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Meal Planning Project Guide : Suggestions for 4-H Girls Enrolled in the Meal Planning Project`

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Recommended Citation

Cooperative Extension, South Dakota State University, "Meal Planning Project Guide : Suggestions for 4-H Girls Enrolled in the Meal Planning Project`" (1951). *SDSU Extension Circulars*. 947. https://openprairie.sdstate.edu/extension_circ/947

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Website: extension.sdstate.edu

Phone: 605-688-4792

Email: sdsu.extension@sdstate.edu

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Meal Planning Project Guide

Suggestions for 4-H Girls Enrolled in the Meal Planning Project

This sheet is designed to help you to know what will be expected of girls enrolled in the Meal Planning Project. Suggestions are included to help you carry out project goals.

PLAN "C"

Food in Relation to Health

Study the food groups that are recommended for daily nutrition. Check your daily food supply with these food groupings. Make improvements in your diet.

How to be a Good Cook

Study qualities of a good cook. Learn to measure both liquid and dry ingredients.

Keep recipes in an orderly manner.

Use a recipe box that is indexed; or a looseleaf type that is indexed. Refrain from using spiral type book because additions cannot be added to the sections after the pages are filled.

Be sure the recipe cards are complete.

The preferred way to write recipes is to write them in steps.

Milk in the Diet

Study importance of milk. Learn to prepare tasty milk drinks—cocoa, eggnog. Combine milk with honey, molasses, tomato juice. Learn to home pasteurize milk.

Eggs for Any Meal

The importance of eggs—source of protein and fat which is easily digested, contain minerals and vitamins.

Cook eggs with moderate heat. Prepare poached eggs, baked eggs, soft and hard cooked.

Prepare scrambled eggs combined with ham or bacon.

Learn correct storage—they are perishable and require same care as milk.

Make a soft custard.

Prepare and Serving Fruits

Study importance of fruit. Learn to prepare fresh, frozen, dried and canned fruit.

Make a simple fruit dessert. Study storage of fruit.

Quick Breads

Study "Quick" breads. Know the importance of various ingredients in the breads. Make loaf quick breads. Make muffins—learn to make variations. Make baking powder biscuits—learn to make variations. Make waffles.

Cookies

Make all types of cookies.

Study Table Setting

Know qualities of a simple, well set table.

Make a simple centerpiece. Study proper dishwashing.

Learn and put into practice care of silverware.

PLAN "B"

Food in Relation to Health

Study the food groups that are recommended for daily nutrition.

Know the importance of vitamins and minerals.

Check your daily food supply. Make improvements in your diet.

How to be a Good Cook

Study qualities of a good cook. Learn to plan well balanced menus. Know the qualities of a good meal. Learn to measure both liquid and dry ingredients.

Keep good recipes—use a box or looseleaf notebook.

The Breakfast

Know the foods that constitute a good breakfast.

Learn to prepare fruits for breakfast.

Study cereals—prepare cooked cereals.

Study types of quick breads—pour batters, drop batters and doughs.

Beverages for breakfast. Breakfast meats.

The Luncheon

Plan and prepare simple luncheons around soups or salads.

Prepare a luncheon dish using cheese.

Prepare a luncheon dish using eggs. Prepare a simple luncheon dessert.

Learn to prepare quick breads for luncheons.

Study yeast breads—learn to make bread and rolls.

Cake

Cakes containing fat. Cakes without fat.

Making Dishwashing Easy

Learn the essentials for easy and proper dishwashing.

Table Setting and Table Manners

Know the types of cloths best suited for tables.

Know what a cover means—how much space for one cover.

Study correct method of setting a table for breakfast or lunch.

Practice setting the table.

Practice using silver and china correctly.

Practice placing and removing dishes when waiting on people at the able.

Study principles of vegetable cookery.

Practice preparing vegetables using different methods.

Accompaniments for Meals

Learn to make attractive salads—combine different foods for salads.

Study desserts—practice making gelatin, baked, frozen desserts, fruit.

Yeast Breads

Study ingredients of yeast bread. Study straight dough method and sponge method.

Make white and whole wheat bread.

Make plain rolls, fancy shaped rolls, and sweet rolls.

PLAN "A"

Food in Relation to Health

Study the food groups that are recommended for daily nutrition.

Know importance of vitamins, minerals, carbohydrates, protein, fat.

Check own daily food with recommended food.

Improve own diet. Keep track of your food for one week.

How to Be a Good Cook

Know qualities of a good cook.

Review measuring.

Learn cooking terms.

Plan balanced meals for an entire day.

Continue keeping recipes.

Meat

Study importance of meat

Learn to prepare meats using different methods of preparation.

Plan meals around your meat.

Vegetables.

Know why we need to eat vegetables.

Practice making raw vegetable trays.

Cake

Learn methods of making cakes.

Practice making cake containing fat.

Practice making cakes without fat.

Pies

Learn to make good pastry.

Make one crust and two crust pies.

Make pies with custard base.

Make pies with fruit.

Table Setting and Table Etiquette

Learn how to set the table for lunch and dinner.

Study qualities of a well set table.

Know the use of different pieces of silver and dishes.

Learn to serve a banquet.

Study dishwashing and care of silverware.

Continuing Meal Planning

Those who are not enrolled in Meal Planning but who are continuing their work should continue working with different foods, planning and preparing meals for the entire family, and doing work with Food Preservation.

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