



POWER FOODS

WELCOME

Welcome to the **Power Foods Project!** Please read through this guide carefully, as it contains information and suggestions that are important for your project. **4-H leaders can obtain a Leader Project Guide and other resources from the PEI 4-H Office.** Hopefully you, as a member, will “Learn to do by Doing” through hands-on activities that will encourage learning and enjoyment. If you have any questions, contact your District 4-H Officer or your 4-H project leader.

4-H YEAR COMPLETION

You complete a project by:

- completing the project Achievement Day requirements
- completing a communication project
- completing a community project
- completing an agriculture awareness project
- taking part in Achievement Day

You must complete all of the listed aspects in order to show at Fairs and Exhibitions.



ACHIEVEMENT DAY REQUIREMENTS

Folder or Photo Album including:

- Report on one meal- include a photo of the meal, recipes used, time it took for preparation and cooking, who it was served to and in your evaluation include if you would make it again and why.
- 5 additional Power Food Recipes

50 marks

Hummus and Pita Chips

50 marks
100 marks

EXHIBITION REQUIREMENT

Hummus and Pita Chips
OR

Folder or Photo Album (as specified above)

Members of a club within an agricultural district must show the required food product, rather than a poster, at exhibitions within their agricultural district, i.e. Summerside 4-H members are required to show a food item at the exhibition within their district: Egmont Bay-Mont Carmel. Charlottetown 4-H members are required to show a food item at Crapaud and the Provincial Exhibition.

Please Note:
To finish this project, 6 to 8 project meetings/lessons must be completed with a minimum of 8 recipes tested during the project.

This project will focus on cooking protein foods, everything from nuts to pulses to eggs to meats and fish. In each lesson segment, activities and recipes are suggested from the Recipe Book and Activity Guide to accompany foods information.

BE A GOOD SPORT!

In the spirit of learn to do by doing, all those involved in 4-H are encouraged to practice good sportsmanship, use common sense at all 4-H activities, and the work in any 4-H project should be the member's own work.

Ages for 4-H members as of January 1st of the 4-H year:

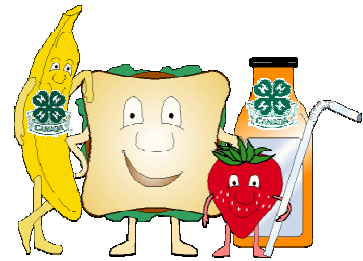
Junior: 9-11 years
Intermediate: 12-14 years
Senior: 15-21 years

Check out the PEI 4-H Web Site

www.pei4h.pe.ca

FOOD SAFETY AND PREPARATION TIPS

- * Always have a clean work area and wash hands with hot soapy water before you begin food preparation and cooking.
- * Always read through the whole recipe before you start.
- * Always gather all the ingredients, measuring cups and spoons, utensils and pots or bowls you will need before you start.
- * Always tidy as you cook and clean up the kitchen when you are finished.
- * Always wear oven mitts to handle hot dishes.
- * Always keep food safe by keeping hot food hot and cold food cold.
- * Always use hot soapy water to wash utensils and surfaces after handling raw foods and before handling cooked or ready-to-serve foods.



HELPFUL RESOURCES!

- www.healthyeatingpei.ca
- www.healthyeatingisinstore.ca
- www.kidnetic.com
- www.recipebox.cdkitchen.com/games
- www.kidshealth.org/kid/closet
- www.nutritionexplorations.org/kids
- www.freggietales.com
- www.missionnutrition.ca
- www.nms.on.ca
- www.dietitians.ca



A variety of books and videos are available at the PEI 4-H Office which can be borrowed for a two week loan period. To book these, call 368-4833 or drop by the PEI 4-H Office at 40 Enman Crescent, Charlottetown.

JUDGES WILL BE LOOKING FOR...

- Visually appealing presentation and overall appearance
- Appropriate seasonings and good flavor combination
- Uniform texture
- Golden brown baked pita chips

Food Safety-It's up to you!

- Wash your hands frequently and carefully.
- Wear clean clothing and aprons, and keep hair confined at all times.
- Keep work areas clean.
- Wear gloves if you have a bandaged cut, sore or blister. Gloves should be changed as often as you should wash your hands.

How to Wash Your Hands

To wash your hands properly, you must wash them for at least 20 seconds. Singing the Happy Birthday song twice takes 20 seconds.

1. **WET** your hands with warm water.
2. Apply liquid **SOAP**.
3. **SCRUB** hands together for at least 20 seconds, washing the front and back of the hands, and in between the fingers.
4. **RINSE** hands with warm water.
5. **DRY** hands with paper towel.
6. Turn water off with the paper towel.



Be Food Safe

- ◆ Keep hands and surfaces clean!
- ◆ Keep hot foods hot!
- ◆ Keep cold foods cold!
- ◆ Separate ready to eat and cooked food from raw products (like raw meats)!
- ◆ To help reduce the risk of foodborne illness, wash hands before and after handling raw eat and seafood, after using the washroom, after changing diapers, after touching pets and after blowing your nose, coughing or sneezing.
- ◆ It's not safe to defrost food at room temperature. The best way to defrost is to thaw food in a covered container on the bottom shelf of the refrigerator.
- ◆ Refrigerate or freeze perishables, prepared foods and leftovers within two hours or less of cooking. Keeping cold food (at or below 4°C/40°F) slows down bacterial growth.
- ◆ The best way to cool leftovers, such as chili or soup, is to divide the leftovers into shallow containers for quicker cooling.

MOST IMPORTANT– You can't tell if a food is contaminated with harmful organisms by looking at it, smelling it or tasting it. When in doubt-throw it out!

HOW DO YOU MEASURE UP?

Too little of one ingredient or too much of another will change the result of what you are making. For best results, measure carefully and accurately.



Metric vs. Imperial

Some recipes are written in metric—mL and some are written in Imperial—teaspoons, tablespoons and cups. Some recipes are written in both. Follow the Metric recipe or follow the Imperial recipe but do not use some of each in the same recipe.

MEASURING SMALL AMOUNTS

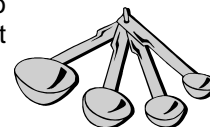
Small amounts of liquid or dry ingredients require small measuring tools. For this, you use measuring spoons. To measure dry ingredients like salt, fill the required measuring spoon and level the top with the straight edge of a kitchen knife.

Liquids

Use a clear glass or plastic measuring cup to measure liquids like water, milk or oil. To measure accurately, set the measuring cup on the table or counter and fill to the desired level, looking at it from eye level.

Dry Ingredients

To measure larger amounts of dry ingredients like flour and sugar, you will use dry measures. To measure accurately, select the size you need, fill to overflowing and level the top with the straight edge of a kitchen knife. Gently pack brown sugar. Do not pack flour.



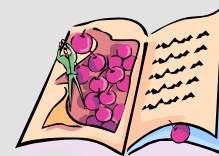
Careful measuring makes for better results.

RECIPE FILE

A good recipe file is the first step to being an organized cook. With the high cost of ingredients and the shortage of time to prepare meals, good recipes are essential. You may already have a recipe file system. If so, continue to use it. If not, choose a method you like and begin your recipe collecting career.

You might choose...

- a filing box
- a loose leaf notebook (binder)
- photo album with pockets for photos



Some tips...

- I. Put your name and club name in an obvious place.
- II. Divide the recipes into sections; alphabetical order is easiest - i.e. Appetizers, beverages, desserts, etc.
- III. Try to write all your recipes in a similar style, i.e. ingredients at the first; then the method.
- IV. Use the standard metric or imperial symbols...

mL	milliliter	tsp	teaspoon
L	litre	tbsp	tablespoon
cm	centimeter	c	cup
g	gram	lb	pound
kg	kilogram	oz	ounce



V. Include...

- Title and source of recipe
 - Ingredients and amount needed
 - Method (with cooking time and temperature)
 - Number of servings or yield
- VI. The recipes may be handwritten or computer generated.

Files will be evaluated on:

- Completeness of individual recipes
- Neatness
- Cover page, if applicable
- Filing system
- Diversity of recipes

Include dividers to separate the recipes into sections for easy reference. In the second and subsequent years, the current year's recipes should be placed together at the front of the binder or filing box to make it easier for evaluation and judging. The previous years' recipes would be filed in the appropriate section at the back of the binder.

Power Foods Recipe



Hummus

Ingredients

1 can (15 to 16 ounces) chickpeas, drained and liquid reserved
1/2 can sesame seeds
1 garlic clove, cut in half
3 Tbsp (45 mL) lemon juice
1 Tsp (15 mL) salt
Pita bread wedges, crackers or raw vegetables if desired

Directions

Place pea liquid, sesame seeds and garlic all in the blender. Cover and blend on high speed until mixed. Add peas, lemon juice and salt. Cover and blend on high speed, stopping blender to occasionally scrape down the sides. Spoon into serving dish and serve with pita wedges or vegetables. Serve this Middle Eastern favorite as a dip, spread, sandwich filling or as a salad.

Yield

2 cups (500 mL)

Power Foods Recipe

Pita Chips

Ingredients

1 small pita bread
1 Tbsp (15mL) oil
1 tsp (5mL) Italian seasoning
1 tsp (5mL) garlic powder
1 tsp (5mL) onion powder
1 tsp (5mL) basil
1 tsp (5mL) parsley

Directions

Preheat oven to 450F (230C)
Cut pita bread into 6-8 triangles
Brush both sides of pita bread with oil
Sprinkle with seasonings
Put pita pieces on a cookie sheet and bake for 5 minutes or until golden brown
Cool and dip into freshly made salsa or hummus. Enjoy!

Yield

1 serving

New Canada's Food Guide

http://www.hc-sc.gc.ca/fn-an/food-guide-aliment/index_e.html

Recommended Servings

	9-13 years males & females	14-18 years females	14-18 years males
Vegetables & Fruit	6	7	8
Grain Products	6	6	7
Milk and Alternatives	3 - 4	3 - 4	3 - 4
Meat and Alternatives	1 - 2	2	3

Serving Sizes

Vegetables & Fruit

- 125 mL (1/2 cup) fresh, frozen or canned vegetable or fruit or 100% juice
- 250 mL (1 cup) leafy raw vegetables or salad
- 1 piece of fruit

Grain Products

- 1 slice (35 g) bread or 1/2 bagel (45 g)
- 1/2 pita (35 g) or 1/2 tortilla (35 g)
- 125 mL (1/2 cup) cooked rice, pasta or couscous
- 30 g cold cereal or 175 mL (3/4 cup) hot cereal

Milk and Alternatives

- 250 mL (1 cup) milk or fortified soy beverage
- 175 g (3/4 cup) yogurt
- 50 g (1 1/2 oz) cheese

Meat and Alternatives

- 75 g (2 1/2 oz), 125 mL (1/2 cup) cooked fish, shellfish, poultry or lean meat
- 175 mL (3/4 cup) cooked beans
- 2 eggs
- 30 mL (2Tbsp) peanut butter

Oils & Fats -

- Include a small amount (30 to 45 mL or 2 to 3 Tbsp) of unsaturated fat each day. This includes oil used for cooking, salad dressings, margarine and mayonnaise.
- Use vegetable oils such as canola, olive and soybean.
- Choose soft margarines that are low in saturated and trans fats.
- Limit butter, hard margarine, lard and shortening.

Steps towards better health and a healthy body weight include:

- Enjoy a VARIETY of foods.
- Eat the recommended amount and types of food each day.
- Limit foods and beverages high in calories, fat, sugar and salt (sodium).
- Be active every day.

The benefits of eating well and being active include:

- better overall health . Feeling and looking better
- Lower risk of disease More energy
- A healthy body weight Stronger muscles and bones.

Make Wise Food Choices

Vegetables and Fruit - Eat at least one dark green and one orange vegetable each day. Go for dark green vegetables such as broccoli, romaine lettuce and spinach. Go for orange vegetables such as carrots, sweet potatoes and winter squash. Enjoy vegetables and fruit prepared with little or no added fat, sugar or salt. Have vegetables steamed, baked or stir-fried instead of deep fried. Have vegetables and fruit more often than juice.

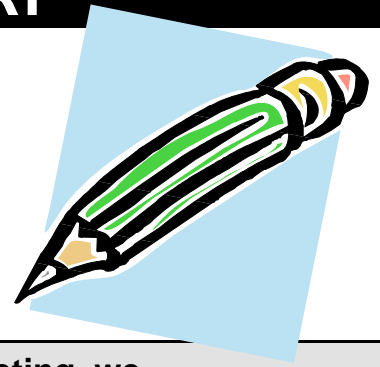
Grain Products - Make at least half of your grain products whole grain each day. Eat a variety of whole grains such as barley, brown rice, oats, quinoa and wild rice. Enjoy whole grain brads, oatmeal or whole wheat pasta. Choose grain products that are low in fat, sugar and salt. Compare the Nutrition Facts table on labels to make wise choices. Enjoy the true taste of grain products. When adding sauces or spreads, use small amounts.

Milk and Alternatives - Drink skim, 1% or 2% milk each day. Have 500 mL (2 cups) of milk everyday for adequate vitamin D. Drink fortified soy beverages if you do not drink milk. Select lower fat milk alternatives. Compare the Nutrition Facts table on yogurts or cheeses to make wise choices.

Meat and Alternatives - Have meat alternatives such as beans, lentils and tofu often. Eat at least two Food Guide Servings of fish each week. Choose fish such as char, herring, mackerel, salmon, sardines and trout. Select lean meat and alternatives prepared with little or no added fat or salt. Trim visible fat from meats. Remove skin from poultry. Use cooking methods such as roasting, baking or poaching that require little or no added fat. When selecting luncheon meats, sausages or prepackaged meats, choose those lower in salt and fat.

PROJECT MEETINGS DIARY

Most projects will require at least six to eight project meetings to complete the project.



Meeting Date	Location	Time	At this meeting, we...

Community and Agriculture Awareness Projects

COMMUNITY PROJECT

Each year you are encouraged to provide a service to your community as a 4-H member. This introduces you to the responsibilities of citizenship. You must participate in your club's plan for a community project and you should have a role to play. Describe your involvement with your club's community project this year.



Our Community Project was _____

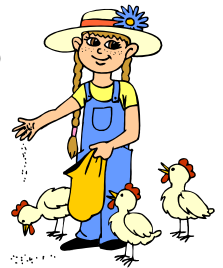
I helped by _____

It was beneficial because _____

I learned _____

AGRICULTURE AWARENESS PROJECT

Agriculture is one of PEI's main industries. You are expected to participate with your club to complete a project (or provide a service) which helps your club or others become aware of the importance of agriculture in our lives. As in the community project, you should actively participate.



Our Agricultural Awareness Project was _____

I helped by _____

It was beneficial because _____

I learned _____