4-H Virtual Cooking Camp

Wednesday, July 21st, 2021
Grain Bowls

Figure 1. Produce (Microsoft)
This presentation is available in alternative media upon request

Where trade names or vendors appear, no discrimination is intended, and no endorsement by Penn State Extension is implied.
Meet the Presenters

Rozi Horvath, MS.
Food, Families, and Health Educator

Debra Bigley
Extension Educator, 4-H Youth Development
Agenda

Introduction
Pledges
All about grains
How to measure
Recipe demo
Your turn to practice!
The Pledge of Allegiance

I pledge allegiance to the flag of the United States of America and to the republic for which it stands, one nation under God, indivisible, with liberty and justice for all.
The 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.
Do you know how to measure correctly?

(Lawandi, n.d.)
Use measuring cups for larger amounts

- Clear glass/plastic for measuring liquids
- Not transparent cups for dry ingredients
- Measuring spoons for smaller amounts

(USDA, 2018)
How to Measure Liquids

1. Put the cup on a flat surface
2. Fill the cup until the desired line
3. Get down to eye level
4. The bottom curve of the water should touch the measurement line

(USDA, 2018)
How to Measure Dry Food

1. Place the dry measuring cup on a flat surface
2. Fill the cup until the dry ingredients reach the top
3. Level off with the back of a butter knife

(USDA, 2018)
How to Measure Vegetables

1. Place the dry measuring cup on a flat surface
2. Fill the cup until the vegetables reach the top
3. Push down gently to make sure there are no air pockets
How to Measure Solid Fats

Stick butter, margarine, and shortening have measuring markers on their wrapping.

Figure 13. Cutting butter (Texas A&M, n.d.)
Measuring spoons

Dry or liquid measurements

- 1 Tablespoon
- ½ Tablespoon
- 1 teaspoon
- ½ teaspoon
- ¼ teaspoon
- ⅛ teaspoon

Figure 14. Measuring spoons (Pixabay)
Safety First

- Stay alert
- Use potholders
- Keep your cooking area neat
- Do not keep flammable items near the stove
How to Use a Cooktop Safely

Figure 15. Gas Burners (Pixabay)

Figure 16. Ceramic Hob (Pixabay)

Figure 17. Pot (Pixabay)

(USDA, 2018)
How to Simmer

- Choose a large enough pot
- Add water into the pot
- Place the pot on the stove
- Turn the heat to high and boil the water
- Add the quinoa and stir into boiling water
- Turn down the temperature
- Put a lid on
- Cook until the grains absorbs all the liquid

Figure 18. Pot (Pixabay)
When you remove the lid...

Figure 19. How to use a Cook top safely (USDA, Team Nutrition Cooks!) (USDA, 2018)
Safely Cooling Food

- Cool food
- Remove hot food from the stove
- Use potholders or oven mitts
- Put hot dishes on a trivet

(USDA, 2018)
MyPlate Grain Quiz!

(USDA, n.d.)
My Plate Grain Quiz Recap

1. Foods from grains: bread, pasta, oatmeal, breakfast cereals, tortillas, crackers and grits. They all have whole grain varieties.

2. The most common grain food eaten in the US is bread.

3. Carbohydrates are present in all food groups, except fat, fish and meat.

4. White rice, flour, and pasta are refined grains. Substitute some refried grain with whole grain.

5. Check for "whole" in the ingredient list.

6. Make at least half your grains whole grains!

7. Folate/folic acid are important for women of childbearing age.

(USDA, n.d.)
What is a Whole Grain?

A whole grain contains all three of its original edible parts in their original proportions:

- The outer bran layers, rich in fiber and B vitamins
- The nutrient-packed germ, which becomes the new plant
- The starchy endosperm

Oldways and the Whole Grains Council

(Oldways, n.d.)
Whole Grains
• Bulgur
• Buckwheat
• Oatmeal
• Wheatberries
• Popcorn
• Amaranth
• Spelt
• Teff
• Wild rice & Brown rice

Refined Grains
• White rice
• De-germed cornmeal
• White flour
• White bread
• White pasta
• Many breakfast cereals & crackers
• Desserts & Pastries

(Oldways, n.d.)
Kitchen tools

Figure 23-32. Colander, Tongs, Turner, Muffin tin, Meat thermometer, Grater, Potato Masher, Chopper, Rolling pin, Pasta Server (Texas A&M)
Kitchen Tools Scavenger Hunt

FIND 5 ITEMS FROM THE NEXT SLIDE
Kitchen tools

- Colander
- Tongs
- Spatula/Turner
- Muffin Tin
- Meat Thermometer
- Grater/Zester
- Potato Masher
- Chopper
- Rolling Pin
- Pasta Server
How to Set a Table

Left side
Put the napkin on the left side of the plate, the fork should lie on top of the napkin.

Right side
Place the knife next to the plate on the right side. The blade should face the plate.
The spoon belongs on the right side of the knife.
The cup goes above the knife and spoon.

Figure 33. How to set a table (USDA, Team Nutrition Cooks!) (USDA, 2018)
How to Serve Family Style

- Use clean serving utensils
- Avoid touching the food while holding the serving dish
- Do not let the handle of the serving utensil touch/fall into the food
- Have your own plate and eating utensils
- Eat from your own plate
- Do not return uneaten food to the serving dish

Figure 34. Schnitzel (Pixabay)
Thank you!
Cooking Demonstration

Figure 36: Asparagus (Microsoft)
Let’s Cook
Rainbow Buddha Bowl

- Servings: 8
- Serving Size: ⅛ of recipe
- Prep time: 15 minutes
- Cook time: 30 minutes

### Nutrition Facts

8 servings per container

<table>
<thead>
<tr>
<th>Serving size</th>
<th>1/8 of recipe (261g)</th>
</tr>
</thead>
<tbody>
<tr>
<td>Calories</td>
<td>240</td>
</tr>
<tr>
<td>% Daily Value*</td>
<td></td>
</tr>
<tr>
<td>Total Fat</td>
<td>10g</td>
</tr>
<tr>
<td>Saturated Fat</td>
<td>1.5g</td>
</tr>
<tr>
<td>Trans Fat</td>
<td>0g</td>
</tr>
<tr>
<td>Cholesterol</td>
<td>0mg</td>
</tr>
<tr>
<td>Sodium</td>
<td>220mg</td>
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<tr>
<td>Total Carbohydrate</td>
<td>32g</td>
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<tr>
<td>Dietary Fiber</td>
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<tr>
<td>Total Sugars</td>
<td>4g</td>
</tr>
<tr>
<td>Protein</td>
<td>8g</td>
</tr>
</tbody>
</table>

*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.
Your turn to cook! Are you ready?

1. Roll up sleeves and tie hair back
2. Apron on
3. Wash hands before, during and after you cook
4. Ask for help from an adult when you are unsure of something
5. Clean up the kitchen

Figure 37. How to build Grain bowls (USDA, Team Nutrition Cooks!)
References:


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