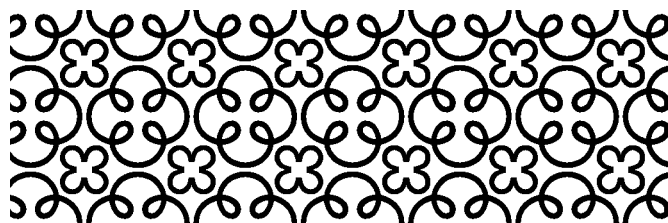




Teens Entertain



18 U.S.C. 707



Some of the best times start with these few simple words: “Come on over to my house ...” Whether it’s to hear a new album or plan a campaign, all you have to do is dial a friend and say “Come over...” Before you know it, you’ve invited two or three or four more—and then you wonder, “**What will we eat?**”

In this project you will learn:

- to plan, prepare and serve a variety of foods for entertaining large and small groups.
- to be a thoughtful host or hostess and to make introductions.
- the relationship of food and exercise to physical fitness.
- to plan a day’s food intake to allow for party foods.
- to use a microwave oven to cut preparation time and do last-minute cooking.
- to help your 4-H group plan and organize a food sale or a fund-raising activity.
- citizenship and leadership skills.

Golden Rule of Entertaining

If there’s a secret to being a successful host or hostess, it’s this: Know yourself. Do you like to be with a lot of people...or just a few? Do you like to sit around and talk... or would you rather play music and games? Do you prefer to fix casual party foods such as hot dogs or hamburgers ... or dream up exotic treats? Your parties, especially the first ones, should be those you feel comfortable doing. If you enjoy the good time you plan, generally your guests will too.

Teen parties are easy to give because they are very casual. You just need compatible guests, good food, a place to dance or space to spread out—and music. Ask your friends to bring their favorite music.

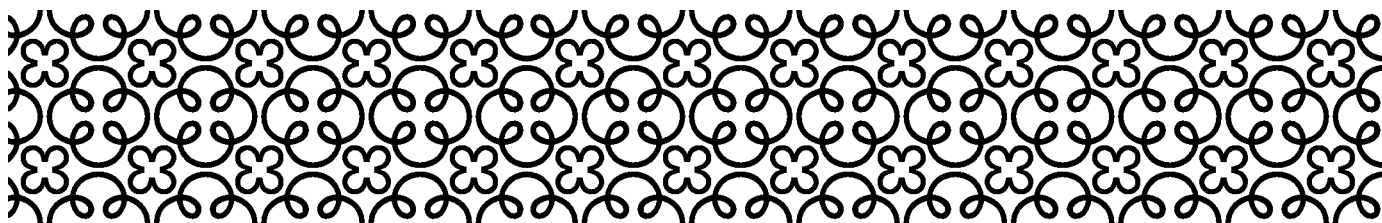
You need no excuse to have a party. A party can be for a special occasion, a friend’s birthday, a victory party after the game, a holiday ... or invent your own special theme.

Plan, plan, plan!

Since others in the family have plans too, it is wise to talk over any entertaining plans you’re making with the family. You need cooperation from everyone; you may want to use the backyard, the living room or the recreation room. And there is the question of money. It does take money for a party; how much depends on careful planning. So be sure to involve your family very early in your planning.

But remember, it’s your party—which means that cleaning up afterwards is YOUR responsibility. A party scene that’s left spic and span—dishes washed and everything—makes it MUCH easier for parents to say “Yes” the next time.

*Prepared by Sue Burrier, former
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A plan—a written plan—is key to the success of any party. So write it all down.

Start now by looking at the Plan-A-Party Guide on page 4. This will help you think through the things you need to do. Use this plan to help with the menu, involve friends in the planning or even to rethink a party you gave recently.

One of the keys to a party that is a smashing success for you and your guests is to do everything possible before the party. So plan foods that can be prepared ahead of time. Then when your guests arrive, turn up the music, set out the food and enjoy it!

Make It Nutritious!

After you have talked to your parents about how much you can spend, start planning the food you want to serve. How do you plan foods your friends will enjoy and still have foods that will fit into their daily food needs—both in terms of calories and nutrients?

The food we eat at parties and informal get-togethers contributes to our total nutrition and should be considered when selecting a menu or when planning to go to a party. For example:

- What is the age of most of the people who will attend? Children and teens are active and need food for energy and for their bodies to develop.
- Too many foods that fill you up without providing much nutrition can cause problems. But chosen carefully, party foods can fit right into a teen's daily food needs, providing vitamins, minerals and other nutrients needed to keep in top form.
- Since vitamin C (needed for healthy tissues and resistance to disease), calcium (needed for sound teeth and strong bones), iron (for formation of hemoglobin in your blood) and vitamin A (which promotes good eyesight and healthy skin) are often lacking in teenage

diets, do your friends a favor and include these nutrients in the foods you serve. Check labels and comparison charts for foods that provide these essential nutrients and those that provide little more than calories.

- If you're serving a complete meal, think of including food from all four food groups.
- Whatever type of party you have, choose foods that aren't excessively sweet, salty or high in fat.

In addition to nutrition ...

Of all the foods you've thought about, which would win a SUPER rating for taste?

Next, checking costs, which would be easy on the budget? Food, particularly snacks, can be expensive.

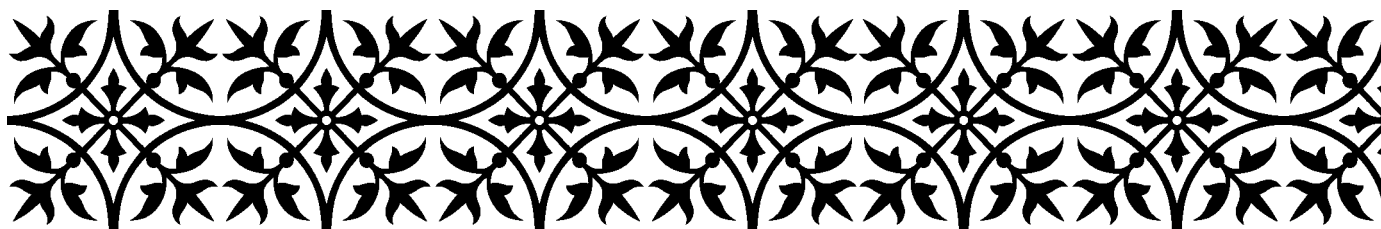
Then, think about which foods would be good to keep in the refrigerator. Which could you make up in quantity and store on kitchen shelves for quick and easy nutritious snacks?

Also, what activities will be included? Watching the ballgame on television requires less high-energy food than playing a ballgame. We also tend to eat more if food is easy to reach.

Think about how long the party will last. We tend to eat more easy-to-reach finger foods such as a bowl of potato chips or peanuts or other foods left out for longer periods of time.

You need to consider the time of day of the party. If it's after dinner, lower-calorie and less-filling foods may be needed.

You might also need to consider, as far as possible, the caloric needs of your friends (and yourself). You may do yourself and your friends a big favor by not including foods high in fat and sugar. Or if you or a friend need to gain weight, include an item to add nutritious calories to the menu.



Plan-a-Party Guide

Purpose or theme

Place and date

Time party will start and end

INVITATIONS

Who to invite

How

When

PREPARATION

Money available for food and supplies

Time needed for preparations

Decorations (if needed or desired)

Plans for getting house or other place ready for party

Ideas for entertainment

FOOD FOR THE PARTY

Menu

Food	Needed Per Serving	Total Needed
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PLANS FOR CLEAN-UP AFTERWARDS

ASSISTANCE NEEDED (who and what)

Now, It's Time to Practice... on Your Family!

Before you entertain a group, you need practice! So, in this project you will prepare and serve several meals. The first meal is suitable to serve as a family meal. You can learn a lot about your recipes and how to serve foods **before** you try them on your guests.

Consider the following points:

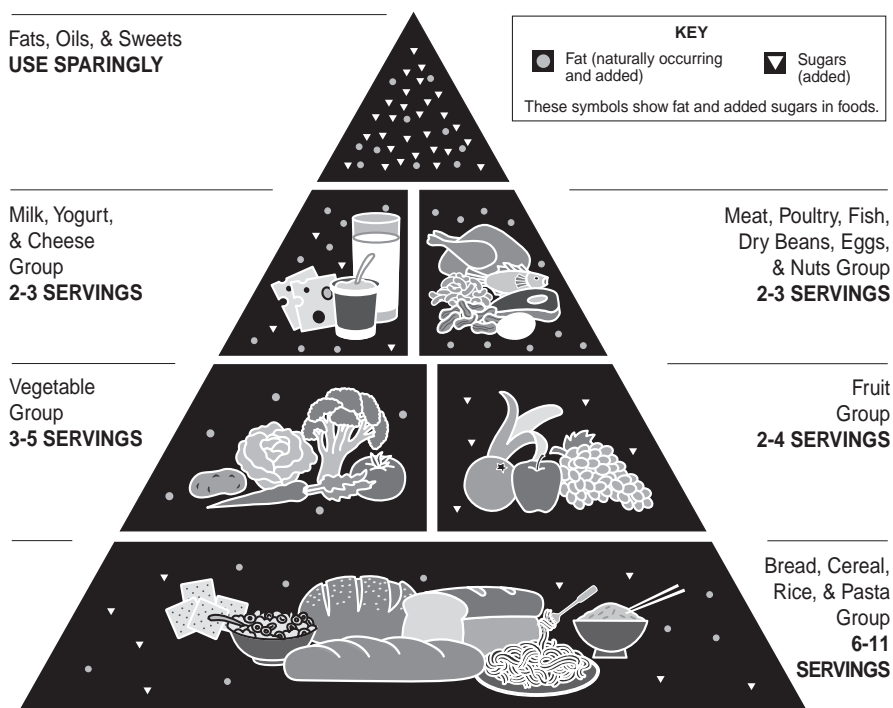
- The taste of each individual dish you plan to prepare.
- Whether the combination of foods is appetizing.
- The nutritional value of the foods.
- Whether most of the dishes could be prepared in advance.
- Whether there is enough variety in the colors of the individual foods to be attractive on the buffet or table and on the plate.
- The cost of the food and whether it will fit your budget for the party.
- Whether the recipes can be converted to prepare enough food for the number of guests you will have.

How about lasagna...or pizza?

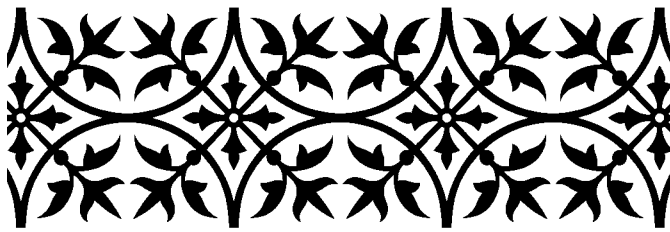
The following menu appeals to both adults and teens. It is a good one to practice on with your family and then serve in your home for a group of friends. Your club or project group may want to use it for a “parent night” meal or just for the club.

This menu has options for the main dish and salad. When choosing between tossed salad or slaw, consider how much last-minute preparation you want to do. Tossed salad is better if it doesn't sit too long, but slaw can be made at least two hours ahead of time. The lasagna can be made ahead of time and kept warm or reheated in the microwave. Pizza can be prepared ahead but must be baked at the last minute.

Food Guide Pyramid A Guide to Daily Food Choices



Source: U.S. Department of Agriculture/U.S. Department of Health and Human Services



MENU

Lasagna or Pizza
Tossed Salad or Cole Slaw
(choice of dressing)
Peanut Butter Crispies
Fruit Beverage
Italian Bread
(if you serve lasagna)

Try serving it buffet!

Serving a buffet is a comfortable and easy way to serve a group. Using a buffet will also give you more time to visit with guests.

Pointers for serving a buffet:

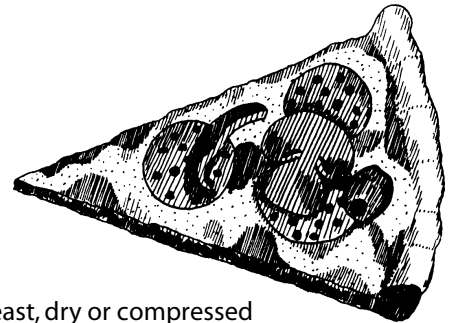
- Be sure you have a table, countertop or other buffet area large enough to hold all the food in a convenient location.
- Consider the traffic flow! Can the guests move easily through the line and into another area to eat?
- Consider the arrangement of the food on the buffet table; foods should be placed attractively and in a well-planned order (salad dressing near salad, etc.)
- If guests are to be seated at tables, the napkins, silverware and drinks can be put on the table. If guests will be holding their plates while eating, they will need to pick up silverware, napkins and drinks from the buffet table.

Now go back to your planning guide and fill it out using the following recipes (or substitute with recipes of your own). Don't overlook any details in your planning.

QUICK LASAGNA

- 1/2 of 16-ounce package lasagna noodles
- 1 cup (8 oz.) ricotta or creamed cottage cheese
- 2/3 cup shredded mozzarella cheese
- 1/3 cup grated Parmesan cheese
- 2-1/2 cups prepared spaghetti sauce (if desired, add 1 pound browned ground beef to spaghetti sauce)

Preheat oven to 375 degrees F. Cook noodles according to package directions; drain. In a large bowl, toss noodles with ricotta, mozzarella and Parmesan cheeses. In a 2-quart oblong baking dish, spoon enough sauce to cover the bottom. Layer half the noodle mixture and half the sauce; repeat. Bake 25 to 30 minutes. Makes about 4 servings. This freezes well after cooking.



PIZZA

Crust:

- 3/4 cup warm water
- 1 package or cake yeast, dry or compressed
- 2-1/2 cups prepared biscuit mix

Filling:

- 12 oz. sliced cheese, mozzarella preferred
- 3/4 cup chopped onion
- 1 clove garlic
- 2 cups tomato sauce
- 1 cup chopped salami or 1 cup sliced pepperoni or 6 oz. canned sliced mushrooms
- 1/3 cup grated Parmesan cheese
- Oregano as desired

Measure warm water into large warm bowl. Sprinkle or crumble in yeast and stir until dissolved. Add biscuit mix; beat vigorously. Turn dough onto board well dusted with biscuit mix. Knead until smooth, about 20 times. Divide dough into four pieces. Roll each piece into a circle 10 inches in diameter. Place on greased pie tins, or use greased baking sheets and make a standing rim by pinching the edge of the dough. Arrange slices of mozzarella cheese on the crusts.

Mix onion, garlic and tomato sauce. Then stir in salami, pepperoni or mushrooms. Add salt and pepper and spread on dough. Sprinkle with Parmesan cheese and oregano.

Bake in hot oven (425 degrees F) for 15 minutes or until crust is brown and the filling is hot and bubbly. Serve in wedges.

For extra easy pizza, add toppings as desired to packaged doughs, flattened refrigerator biscuits and other ready-to-bake doughs. Bake at temperature and for amount of time specified for the dough. Makes 6 servings.

ITALIAN BREAD

(Makes 2 loaves or 6 rolls)

4-1/2 to 5-1/2 cups unsifted all-purpose flour

1 tablespoon sugar

1 tablespoon salt

2 packages active dry yeast

1 tablespoon softened margarine

1-3/4 cups very warm tap water (120-130 degrees F)

Corn meal

1 egg white

1 tablespoon cold water

In a large bowl thoroughly mix 1-1/2 cups flour, sugar, salt and undissolved active dry yeast. Add margarine.

Gradually add tap water to dry ingredients and beat 2 minutes at medium speed of electric mixer, scraping bowl occasionally. Add 3/4 cup flour. Beat at high speed 2 minutes, scraping bowl occasionally. Stir in enough additional flour to make a stiff dough. Turn out onto lightly floured board and knead until smooth and elastic, about 8 to 10 minutes. Cover with plastic wrap, then a towel. Let rest 20 minutes.

To make loaves: Divide dough in half. Roll each half into an oblong 15 x 10 inches. Beginning at wide side, roll up tightly; pinch seam to seal. Taper ends by rolling gently back and forth.

To make rolls: Divide dough into six equal pieces. Roll each piece into an oblong 8 x 5 inches. Beginning at wide side, roll up tightly; pinch seam to seal. Taper ends.

Place on greased baking sheets sprinkled with corn meal. Brush dough with oil. Cover loosely with plastic wrap. Refrigerate 2 to 24 hours.

When ready to bake, remove from refrigerator. Uncover dough carefully. Let stand at room temperature 10 minutes. Make three or four diagonal cuts on top of each with razor blade or sharp knife.

Bake at 425 degrees F; 15 minutes for rolls, 20 minutes for loaves. Remove from oven and brush with egg white mixed with cold water. Return to oven; bake 5 to 10 minutes longer, until golden brown.

SALAD BUFFET

Set out a large bowl of crisp, mixed salad greens, cut or torn into bite-sized pieces. Also set out a variety of foods in separate bowls that could be added to a salad: crumbled bacon; diced hard-cooked egg; diced or grated cheddar cheese; tomato wedges; radish, cucumber, celery or green pepper slices; croutons.

Along with the fixings, set out a variety of salad dressings and individual salad bowls. Let guests toss their own salads.

PEANUT BUTTER CRISPIES

3/4 cup sugar

3/4 cup light corn syrup

butter, margarine, or cooking spray

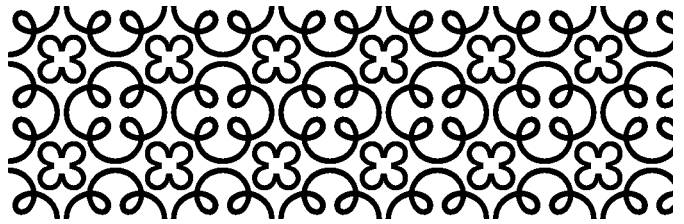
1 cup peanut butter

1 teaspoon vanilla

6 cups crisp rice cereal

In a 3-quart microwave-safe casserole, combine the sugar and corn syrup. Cover with lid or vented plastic wrap. Microwave on 100% power for 4 minutes. Stir and scrape down the sides every minute, re-covering the dish each time. If a microwave isn't used, combine sugar and corn syrup in saucepan. Stirring constantly, beat the mixture over medium heat until the sugar dissolves.

Lightly grease or spray an 8 x 12-inch glass dish; set aside. After the syrup mixture cools slightly, add the peanut butter. Microwave on 100% power for 15 seconds, or heat over medium heat, stirring mixture until it is smooth. Add vanilla and stir. Add cereal and mix until it is thoroughly coated with peanut butter mixture. Press mixture into buttered dish. Chill until firm. Cut into bars and serve. Make 2-3 dozen.



COLESLAW

Curried Coleslaw

4 cups shredded green cabbage (10 oz.)
1/2 cup shredded carrot (1 medium)
1/2 cup finely slivered green pepper (1/2 large pepper)

Dressing:

1/4 cup cider vinegar
4 teaspoons mayonnaise
1 tablespoon minced onion
2 teaspoons lemon juice
2 teaspoons sugar
1/4 teaspoon curry powder, or to taste
1/4 teaspoon celery seed
1/8 teaspoon salt
freshly ground pepper to taste, if desired

In a medium bowl, combine the cabbage, carrot and green pepper. In a small bowl, combine all the dressing ingredients, mixing them well; pour the dressing over the cabbage mixture. Toss slaw and chill for at least 2 hours, tossing it again just before serving. Makes 4-6 servings.

FRUIT BEVERAGE

Apple-Cranberry Punch

1 quart apple juice
1 quart cranberry juice

Mix juices. Chill and serve. Makes 12 servings.

Evaluate!

After you prepare your family meal, spend some time thinking about what parts of your menu or service you need to change before serving it to guests. Make your notes right on the planning guide you used.

For Those Who Are Overweight...and Those Who Are Not!

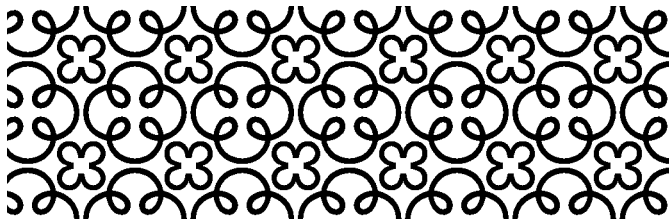
Have you wondered why you weigh more than your friend Karen? You don't think you eat that much more than she does.

You may be eating more than you realize. Every snitch of food counts! Karen may be taller than you—or growing faster—or more active. For many reasons, the number of calories that are just right for her may be too many for you. As you plan meals, try to discover how many calories you need to hold your ideal weight.

Suppose you have been invited to (or you are having) a party at which pizza (about 185 calories per thin crust standard slice), tossed salad with dressing (175 calories), cookies (80 calories each) and a fruit drink (about 120 calories per 8-ounce glass) are served. What changes might you make in your three regular meals to make room for pizza and other party treats? Can you figure out a revised menu (meals plus party food) that would add up to about the same number of calories and still meet your nutritional needs?

Using the basic food groups and the total number of calories is a quick way to evaluate how balanced your diet is for a day. Check the meals to determine if the appropriate amount from each food group is included. Also, look at the items included in the nonessential fifth food group such as sugar and fats. Teens need the following amounts:

Milk Group —2-3 servings
Meat, Poultry, Fish & Beans Group —2-3 servings
Fruit Group —2-4 servings
Vegetable Group —3-5 servings
Bread & Cereal Group —6 to 11 or more servings
Fats & Sugars —moderate amounts only



Karen, like many fairly active 16-year-old girls, needs approximately 2300 calories a day. The foods in the menu below (average servings except where noted) supply just about the right amount.

	Calories	Milk	Meat	Fruit & Vegetables	Bread & Cereal	Other
BREAKFAST						
Orange juice	50					
40% bran cereal	105					
with 1/3 cup half & half	106					
and 2 teaspoons sugar	30					
1 glass whole milk	160					
LUNCH						
Hot dog	155					
with bun	115					
1 tablespoon catsup	15					
1/2 cup baked beans	155					
1/2 cup coleslaw	60					
Ice cream	145					
DINNER						
Pot roast 4-oz.	245					
carrots, panned with roast (1/2 cup)	10					
Baked potato and	90					
1 tablespoon butter or margarine	100					
Green salad	15					
with dressing	160					
1 slice enriched bread	60					
1 pat butter or margarine	50					
1 glass skim milk	90					
1/2 cup canned peaches	100					
1 3" cookie	120					
TOTAL	2,136	4	3	6	4	5

How many servings of each food group are represented by the menu?

- ☐ Milk
☐ Meat
☐ Fruits & Vegetables
☐ Bread & Cereals
☐ Other

How would you change the menu to allow calories for two slices of pizza? Remember to keep a balance in the number of servings in the different food groups, analyze what food groups are included in the pizza and consider any nonessential foods that could be eliminated or decreased. What are your suggestions?

How about...exercise?

The number of calories you need depends on how many calories you use. Exercise is one way of burning up calories to maintain a satisfactory weight level.

Activity level is an important consideration when you make food choices—for yourself and when planning meals for others.

As you read through the following information, think about how many calories you use in a normal day's activities:

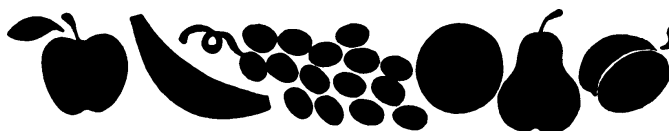
Quiet Activities: 80-100 calories per hour—reading, sleeping, sitting around, listening to music, daydreaming.

Light to Moderate: 110-240 calories per hour—walking (not running), shooting baskets, washing dishes, playing pingpong, making beds, light gardening.

Active: 250-350 calories per hour—walking fast, bowling, golfing, washing and waxing the car.

Very Active: 350 or more per hour—dancing, running, playing a hard game of basketball, tennis, skiing, swimming.

REMEMBER—nutrition, calories and exercise require a delicate balancing act!



Ready for Your Next Party?

Now that you are familiar with the guidelines for planning a party, nutritional needs and serving suggestions, try an outdoor cookout. You might “go Hawaiian,” with sand, palm trees and costumes of colorful prints.

Cooking meat on the grill is usually done when there is no need to be in a hurry. For example, outdoor entertaining is more appropriate for an after-the-game meal than one served before the game. Consider other advantages and disadvantages of outdoor cooking for entertaining.

ADVANTAGES:

- Usually more space
- Easier to clean up afterwards
- Can have more active recreation
- Can prepare grilled foods and even involve guests in preparing foods such as shish-ka-bobs

DISADVANTAGES:

- Unexpected poor weather
- Moving food and supplies outside
- Controlling grill temperature and cooking times
- Insects



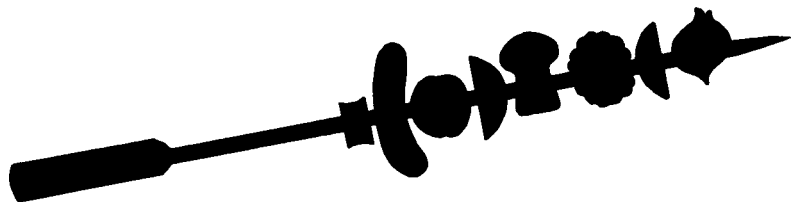
Outdoor cooking cues

Cooking out is not quite the same as cooking in. Adequate preparation is a must. Follow these guidelines for success:

- Outdoor cooking takes longer—so allow more time for the food to cook adequately.
- Be sure you have everything needed in the way of seasonings, ingredients, tools, serving dishes and flatware before you start. You don't want to race back and forth for supplies, especially if you're on the beach or in the park.
- Since you don't have the temperature controls that you do for kitchen cooking, give your grilled foods plenty of attention.
- If you're using charcoal briquets, allow enough time (about 45 minutes) for them to be covered with gray ash. Glowing coals give more heat than roaring flames. For more even heat, spread the coals apart with a long stick.
- Starting and temperature are much easier to control if you have a gas grill.
- If the food seems to be cooking too fast, there are several things you can do:
 - Sprinkle water over the coals.
 - Place the food farther from the heat.
 - Raise the grill rack.
 - Remove some of the glowing coals from the fuel bed.

Remember, use the planning guide to be sure no details are overlooked and to make notes for what you would change if you served this meal again.

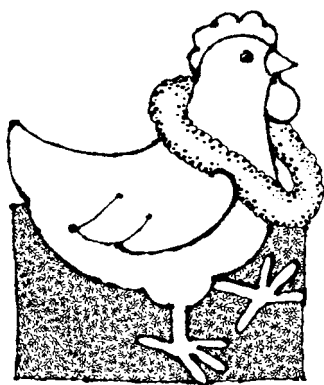
Play It Safe! When cooking out of doors, food spoilage is always a danger. Consider which foods are most perishable. What do you need to do to avoid food spoilage?





MENU

Assorted Crisp Relishes
Chicken Luau
Mystery Packages
(yams, bananas baked over coals)
Hawaiian Fruit Salad
Buttered Rolls
Sparkling Punch
Tropical Snowballs
(ice cream balls rolled in coconut)



And now, aloha, y'all

“Come barefoot. Wear bright shirts... shorts...jeans.” Sound inviting? That’s the way it is at a luau. Luaus are strictly **casual** feasts, traditionally held on the beach—but it could be in a park or the backyard. Whether you go authentic in a BIG way (wear leis...roast a pig...cover the ground with ferns for a table) or just borrow some of the food and spirit of Hawaii, a luau can be one of your most memorable get-togethers.

Though roasted pig is traditional, your mainland version can be just as succulent by substituting chicken or other meats customarily grilled out of doors. Baked yams or sweet potatoes and bananas add a more authentic flavor and give you a chance to experiment with foil cookery—a way of cooking out of doors you’ll also want to try indoors in the oven.

HAWAIIAN FRUIT SALAD

Start with pineapple for the salad and team it with orange wedges...melon balls...grapes...or any tasty combination of fruits in season. Make the salad ahead and keep it well chilled in the refrigerator. If you use bananas or other fruits that darken when peeled, sprinkle with a little lemon juice after cutting. For a touch of the exotic, serve the fruits in pineapple “boats,” cantaloupe “cups” or a scooped-out watermelon.

CHARCOAL-GRILLED CHICKEN

Select broilers weighing 2 to 2-1/2 pounds. Plan on at least one-half chicken per person (teenagers have big appetites!). Cut the chicken in halves or quarters, removing extra fat. Rub cooking oil and salt on the outer skin as well as inside the bird.

Place chicken skin side down on the highest level of the grill. Turn every 5 to 7 minutes. In the last half of cooking, baste the pieces with sauce after each turning, but watch to see that the skin doesn’t blister or turn black. Prevent burning by turning and basting more often. Use tongs for turning to prevent puncturing the skin.

Cook chicken for about 1-1/4 hours or longer; the time will vary, depending on the intensity of heat and size of the pieces. Chicken is done when the joint separates easily as you twist the drumstick.

LUAU SAUCE

2-1/2 cups vinegar
1-1/2 cups tomato catsup
1 medium onion, finely chopped
3 tablespoons vegetable oil
2 teaspoons dry mustard
1 teaspoon salt
1/4 teaspoon black pepper

Cook ingredients together for 10 minutes.
Makes enough for 12 chicken halves.

Mystery packages

Choose one or more of these mystery packages for your menu.

YAMS OR SWEET POTATOES

Slice precooked or canned yams or sweet potatoes and arrange a hearty serving on a square of heavy-duty aluminum foil. Dot with butter and sprinkle with brown sugar. Top with a marshmallow, if desired.

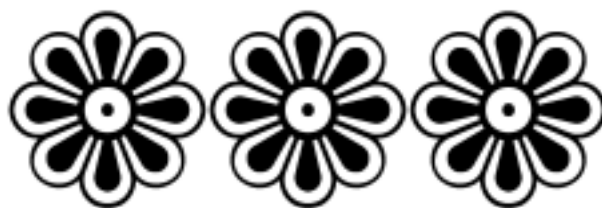
Fold the foil over the food, forming a neat, well-sealed package. Prepare a package for each guest (or have guests fix their own). Place on the grill or in the coals, turning frequently for about 10 minutes or until the potatoes are well heated and coated with glaze.

BANANAS

Peel bananas, dip in lemon juice and sprinkle with sugar. Then wrap individually in foil and grill in the same way for the same length of time as the sweet potatoes. Plan on one banana for each guest—but have extras for second helpings. By grilling two foods at the same time and by using a common heat source, you have saved preparation time and fuel, which is good management.

CORN

Remove husks and silks from fresh ears of corn. Place each ear on a piece of heavy-duty aluminum foil. Add 1 tablespoon butter and an ice cube (or about 2 tablespoons water). Wrap securely; lay on ash-gray coals for 20 to 30 minutes, turning once.



POTATOES

Wash medium baking potatoes; rub skins of potatoes with oil or butter. Wrap each potato securely in heavy-duty aluminum foil. Roast directly on coals for 35 to 45 minutes or on the grill for about an hour until potatoes are soft when gently pressed with an asbestos-gloved thumb.

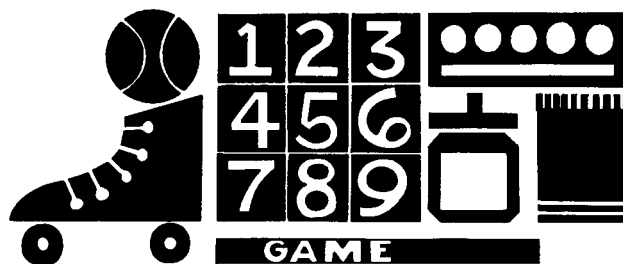
Fun & games!

Half the fun of cooking out is pitching in. So—give everyone a job. While the savory aroma wafts through the air, your guests can have fun and help you too as they tend the fire, turn the food, fill “mystery packages.” But after eating such hearty fare, they’ll want something active to do. Play ball or Frisbee tag. Plan a scavenger hunt. Or how about zany “field day” races and a tug-of-war?

Now, how about some other outings?

Once you’ve learned ways of cooking out of doors, you can plan many other cookouts. How about a barbecue next...or possibly a fish fry? Keep your menu simple. You don’t need a large selection of foods if the servings are hearty. Here are other suggestions.

- Plan only one or two foods to be cooked out of doors. (That’s all anyone can handle!) Choose





other foods that don't require cooking or that can be prepared in advance.

- Include crisp fruits or vegetables to munch on while the other foods cook.
- Include only one starchy vegetable, like potatoes, baked beans or corn on the cob.
- Keep the meal well balanced, choosing foods from each of the four basic groups.

Now, ready to plan a menu? Fill in your food choices below:

TYPE OF COOKOUT

- ☐ Barbecue
☐ Fish Fry
☐ Other

Low-cost meat, fish or poultry

Crisp fruits or vegetables (appetizers)

Cooked or baked vegetables

Bread

Beverage

Dessert (optional)

In a Hurry? Try Microwaving

Are you one of those people who always seems to have more to do than you can get done? Or, do you just like to try new ways of doing things? If so, try microwaving. It might be just the thing for your life style.

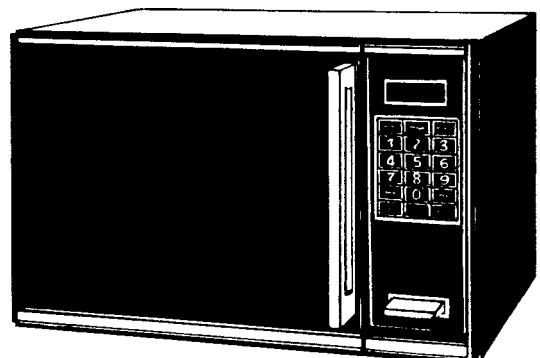
Entertaining has become easier with new technology and new energy- and time-saving equipment. Microwave ovens are popular because they cook foods faster than a conventional oven and can be used to reheat foods easily. Even a simple microwave oven with only one power level can be a time saver. Ovens with meat probes, browning capabilities and different power levels add even greater versatility. Common time-saving uses of the microwave include:

- Cooking foods
- Thawing meat
- Melting butter or other shortening
- Reheating foods

Some rules for using the microwave...

There are several rules you should know before using a microwave oven:

- Do not start the microwave oven when it is empty.
- Use microwave-safe dishes. Do not use metal in the microwave.
- Be careful of steam when removing coverings. Always use potholders; food cooked in the microwave can be extremely hot.
- Read and use the "use and care guide" that comes with your microwave oven. It will explain many other important cooking rules important for your particular oven.



And...some tips for success

Practice makes perfect! Microwave cooking is very different from conventional cooking, and you will learn from practicing—as well as from your microwave instructions and microwave recipes.

You also need to learn to adjust regular recipes for use with your microwave. Note on the party plan any changes in recipes, facilities, etc. that should be changed if you serve the following suggested meal again.

Keep the following tips in mind as you increase your use of the microwave for entertaining.

- Most foods reheat very well in the microwave oven.
- Try not to RECOOK food when you REHEAT.
- Reheat foods on less than 100% power for even heating. For example:
 - Reheat refrigerated main dishes at 50% power.
 - Reheat each 1 CUP SERVING for 3 to 4 minutes on 50% power.
 - Reheat plates of cooked food at 70 to 80% power. Reheat one average-sized serving of meat, vegetables, or potatoes for 3 to 4 minutes on 80% power.
 - Reheat bread products, wrapped in paper towels or napkins, on 30% power.
 - Reheat ONE ROLL WRAPPED IN A PAPER NAPKIN for 30 seconds on 30% power.
 - If you do not have these power levels, reheat on 100% for very short times.

Try this microwave meal

This meal serves four or five people, but the amounts can be increased to serve a much larger group. The chicken can be even be done ahead and reheated in the microwave.

MENU

Crispy Quick Chicken

Baked Potato

Easy-Does-It Vegetables

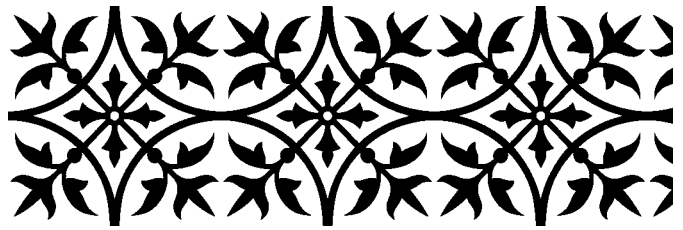
Cranberry Relish

Italian Bread

Igloo Pie

Cran-Orange Cooler or

Hot Spiced Lemonade



CRISPY QUICK CHICKEN

2-1/2 to 3-1/2 pounds of meaty chicken pieces, skin removed*

1/4 cup butter or margarine

2 eggs

1 teaspoon salt

50 crispy crackers

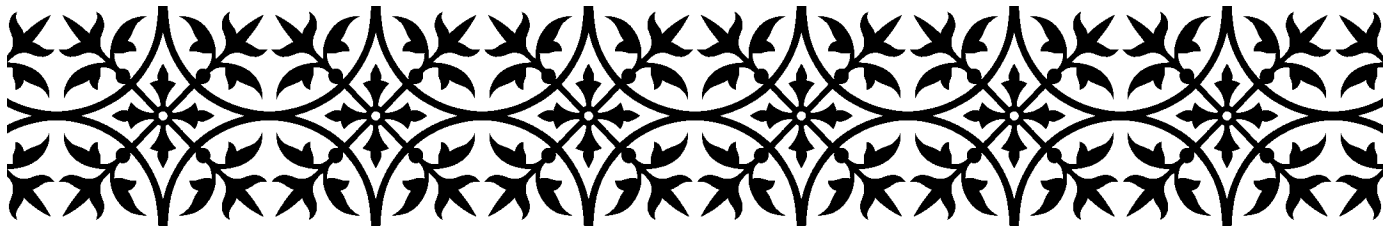
Wash the chicken and pat it dry with a paper towel; set aside. Crush crackers in a plastic bag, set aside. Melt butter; beat egg and salt into butter with a fork. Place crumbs in a shallow dish. Coat the chicken with the crumbs, then the egg mixture, then the crumbs again. Arrange chicken on a microwave rack placed in a microwave-safe dish to catch crumbs. Put meatiest pieces to the outside of the dish. Cover loosely with waxed paper. Microwave on 100% power for 18 to 22 minutes, rotating the dish halfway through the cooking time. Makes 4 to 6 servings.

Microwave cooking is usually done by setting the timer on the microwave. (This may be turning a dial or touching the pad of numbers.) **Because microwave cooking is so fast, you should always start with the minimum time given in the recipe.** You can add extra time, if needed.

NOTE: If cooking in conventional oven, use an ovenproof baking dish or pan. Bake at 350 degrees F for 60 minutes.

*In microwave cooking, removing the skin helps the seasonings penetrate the chicken more easily to add extra flavor. It will also help the chicken cook more evenly.

Also, there is a lot of fat in the skin and just beneath the skin in chicken. Although some fat is important in your diet to help carry certain vitamins and give energy, too much fat can be bad for your health and has been linked to heart attacks, strokes and certain cancers. Taking the skin off chicken helps reduce the amount of fat you eat.



TIPS FOR BAKING POTATOES

Baking a potato in the microwave oven is really very simple. Here are some tips to help you be happy with the results.

1. Always pierce the skin of potatoes and other vegetables to prevent an explosion of built-up steam that forms in cooking.
2. Elevate potatoes on a rack, if possible, to promote air circulation and aid in more even cooking.
3. Do not overbake potatoes. Stop cooking before the potato feels soft to the touch. The potato will finish cooking during the “standing time” or “carry-over cooking time.”

It is a good idea to wrap potatoes in a clean terry cloth kitchen towel and let them stand on a counter for at least 5 to 10 minutes.

Potatoes will keep warm up to 30 minutes.

4. It is important to arrange potatoes so that there are a couple of inches of space between them during cooking. Try using these ideas:
 - Whenever possible, use round dishes or arrange food in a circular pattern.
 - When cooking individual items like baked potatoes, follow this plan:
 - Put one item in center of the oven.
 - Put two items side by side.
 - Put three items in a triangle.
 - Place four items in a square shape.
 - Arrange five or more items in wagon-wheel fashion with none in the center.

Ready to bake?

Scrub potatoes under running water. Pierce scrubbed potatoes twice with a fork to allow steam to escape during cooking.

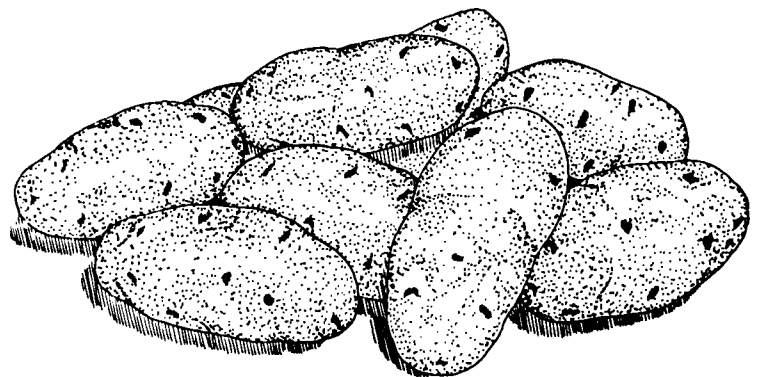
Cooking time:

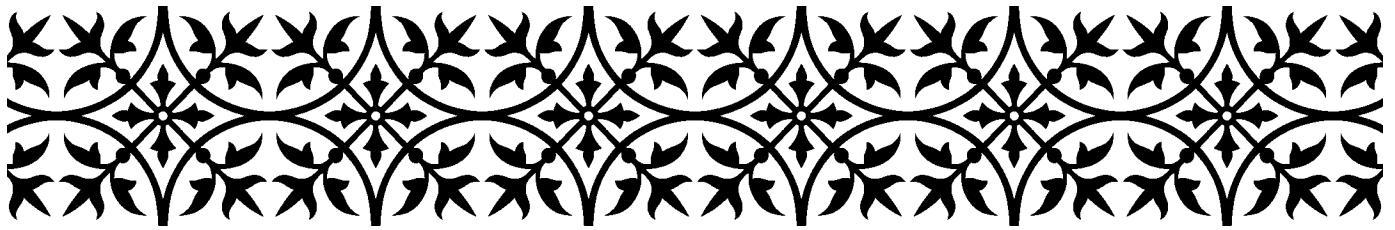
1 potato	3 to 5 minutes
2 potatoes	5 to 7 minutes
3 potatoes	7 to 10 minutes
4 potatoes	10-1/2 to 12-1/2 minutes
5 potatoes	12-1/2 to 14 minutes
6 potatoes	14 to 16 minutes

Arrange potatoes to allow a couple inches of space between them. Microwave potatoes on 100% power for one-half cooking time; turn and rotate potatoes and microwave on 100% power for the remainder of the cooking time. Wrap potatoes in a clean towel and allow to stand for 5 to 10 minutes. Serve with favorite topping.

You might want to have a variety of toppings available for guests to select their favorite ones. Include common ones such as butter, sour cream and bacon bits, but don't forget cheese, onions and broccoli.

If the meal is being prepared for a large group, you may want to bake the potatoes and chicken in the oven at the same time. If you do this, you will have to adjust cooking time since having more in the oven will slow down cooking time. Some microwave ovens do not work well for more than one food at a time.





EASY-DOES-IT VEGETABLES

Use one package frozen peas and carrots or other small or chopped vegetables.

Remove vegetables from freezer. Pierce box twice on each side with a fork to allow steam to escape. Place box on paper plate. Microwave on 100% for 2-1/2 to 3 minutes. Gently shake vegetables and turn box over. Microwave for another 2 to 3 minutes on 100% power until the vegetables are steamy hot. Drain and season. Makes 4 servings.

If you are doing more than one package of vegetables, do only one at a time. Wrap a terry kitchen towel around the box to hold the heat in while the other package is cooking.

NOTE: If you are not using a microwave, follow the directions on the package.

CRANBERRY RELISH

2 medium oranges, seeded
1 lb. cranberries
2 medium unpeeled apples, cored
1 cup sugar (more if desired)

Peel yellow rind from oranges. Trim off and discard bitter white part. Put orange pulp, yellow rind, cranberries and apples through food grinder. Add sugar and mix well. Cover and refrigerate.

IGLOO PIE

3 tablespoons butter or margarine
1 cup graham cracker crumbs
1 tablespoon sugar
1 quart lowfat vanilla ice cream (or other favorite flavor) topping of your choice

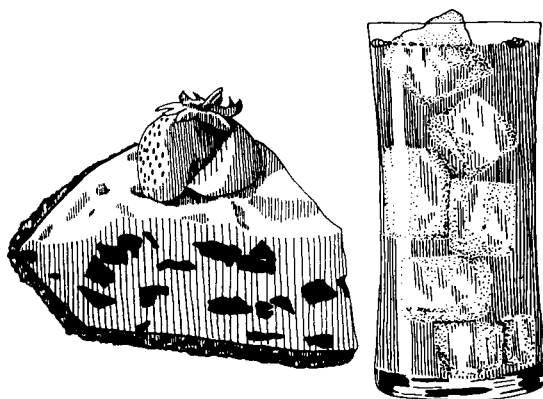
Put butter or margarine into a quart glass measurer or microwave-safe bowl. Microwave on 100% for 30 to 45 seconds until melted. Stir in graham cracker crumbs and sugar. Pat mixture into a pie plate. Build up the sides evenly. Microwave on 100% for 1-1/2 minutes. Remove from microwave and cool. Soften ice cream by microwaving on 100% power for 15 seconds. Pile into cooled graham cracker crust. Freeze until very firm. At serving time, top with sliced fresh fruit or topping of your choice. Makes 6 to 8 servings.

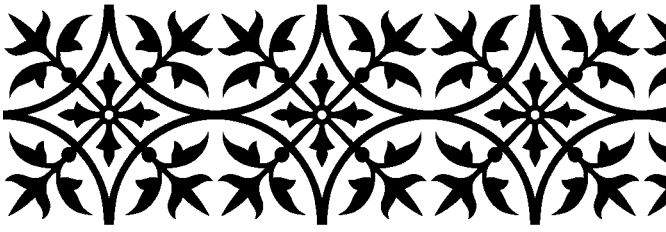
ITALIAN BREAD

Refer to the recipe on page 7. If you use the microwave to warm the bread, wrap it in a paper towel and heat on 30% power for 30 seconds. Overheating will make the bread tough.

CRAN-ORANGE COOLER

Mix together equal parts of cranberry juice and orange juice (either fresh or reconstituted frozen). Serve very cold or with ice. For variety, pineapple juice may be substituted for the orange. Allow 8 to 10 ounces per serving.





HOT SPICED LEMONADE

6 cups water
1 teaspoon whole cloves
3/4 cup fresh, canned or bottled lemon juice
2/3 cup sugar
6 cinnamon sticks (optional)

Combine cloves and water in a saucepan and bring to a boil; add lemon juice and sugar. Stir well and pour into cups. Add a stick of cinnamon to each cup as a stirrer. If desired, cloves may be tied in cheese cloth or strained out as lemonade is poured. Makes 6 cups.

Having a Special Party

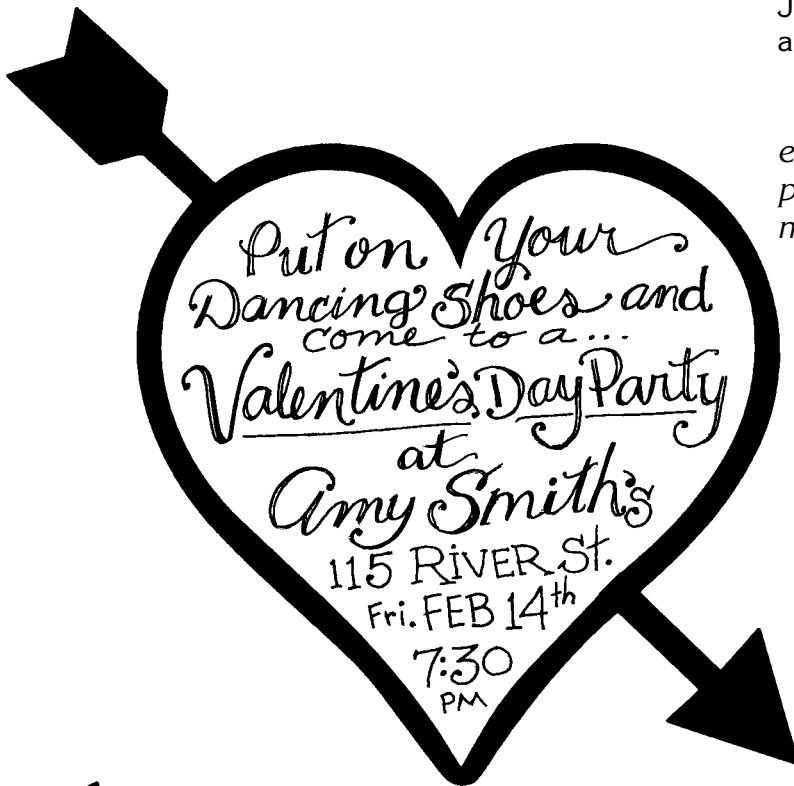
Parties are frequently used to celebrate special occasions, such as birthdays and weddings, and to recognize people for special accomplishments. Maybe you, or your family, a group of your friends or your club is thinking about giving a party.

Decorations create a fun atmosphere!

What is the occasion or purpose of your party? Is it to honor an individual or maybe to recognize a group of people such as the county project winners? Is there a particular theme that relates to the individual or the group that may suggest the type of decorations or appropriate recreation? For example, if the party is an egg hunt for the junior club, think about colorful eggs, rabbits and chickens. If it is a Fourth of July parade, think of red, white and blue—stars and stripes.

Decorations do not have to be expensive or elaborate, but they are necessary to create a party atmosphere. And they are fun to make!

- Crepe paper Streamers.
- Construction Paper.
- Balloons.
- Colored Light Bulbs.

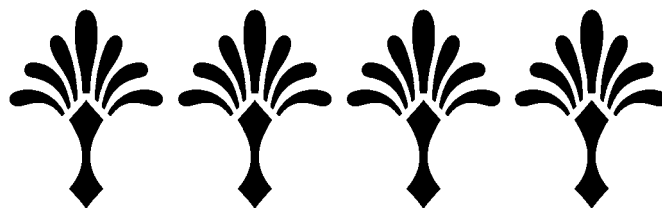


How about recreation?

Recreation also sets the stage for fun and fellowship, but it must be carefully selected to fit the size of the group and the space available. Take care to avoid rough games that may damage the furnishings or facilities...or the guests! Be sure to check with the owner (or manager) of the property to get an O.K. on recreational activities. Select more activities than you think you'll need in case some of your games don't go over as well as you expect.

How about a little help?

If the party is being given by your club, develop a list of responsibilities. Determine who will do each job, when will it be done and how it will be paid for. Someone must be in charge to see that all of the jobs are being done. It can be very disappointing—and embarrassing—to get to a party and discover that the decorations aren't up or someone forgot to get the ice.



Are You Ready? Let's Progress!

A fun party for teens is a “progressive party.” This spreads the expense and responsibility of preparing food to several people. A progressive party moves to several locations with a part of the meal being served at each location. It also gives the group an opportunity to visit in the homes of several members. The menu may be planned around favorite foods the hosts enjoy preparing.

Unlike many parties this one will require a plan for transportation. Be sure the parents of young guests know the schedule and who will drive.

Note that the foods are simple to prepare so those serving as hosts can join in the party. If substitutions are made in the menu, select foods that can be prepared ahead of time or that guests can help with—such as the hero sandwiches or banana splits.

Try This Plan

4TH OF JULY PROGRESSIVE PARTY

Party Date: July 4th

How Many Will Attend: _____

Party Coordinator: _____

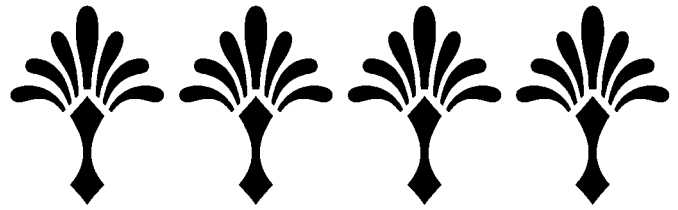
Transportation Coordinator: _____

Serving Time	Food	Location & Person Responsible	Decoration	Recreation
6:00 p.m.	Relish & Dip	110 Brown Street Sue Blue	Red, white & blue streamers & flags	Patriotic Games & Songs (Prepare a list in advance.)
6:30 p.m.	Cream of Broccoli Soup	189 First Street John Mill		
7:00 p.m.	Make-Your-Own Hero Sandwiches & Fruit Punch	Rt. 1, Box 9 Tammy Rose		
7:30 p.m.	Banana Splits & Soft Drinks	Community 4-H Center Jimmy Jones		

How to Be the Perfect Host...or Guest

During the “progressive party” you may have an opportunity to meet the families of several of your friends and be served food in a variety of settings. Occasionally when you are entertaining or being entertained, you may feel unsure of yourself, especially in new situations and with people you haven’t met before. Being yourself and not trying to act like other people or how you think they want you to be is most comfortable.

Here are a few reminders that are good to keep in mind at any meal—at your family dinner table, when entertaining guests or when you are a guest.



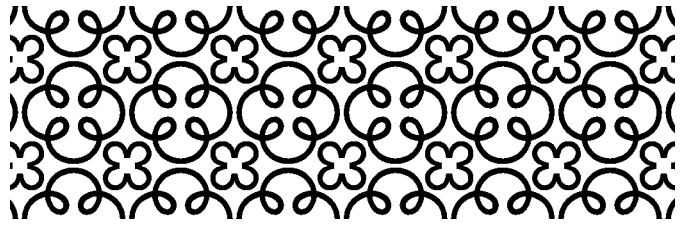
- Introducing people to each other is an absolute must for a comfortable environment. Introductions of people your own age can be informal, but in other introductions, there are certain rules of etiquette. For example, the name of the older person or a woman is acknowledged first. To introduce a friend your age to your mother you might say “Mom, I would like you to meet my classmate, Janice; my mother, Margaret Brown.”

Telling something about one of the individuals helps those being introduced begin a conversation. The main guide is to say the person’s name to whom you are paying the most respect first. In many situations it will not make any difference which name you say first, but say all names clearly.

- At large gatherings, such as pot luck dinners or receptions, the general rule is to begin eating as soon as you have been served. At smaller parties, wait until everyone is served and the host starts to eat.
- Do not comment on foods you do not like. Try new foods. If you’re served something you don’t think you like, try to eat a little bit anyway. You may be surprised that sometimes a taste for certain foods will change. Leave any portion you don’t want.
- When served soup, take care not to slurp or drip soup on your clothes or the table. It’s O.K. to tip the bowl to get the last spoonful or, if it is served in a cup, to pick the cup up by the handle and drink. When a spoon is used, dip the spoon away from yourself. When you’ve finished, put the spoon on the saucer beside the bowl.
- Be considerate of the total group and don’t take large portions. After everyone has been served, you can take seconds.

- Take small bites of food and don't talk when you have food in your mouth.
- Don't reach in front of others. Ask someone to pass what you need.
- If you spill something, quietly help clean it up. Don't make a big fuss. An "excuse me" or "I'm sorry" is sufficient.
- Use your napkin. Pick it up by the right lower corner and it will unfold to be placed on your lap. After you've finished eating, place the napkin on the table in its original position. It isn't necessary to refold it.
- If you go to a special function and find several pieces of silverware at your place setting, remember to start with the silver on the outside. If soup is served, there will be a soup spoon on the outside right. If salad is the first dish, use the fork on the outside left. Or watch your host to see which fork or spoon he/she uses.
- Many foods are considered finger foods: bread, cookies, nuts, celery and carrot strips, etc. as well as foods served with dips, such as crackers, apple wedges, corn on the cob and most sandwiches. The type of meal may also determine how we eat some foods. Fried chicken is usually a finger food, but at a more formal occasion you may want to follow the lead of your host.
- Avoid leaning on the table. Place the hand you're not using in your lap.
- Use your knife to cut one or two bites of meat at a time. When not using your knife, place it across the upper edge of the plate. When you are finished eating, place the fork and knife on the plate at an angle with the handle end at about three o'clock. This is a signal that you have finished eating.
- Be considerate of others and avoid loud conversations, especially at meals served indoors. Some parties and outdoor meals may have a more informal and festive atmosphere.

Using acceptable rules of etiquette is a way of showing your consideration for other people. It is also a way of avoiding confusion. It is, in fact, simply another means of communication.



Moving Right Along

Having planned, prepared and served several parties and meals, you can now begin to vary menus and themes and entertain with more ease. Learning to use the planning guide effectively gives you the skill to plan a variety of occasions without worrying about overlooking important details. If you are like many people, you will now want to read magazines and cookbooks to get new ideas for foods and party themes.

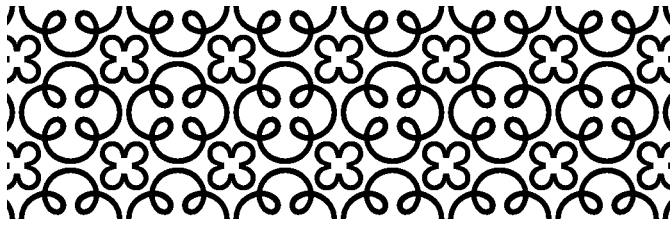
How about a fund raiser?

Your teen 4-H club or other youth group may be interested in raising funds through some kind of food project. Here are some tips to follow:

1. Choose popular foods or special items. For example, near a holiday, select items related to the holiday.
2. Choose easy-to-handle items; avoid sticky icing, etc.
3. Consider the time of year and possible weather conditions. For example, in the summertime, do not choose food that will easily spoil or lose its shape.
4. Sanitation is very important. For example, it is best if items for bake sales can be delivered already packaged for sale. Cookies can be wrapped in groups such as three, six or a dozen per package. This will prevent food from being uncovered in a public area and people from handling the food.

If you're serving a meal, such as a chicken barbecue or fish fry, food should be prepared and served at a site with adequate facilities and sanitary conditions.

All meat products should be refrigerated until time to cook. Refrigeration is especially important for foods containing mayonnaise, dairy products or cooked meats. If refrigeration isn't available, select foods that do not need to be kept cold.



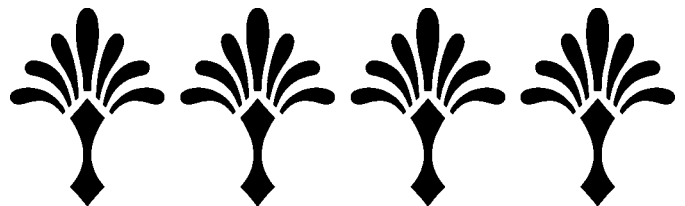
5. Select a time when large groups of people will be at the same site. Many counties have festivals. This is a good community activity as well as an opportunity to raise funds.
6. Consider one of these types of food sales:
 - Bean Soup & Cornbread
 - Chili Supper
 - Chicken (or other) Barbecue Bake Sale
 - Fish Fry
 - Ice Cream Social
 - Pie or Picnic Supper
7. Select type of sale, date and location (check community calendar for upcoming events).
8. Choose committees necessary to get the job done. Prepare a job description for each committee. Committees should:
 - Plan promotion.
 - Secure location.
 - Make assignments for food purchasing, preparation and serving or selling.
9. The overall chairperson should follow up on assignments. One or two people not following through with their responsibilities can make the difference between a successful event and a disappointing one.



How about sharing what you have learned?

Your experience in this project and other 4-H programs has given you knowledge and skills you can share with younger 4-H'ers through leadership activities in your 4-H club. You may have your own ideas you would like to try, but here are a few to consider.

- Work with a day care center to provide short nutrition activities for the youngsters.
- Assist with 4-H EFNEP day camps.
- Do programs for 4-H clubs, demonstrating simple and nutritious snacks to serve at club meetings.
- Serve as a project leader for a food-nutrition, bread or dairy food project group.
- Involve younger members of your family in preparing for entertaining, such as helping with simple foods like beverages and salads, setting the table or arranging the buffet, serving or passing food, helping with clean-up, putting leftovers away.
- Work with your teen group to provide nutritious snacks for people in nursing homes and for other shut-ins in the community.
- Develop and distribute grocery bag stuffers with seasonal nutrition information related to entertaining, such as picnic ideas during the summer or holiday suggestions.
- Work with community groups planning meals such as dairy days, fish fries or other activities such as an apple festival and gingerbread festival.
- Plan a special party for senior citizens or a Halloween party for children in the community.
- Teach others through project demonstrations such as:
 - Planning a Party
 - Foods for Entertaining
 - Special Snacks
 - Making Ice Cream
 - Planning a Cookout
 - Having a Pizza Party



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

4-H Colors: Green and white

4-H Motto: To Make the Best Better

4-H Slogan: Learning by Doing



TEENS ENTERTAIN



NAME _____ BIRTHDATE _____

ADDRESS _____
Street & Number/Rural Route *Town* *Zip*

SCHOOL _____ GRADE _____ COUNTY _____

A. Size and Scope of Project (List everything you have done in this project.)

List Meals, Parties, etc. Planned and Prepared	No. of Times Prepared	No. of People Served	Comments
Total:			

Individual Dishes Prepared	No. of Times Prepared	No. of Servings	Comments
Meats			
Vegetables			
Salads			
Breads			
Desserts			
Total:			

B. Activities (List all activities related to this project such as exhibits, demonstrations, talks, radio, and T.V. programs, tours, etc.)

C. Tell what you learned in this project.

D. Awards and Recognition (List the awards and recognition you received in this project. Include the level of recognition: county, area or state.)

E. How many times did you attend group meetings to work on this project?

F. Leadership (List what you did and how many people were involved).

G. Citizenship (List what you did and how many people were involved).

H. Write a project story telling what you did and learned in this project, including such items as how the project helped your family, what you enjoyed most and who helped you with the project.

<hr/>	<hr/>	<hr/>	<hr/>
<i>Member</i>	<i>Date</i>	<i>Leader</i>	<i>Date</i>