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# DISCOVER 4-H DISCOVER YOU



## July

[www.holidayinsights.com](http://www.holidayinsights.com)

- National Hot Dog Month
- National Ice Cream Month
- National Picnic Month ([http://fcs.pasco.ifas.ufl.edu/Unique\\_Celebrations.shtml](http://fcs.pasco.ifas.ufl.edu/Unique_Celebrations.shtml))
- Video Games Day (8<sup>th</sup>)
- Cow Appreciation Day (15<sup>th</sup>)
- Culinarian's Day (25<sup>th</sup>)
- National Lasagna Day (29<sup>th</sup>)

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Research and Extension

[www.oznet.ksu.edu](http://www.oznet.ksu.edu)

## Theme # 1: Picnic Pandemonium

### Roll Call Ideas:

- Favorite picnic dish.
- A place where you would take your family on a picnic.
- How do you keep ants away from your picnic?

### Community Service Activities:

- Basket Fantastic – Collect unused baskets from families in the club. Provide cups, plates, napkins, plastic ware and several picnic snacks. Deliver to needy families.
- Create a Picnic Spot – Clean and paint picnic tables in a local park. Check into decorating trashcans with bright colors.
- Watermelon Feed – Carve and serve watermelon at a local festival, farmer's market, or summer school snack program.

### Guest Speaker:

- Parks Department Employee – Ways they prepare city/county picnic spots for public use. They can also share ways to keep picnic spaces safe.
- Picnic Safety – A food specialist would be a great resource to talk about safety of food and picnics. What temperatures should foods be kept at? How long can foods be out, and when is it unsafe to eat?

- Entomologist or Exterminator – Talk about common picnic insects, and ways to have a picnic without them turning into pests.

### Recreation:

- Picnic Pronto – Divide the club into two teams. Provide each team with a basket of picnic supplies (blanket, paper plates, paper cups, plastic silverware, napkins, plastic bowls (represent food items), pitcher, etc.) Each team may send one person at a time to the opposite end of the room to assemble their picnic. Only one item may be carried at a time by a person. They can take items in any order they choose. The first team to complete their picnic wins the game.
- Egg and Spoon Race – This is a good activity for outdoors! Bring raw eggs and wooden spoons. Divide members into at least two teams. Establish a distance that the teams must carry the egg on the spoon. A dropped egg means that the person must go back and begin again. A broken egg should be replaced by a new egg. The first team to have all members successfully carry the egg to and from the opposite end wins. Add 2 minutes of time to the team's total for each broken egg.
- Lemonade Scramble – This is a good outdoor game! Have a pitcher of "lemonade" (water dyed yellow or pink).



You could also do iced tea, if that works better. Provide the small bathroom sized paper drink cups. Divide the club into teams. Each team member, relay style, must pour a glass of "lemonade" and carry it a distance. Upon reaching the destination the members should pour the lemonade into one of two full size drinking glasses. The members should then return to their team for the next player to relay his or her paper cup of lemonade. The winning team is the first team to fill their two glasses of lemonade.

### Snack Ideas:

- Ants on a Log – Celery with peanut butter and raisins or craisins on them.
- Watermelon Slush – Cut watermelon and remove seeds. Blend and freeze into serving cups.
- Veggie Hummus – Purchase a container of prepared hummus (this is located in a grocer deli area). Finely chop cucumbers and tomatoes. Place in single serve small disposable cups. Provide tortilla chips, crackers or pretzels for dipping.

### Individual Personal Activity:

- Picnic Game Book – Offer paper booklets, pencils and crayons for members to design their own game books. Have balls, Frisbees, jump ropes, sticks, etc available for help spark creativity.
- Jacks – This has been a popular outdoor game for years. Have different sets available with general instructions for youth to play individually and with partners.
- Mazes – Ants build tunnels and organize entire communities underground. Members can see if they can "tunnel" their way through different mazes.

### Group Health Activity:

- Picnic Party – Have members bring picnic snacks. Set up stations for

the items. Group items by fruits, vegetables, etc. Have members rate items on taste, appearance, health and serving safety.

- Picnic Park Visit – Inspect a local picnic spot. What ways could the spot be improved? Is the playground equipment safe? What other items would help make the spot more attractive and usable?
- Games Galore – Plan a neighborhood picnic day. Each family could bring their own picnic fixings. The club can plan the games and activities to be played after families eat.

## Theme #2: Sun Fun

### Roll Call Ideas:

- Favorite sunny day activity.
- Name one thing you always pack for a sunny day out.
- Name a song that talks about sunshine or has the word sun in it.

### Community Service Activities:

- Plant Trees – Plant trees in a park area or around a sports field to add shade.
- Sunscreen Donation – Purchase sunscreen and aloe vera gel. Place in a bag or basket and donate these items to each local swimming pool, outdoor recreation facility, etc.
- Sun Safety – Create signs telling people how often to reapply sunscreen. Signs can also advise people to drink plenty of water and seek shade to avoid heat related injuries. Post signs at sports areas, tennis courts, pools, and other outdoor recreation locations.

### Guest Speakers:

- Skin Doctor – Invite a medical professional who works with skin cancer. The guest can talk about cancer, how to protect your skin and signs to look for when he or she spots cancer.

- Skin Specialist – A Mary Kay consultant or other professional who can advise members on how to care for skin and keep skin healthy.
- Optometrist – This professional can advise members about eye protection. The guest can talk about sun and guarding eyes from other damage.

### Recreation:

- Shadow Tag – A bucket of sidewalk chalk will be needed for this game. Select one person to be it. This person tags other players, who freeze once touched. Another player uses a piece of sidewalk chalk to trace the shadow of the frozen player. The player is then free to play again. After being tagged three times, the player is out.
- Beach Trip – Divide the club players into teams of six. Each team is to prepare one of their players for a trip to the beach. They should create a list of things to pack and dress their player for a day at the beach. Provide a "supply box" of towels, sunglasses, sun visors, and any other items you think might be helpful. Have each group model their player and tell about how the prepared him or her for a beach experience.
- Sea Shell Hunt – Hide seashells outside. Hide the shells within a designated area. Pass out bags for everyone to collect their hunted shells.



### Snack Ideas:

- Vanilla Sand Cups – Make vanilla pudding mix. Crumble graham crackers. Spoon pudding into individual serving cups. Sprinkle graham "sand" on top. Add a decorative paper umbrella or a gummi sea shell, fish or worm.
- Sun Sparkle Cubes – Freeze apple

juice, cranberry juice, orange juice and grape juice in ice cube trays. Crack into zipper bags. Provide cups and spoons for members. Place each flavor of cube in a serving bowl with tongs.

- Sun Catchers – Prepare gelatin jigglers with different flavors of gelatin. Mix 2 1/2 cups of hot water with each 8-ounce package of gelatin. Allow to set up for 3 hours. Dip the bottom of the pan in warm water. Cut shapes with cookie cutters.

### Individual Personal Activity:

- Sun Search – Provide paper and pencil at this station. Members should write down items that the sun provides energy for on their piece of paper.
- Dried Fruit ID – The sun was first used to dry fruit as a way to preserve it longer for later consumption. Offer samples of different dried fruits (bananas, apricots, mangos, apples, raisins, raisins, etc.) Number each plate of finely diced dried fruit. Offer a piece of paper and a pencil for the members to record the type of fruit beside each number.
- Sun Art – Cut up overhead transparencies or scrap laminate. Punch a hole in each scrap shape. Add a string to each shape. Provide fine tip permanent markers at this table. Members can design their own sun art. These can be taken home and hung in their windows.

### Group Health Activity:

- Burn Safety – Learn about the different types of skin burns and how to treat a burn. Check with local first aid certification professionals for resources.
- How Plants Use Sun – Plants use sun to generate food through photosynthesis. Talk about the process of sun and how it works. Place one plant in a dark area without sunlight, one week before the club meeting. Place another plant in the sun. Have the group discuss what happened to the plants.
- Color Fun – The sun contains all

colors. Utilize the “Palette of Fun” curriculum to talk about how color is made and how we see colors.

### Resources:

- National 4-H Curriculum – Palette of Fun
- Junior Master Gardener material about photosynthesis

## Theme #3: Sandwich

### Roll Call Ideas:

- Your favorite sandwich.
- The weirdest sandwich you ever ate or saw.
- The bread that makes the best sandwich is . . .

### Community Service Activities:

- Sandwich Boards – Create and design sandwich boards for a community location. The sandwich boards can be used to advertise upcoming opportunities or to highlight current events.
- Bread Workshop – Offer a bread-in-the-bag workshop for summer school students. This extension program teaches youth how what is transformed into flour and how to make bread.
- Sandwich Buffet – Create a sandwich buffet for the senior center, food bank, crisis center or other community location. Be creative with breads and toppings! Wraps, pitas, wheat, sourdough and other breads will be great sandwich starters.

### Guest Speakers:

- Subway or Deli Shop Sandwich Artist – This guest can talk about how different sandwiches are created, popular sandwich toppings and ways to make sandwiches fit any event.
- Baker – This guest can talk about the different types of flours and how bread is made. The baker could also

talk about popular breads and ways these breads work for sandwiches.

- Nutritionist – This guest can talk about the nutritional value of sandwiches and ways to increase nutritional aspects of sandwiches.

### Recreation:

- Roll Toss – Check out the day old bread section for great buys on hard rolls, or if you prefer, collect a bunch of soft foam balls. Divide the club into at least two teams. Offer one or two baskets to each team. Each team will need to decide which person or people will hold the baskets designed for catching the tossed rolls. Mark off an area for the catchers to stand with their baskets. The remaining team players must toss rolls towards their basket holders. Runaway “rolls” from the other team can be collected and tossed as well. Play for a set amount of time and then count the rolls. Play again with new basket holders and redivide the “rolls.”
- Cheese Unwrap – Divide the club into teams with no more than seven people. Each team should receive a giant slice of “cheese” (shower curtain, strong blanket, rug, etc.) Lay the “cheese” slice on the floor and ask each team to stand on their “cheese.” The team is instructed to “unwrap their cheese” by turning the piece completely over, while the team still is standing on it. This is because the wrapper is stuck to the underneath side. Team members must remain on the cheese at all times. If someone accidentally steps off, the team must begin again. The first team to unwrap their cheese wins!
- Sandwich Adventure – If your club has more than 20 members, you will want to divide the group into several teams. Seat the group in a circle. The first person begins by saying, “I am going on a sandwich adventure, and I am bringing \_\_\_\_\_.” The second person will then repeat, “I am going on a sandwich adventure, and I am bringing \_\_\_\_\_ (what the first person said) and \_\_\_\_\_.”

Continue playing in this fashion until each person has added a sandwich ingredient. Club members can help remember the ingredient list as the group makes their way around the circle.

## Snack Ideas:

- **Checkerboard Sandwich** – For each sandwich you will need three slices of thinly shaved turkey, one slice of wheat bread, one slice of white bread, one slice of cheese and a thin layer of miracle whip or mayonnaise. Spread the mayo on one slice of bread. Add the turkey and cheese. Spread the second slice of bread with a thin layer of mayo. Cut the sandwich into nine bit sized cubes. Flip every other one over to create a checkerboard effect. Ready to serve!
- **Tortillawiches** – For each tortillawich you will need two tortillas and fillings. Some examples include: peanut butter and jam; cheese spread; hummus; marinara and shredded mozzarella, etc. Cover one tortilla with the spread. Place the second tortilla on top. Use a pizza cutter to cut the tortillawich into triangles. Ready to serve!
- **Toothpick Stacker** – For each stacker you will need one toothpick, a slice of celery, a cube of Monterey Jack cheese and a grape tomato. Wash and cut celery into bit size pieces. Wash the grape tomatoes. Cube cheese. On each toothpick place a piece of celery, a cube of cheese and a grape tomato. These are ready to be served. Provide ranch or other option for dipping.

## Individual Personal Activity:

- **Sandwich Spreads** – Sandwiches have many different types of condiments. Create a sandwich spread match-up. Place a spoonful of condiments on numbered plates. Examples include: peanut butter,



pickle relish, mustard, mayonnaise, ranch dressing, ketchup, butter, and others in your fridge. Provide a paper with numbered spaces and a listing of possibilities. Provide pencils and allow the members to ID the spreads.

- **Bread Shaping** – Use frozen dough or refrigerated biscuits for members to shape their own bread. Provide a small amount of dough (tennis ball size) for each child. Offer bowls of warm water for members to dip hands into, to keep the dough from sticking. Provide small plates and label with the member's name. After the dough has been shaped and placed on a plate, wrap with plastic wrap. The shaped bread can also be baked on a greased cookie sheet. Follow the baking instructions listed on the bread dough packaging. If not, the member can take the shaped bread home to bake.
- **Super Stackers** – How tall is the tallest sandwich? Build a tower using stackable blocks or play a game of Jenga to see how your stacking skills stack up. Provide blocks for towers or provide Jenga games for members to play with one another. The goal is to stack high! Another

stacking option is Cup Stackers. Check with elementary schools for stacking cups and instructions on how to play.

## Group Health Activity:

- **Sandwich Tour** – Visit a local deli and see how they create sandwiches for customers of all ages. Learn about the favorite breads and vegetables used in sandwiches.
- **Cultural Sandwich** – Ask each family to bring a sandwich that is representative of their family's culture. Members from each family should tell about their sandwich, the ingredients and how this sandwich is characteristic of their culture. Bring enough of each sandwich for tasting!
- **Bread Basics** – Bread is the foundation for most sandwiches. Explore what yeast does for bread. Bring various types of bread (flat breads, yeast breads, quick breads, sourdough, etc.) to taste the differences in breads. Experiment with amounts and types of yeast. Divide members into groups of four. Give each group a different type of yeast experiment. Have one group make a common bread recipe without yeast. Have another group add an excess of sugar to their recipe. Have another group double the recipe yeast amount. Have another group add an abundance of salt. Experiment with different water temperature types. Members can then taste the different types of bread that were listed above. Discuss why yeast is important for some breads, but not for others. This activity can be led by a baker or a representative from the Kansas Wheat Commission.

## Resources:

- National 4-H Foods Curriculum
- Kansas 4-H Foods and Nutrition Notebook



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