

UNIVERSITY OF MISSOURI      COLLEGE OF AGRICULTURE  
AGRICULTURAL EXTENSION SERVICE

Columbia, Missouri

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LEADERS GUIDE  
Food Preparation IV

DINNERS AND COMPANY MEALS

(To be used with 4-H Circular 128)

PROJECT REQUIREMENTS

1. Prepare and serve 5 or more different dishes from these: Vegetables and Meats.
2. Plan, prepare and serve the family dinner at least three times.
3. Help plan, buy, prepare and serve at least two company dinners.
4. Plan, prepare and serve snacks or simple meals to boys and girls.
5. Clean stove or refrigerator or other large piece of equipment 2 times or more.

YOUR RESPONSIBILITIES AS A PROJECT LEADER

- I. Before the First Meeting:
  1. Obtain project material and read it.
  2. Plan subjects of project meetings.
  3. Plan and call first project meeting.
- II. Teach Members To:
  1. Use good practices in food preparation.
  2. Demonstrate in project.
  3. Judge in project.
  4. Keep records.
- III. General Responsibilities.
  1. Set up, organize and call project meetings.
  2. See that Jr. Project Chairman reports at Community Club Meetings.
  3. See that your project's demonstrations are given at community club meetings when called for.
  4. Submit records when called for.

SUGGESTED OUTLINE FOR PROJECT MEETINGS

- I.
  1. Report from members on work done at home.
  2. Discussion of:
    - a. Problems brought up by members
    - b. Subject of current lesson
  3. Demonstration by one or two members on some subject previously learned. Might be demonstration taught at last project meeting.

4. Demonstration of new practice by leader.
5. Work session on new practice.
6. Judging or scoring of products when possible.
7. Check project records.

II. Business meeting, if needed, presided over by Jr. Project Chairman.

### SUGGESTED OUTLINE FOR PROJECT MEETINGS

(These are only suggestions. There is no minimum requirement as to the number of project meetings to be held. Use your own judgment as to the number needed to complete the project.)

#### I. BRIEF ORGANIZATION MEETING

- Pass out literature.
- Review project requirements.
- Explain record keeping.
- Plan time for future meetings.
- Elect a junior project chairman.

#### II. VEGETABLE COOKERY

##### Discussion by Leader

- Food values of vegetables
- Vegetable cookery rules

##### Demonstration by Leader

- Cooking a fresh or frozen vegetable
- Cooking a vegetable in milk
- Scallop a vegetable. (May use the same fresh or frozen vegetable prepared in first demonstration.)

##### Discuss

- Cooking of dried and fresh vegetables.

##### Work Period

- Have members prepare a fresh or frozen vegetable and a scalloped vegetable.

##### Assignment

- Each member prepare vegetables using at least two different methods by next meeting.

#### III. MEAT COOKERY

##### Discuss

- Food value of meat.
- Cuts of meat (Ask your home agent if she can obtain for you a chart showing meat cuts.)
- Methods of preparation for a tender cut of meat.

##### Demonstration

- Using the broiler to prepare a tender cut of meat.

##### Assignment

- Prepare at least 2 tender cuts of meat by 2 different methods before the next meeting.
- Study cuts of meats for a quiz next project period.

#### IV. MEAT COOKERY

##### Discuss

Review cuts of meat.

Methods of preparation for less tender cuts of meat. Use of a meat tenderizer.

##### Demonstration

Prepare a less tender cut of meat.

While meat is cooking, discuss buying meat, U. S. grades of quality.

Give a quiz: meat cut identification quiz; classify as to tender or less tender.

##### Assignment

Prepare at least 2 less tender cuts of meat by 2 different methods by next meeting.

#### V. MEAL PLANNING

##### Discuss

Foods we should eat everyday.

A pattern for a day's meals.

Planning a dinner menu and the meal management.

Serving the company dinner.

##### Demonstrate

Placement of serving dishes for a dinner.

##### Work Period

Have each member plan one dinner menu which she will serve to her family and one dinner menu she will serve to guests.

Have them plan, also, the time management of each menu.

##### Assignment

Each member plan and prepare at least 1 dinner for the family or guests.

Study cooking terms and methods of preparing tender and less tender cuts of meat for a quiz at next project meeting.

#### VI. REVIEW

##### Discuss

The dinners the members planned and prepared.

Review main principles of:

A pattern for daily meals.

Vegetable cookery.

Cuts of meat and their preparation.

Cooking terms.

Cleaning the stove.

##### Demonstrate

Preparation of cleaning solution for cleaning the refrigerator interior

##### Work Period

A review quiz on principles of preparing tender and less tender cuts of meat; vegetable cookery and cooking terms.

## VII. PREPARING SNACKS

### Demonstrate

Prepare hot cheese sandwich and/or juice specials.

### Work Period

Prepare a "snack."

### Business

Plan an indoor or outdoor party for the club members.

## ADDITIONAL TIPS TO LEADERS

1. Use your imagination! The project meetings can be as interesting and informative as you make them!
  - a. Never talk about something that can be demonstrated. Always show how when possible.
  - b. Use illustrative material such as charts and pictures during the discussion period of each project meeting. Your Home Agent may have some meat identification charts she can lend you.
  - c. Include as much variety as possible: prepare refreshments for the Club, have a dinner, luncheon, or party for the 4-H mothers and Club leaders or make cookies for a public institution, hospital, or sick person. Plan an "outside" activity that will fit into your project work.
2. Reliable recipes other than those included in the circular may be used.
3. The members should keep a record of all the dishes or meals they prepare during the year, in addition to the project requirements.
4. Check with your County Extension Office to see if they have any Extension circulars or publications which relate to your project.
5. When you have questions, feel free to call on your Home Agent.

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UNIVERSITY OF MISSOURI COLLEGE OF AGRICULTURE AND THE UNITED  
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