

## In This Issue

- Farm Views . . . . . 2
- Environmental Focus . . . 3
- Home & Family Living . . . 4
- Urban Agriculture . . . . 5
- Horticulture . . . . . 6
- Food & Fitness . . . . . 6
- 4-H & Youth . . . . . 8–9
- Community Focus . . . . 10
- Miscellaneous . . . . 11–12



**FEBRUARY  
IS NEBRASKA  
4-H MONTH**



All 4-H'ers are invited to **Achievement Night**, Tuesday, Feb. 7, 6 p.m. at University of Nebraska–Lincoln State Museum in Morrill Hall

— see page 9

# Making Nutrition Education a Hands-On Experience for Youth

**Maureen Burson**  
UNL Extension Educator

Teaching children the enjoyment of cooking and eating healthy food is a gift which will last a lifetime. Extension's Nutrition Education Program (NEP) 4-H School Enrichment program annually reaches more than 2,600 students in grades K–5 at 13 income-eligible schools. NEP staff present a handwashing and healthy snack experience in participating classrooms. Many youth enjoy the food preparation activity so much, they then make the snacks with their families (see recipes on this page).

## Kids in the Kitchen

Children enjoy helping in the kitchen and often are more willing to eat foods they help prepare. Involve your children in planning and preparing some meals and snacks for the family.

Before any food preparation, wash hands with WARM running water and soap for about 20 seconds. Also, wash hands at the end of the food preparation experience.

## Age-Appropriate Food Preparation

It is important you give kitchen tasks appropriate for your child's age. Children have to be shown and taught how to do these activities. Each child has his or her own pace for learning, so give it time and the skills will come. Focusing on one task at a time appropriate to age and ability levels results in greater fun and success.

### 2-YEAR-OLDS:

- wipe table tops
- scrub vegetables
- tear lettuce or greens
- break cauliflower
- snap green beans
- wash salad greens
- play with utensils
- move ingredients

### 3-YEAR OLDS: can do what 2-year-olds do, plus...

- wrap potatoes in foil for baking
- shake liquids in covered container
- knead and shape yeast dough
- mix ingredients
- spread soft spreads
- place things in trash
- pour liquids

see NUTRITION on page 11

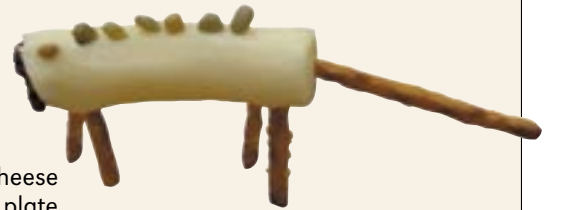


Second graders at Elliott make “cheese creature” snacks.

Photos by Vicki Jedlicka, University of Nebraska–Lincoln Extension in Lancaster County

## CHEESE CREATURE

**You will need:**  
One-half stick of string cheese  
Dried fruit  
Pretzels  
Small nuts



1. Wash hands.
2. Place one-half cheese stick on a small plate.
3. Add 6-8 pretzels, 1 Tablespoon dried fruit, and 1 teaspoon nuts. Use ingredients to make your creature.
4. Eat within 2 hours or cover and store in refrigerator.

Note: You can try different kinds of cheese, fruit, crackers or nuts.

## PUDDING CUP

**You will need:**  
½ cup COLD milk  
2 Tablespoons instant pudding powder

1. Wash hands.
2. Measure the milk and pour it into an 8 to 9 ounce cup.
3. Measure the instant pudding powder and add to milk.
4. Mix milk and pudding powder with a spoon until thick. This will take about 5 minutes.
5. Eat! Put any leftover pudding into the refrigerator. Eat within 1 to 2 days.



**Families Can Prepare These Healthy Snacks At Home!**

## PEANUT BUTTER BITES

**You will need:**  
**For 1 “bite”:**  
1 Tablespoon peanut butter  
1 Tablespoon dry milk  
1 Tablespoon oatmeal  
1 Tablespoon raisins  
½ Tablespoon honey  
**For 16 “bites”:**  
2 cups peanut butter  
2 cups dry milk  
2 cups oatmeal  
2 cups raisins  
½ cup honey







1. Wash hands.
2. Mix peanut butter, dry milk and honey. Add oatmeal a bit at a time.
3. Stir in raisins.
4. Make into a ball.
5. Wrap in wax paper or a bag. Keep in refrigerator.



Recipe taken from McGraw-Hill health textbook, used in Lincoln Public Schools

## YUMMY BUG

**You will need:**  
2 round crackers  
1 Tablespoon peanut butter  
6 pretzel sticks  
2 raisins

1. Wash hands.
2. Spread the  on a .
3. Put the  on the , 3 on each side.
4. Put the  on one end.
5. Place the other  on top.
6. EAT!



## YOGURT PARFAIT (pä-r-fa')

**Ingredients:**  
Vanilla flavored yogurt  
Dry cereal or granola  
Frozen or fresh strawberries, sliced  
Canned crushed pineapple, drained  
Peanuts

1. Wash hands.
2. In a glass or cup, place the following foods in the order and amount listed:  
2 tablespoons pineapple  
2 tablespoons yogurt  
2 tablespoons cereal  
2 tablespoons strawberries  
2 tablespoons yogurt  
2 tablespoon peanuts
3. Eat with spoon.



Note: To use what you have on hand, try different kinds of cereal, fruits and yogurt

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CHANGE SERVICE REQUESTED

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