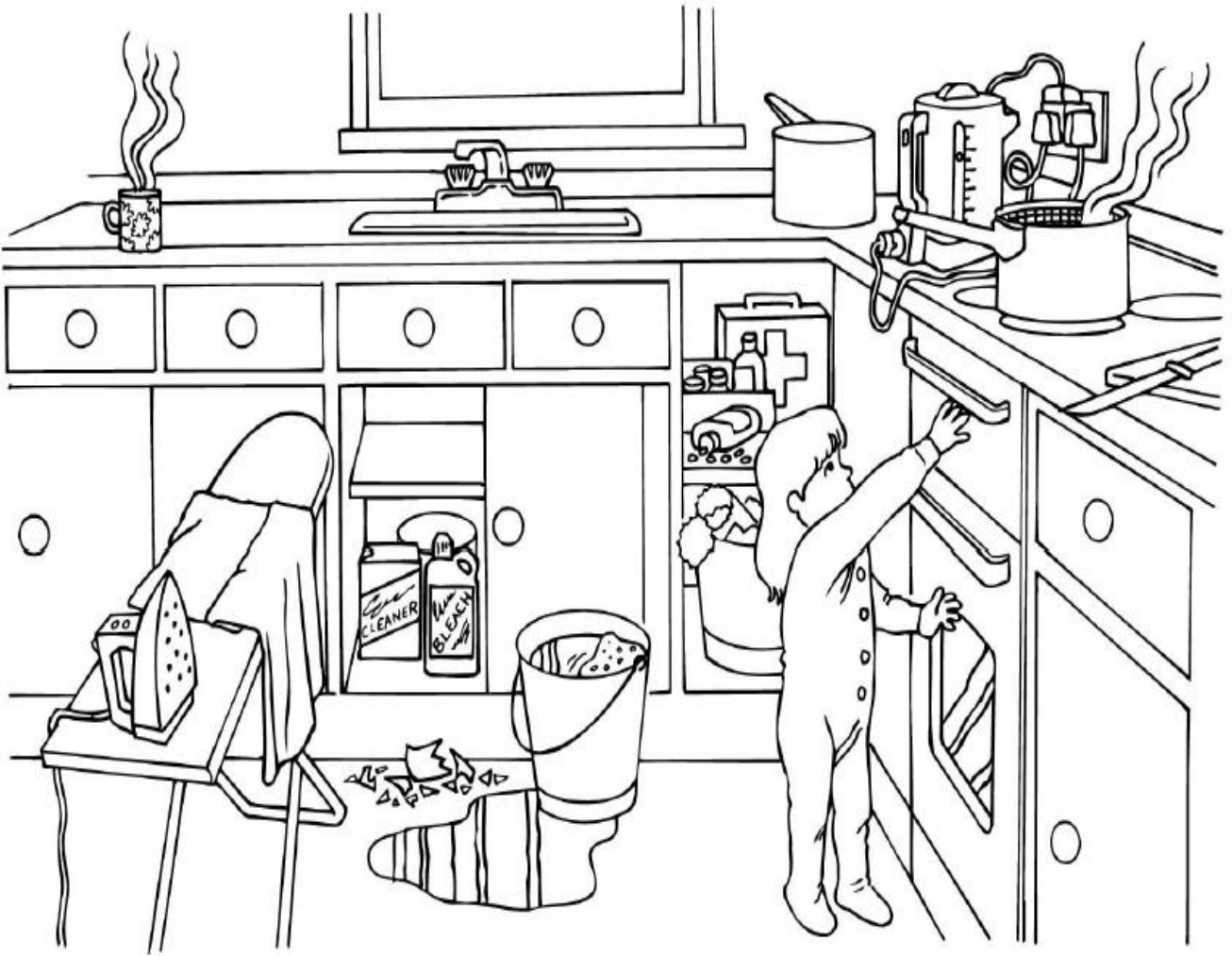
- Avoid combining raw
and cooked foods





Kitchen Safety

Circle all of the unsafe things in this picture.



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

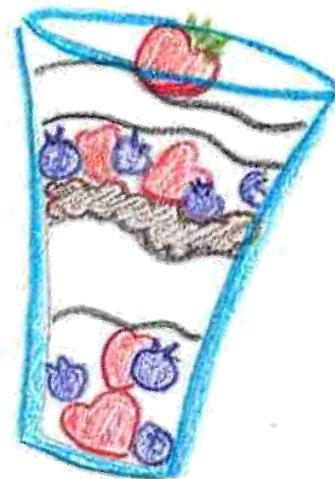
Fruit Parfait

Ingredients

- 1 cup fresh fruit of berries (cut into bite size pieces)
use mixed berries or kiwis, bananas and apples
- 1/2 cup plain or vanilla flavored yogurt
- 1/2 cup low fat granola cereal

Directions

1. Spoon half of the fruit or berries into a glass
2. Top fruit with half of the yogurt
3. Sprinkle with half of the cereal.
4. Repeat with remaining fruit and remaining yogurt.
5. For a finishing touch decorate with a single, perfect berry or slice of fruit. Beautiful!



My Food Log

Now is your chance to show that you have learned how to eat balanced meals!

List the foods you eat in a day. Place an X under the food group your food item belongs to!

Meal	Food I Ate	Vegetable	Fruit	Grains	Dairy	Protein
Breakfast						
Lunch						
Dinner						
Snacks						