

**RETIRED  
4-H PROJECT**

# **THE GREAT CHICKEN & EGG PROJECT**

## **Leaders' Guide**



**Ontario  
4-H Council**



**Ministry of Agriculture,  
Food and Rural Affairs**

**4-H 1330 92 LE**

## THE 4-H PLEDGE

"I pledge:  
My Head to clearer thinking  
My Heart to greater loyalty  
My Hands to larger service  
My Health to better living  
For my club, my community and my country."

### TABLE OF CONTENTS

	PAGE
WELCOME TO 4-H .....	1
WHAT ARE MY RESPONSIBILITIES AS A 4-H LEADER? .....	1
4-H CLUB PROGRAM PLANNING .....	2
WHAT IS AN ACHIEVEMENT PROGRAM? .....	7
MEETING ONE: "Chicking" Out the "Egg"itement! .....	9
MEETING TWO: Stock Up .....	23
MEETING THREE: "Eggs"perimenting with Eggs .....	29
MEETING FOUR: Stir Crazy Nutrition .....	31
MEETING FIVE: 'Wave It and White It! .....	35
MEETING SIX: What's Left? .....	39

This project was prepared by  
Nancy (Johnston) Rothwell, London  
for the Rural Organizations and Services Branch  
with Special Thanks to the Advisory Committee:

Ruth Axtmann	4-H Leader	Walton
Shaun Hunt	4-H Member	Pakenham
Sherry Boyce-Found	4-H Resource Specialist	Guelph
Susan Leuty	Rural Organization Specialist	Elmvale
Carolyn Moore	Foods and Nutrition Specialist	Guelph
Carol Murphy	4-H Resource Assistant	Guelph
Mary Ellen Norry Car	Rural Organization Specialist	Sudbury
Linda Plant	4-H Leader	Powassan
Tricia Reid	Rural Organization Specialist	Orangeville
Valerie Walton	New Product Development Manager, The Poultry Co.	Toronto

This project was jointly funded by the Ontario Ministry of  
Agriculture and Food and Agriculture Canada.

### **PURPOSE OF THE 4-H PROGRAM**

The primary purpose of the 4-H program is the personal development of youth in rural Ontario.

In 4-H, members will be:

- encouraged to develop self-confidence, a sense of responsibility, and a positive self-image;
- helped to develop their skills in communications, leadership, problem solving, and goal setting; and
- offered the opportunity to learn about the food production, processing, and marketing systems and the heritage and culture of Ontario through projects such as livestock and crop production, financial management, food preparation, nutrition, recreational activities, and career development.

### **WELCOME TO 4-H**

The 4-H Club Leaders' Handbook says that, "Volunteer 4-H leaders are a blend of friend, teacher and parent." What a big order to fill! But you will discover that you have many talents as a 4-H leader. Having an interest in young people and their development and being willing to take up the challenge of 4-H leadership is the first step to success.

This project focuses on the cooking of chicken and eggs. However, the development of members as individuals is your real goal. You will get to know the club members and where their interests lie very well. Use this knowledge, your own expertise and imagination to plan a fun, interesting and challenging club program for your members. And enjoy being a 4-H leader!

### **WHAT ARE MY RESPONSIBILITIES AS A 4-H LEADER?**

Before your club begins:

1. Attend a leader training session,
2. Advertise the project and organize a club which will have a minimum of six members, and
3. Review available resources and begin planning the club program.

During the club:

1. Attend each meeting and the Achievement Program,
2. Assist members in planning and presenting the club program,
3. Provide a FUN, learning atmosphere,
4. Have members complete enrollment cards and the club membership list and forward to the Ontario Ministry of Agriculture and Food office by \_\_\_\_\_,
5. Help each member to set and reach goals for personal development,
6. Encourage members to work together as a group,
7. Provide guidance in choosing and completing an Achievement Program, and
8. Evaluate the club program.

## **4-H CLUB PROGRAM PLANNING**

### **WHY DO I NEED TO PLAN THE CLUB PROGRAM?**

A successful 4-H club doesn't just happen! Careful planning is necessary and very important. As a 4-H leader, you have a responsibility to do the best job you can in providing a fun, learning experience for the 4-H members. Planning will make this a reality. Some other benefits of planning include:

- setting goals to strive for,
- sharing the workload,
- ensuring that club time will be productive,
- providing better communications,
- avoiding calendar conflicts,
- providing a role for each person,
- knowing who will be responsible for what part of the program,
- making the best use of available resources, and
- learning planning skills.

### **O.K. ... HOW SHOULD I PLAN?**

You will want to make some initial plans before the club starts. Remember to involve 4-H members early in the planning process. Achieve this by one or more of the following.

- hold a general meeting and have the entire membership suggest ideas
- meet with the elected club officers
- form a planning committee of members and leaders (parents and sponsors could also be included)

It doesn't matter which approach you take but there are some basic steps to follow.

1. Look at the club's situation.
  - ages, interests and locations of members
  - successes and failures of past clubs
  - county/regional/district activities
  - available time
2. Identify the club's goals.
  - base these on the club's situation
3. List possible activities.
  - how goals can be met
  - brainstorming is a good technique at this stage
4. Determine activities.
  - keep goals and the club's situation in mind
  - balance business, learning and social recreation
5. Prepare the Club Program Plan.
  - when will activities take place, where will they be held, what will they be, who will do them
  - share and discuss the plan with the entire membership

## HOW CAN I MAKE THE BEST USE OF RESOURCES?

There are many resources available to 4-H leaders. Awareness of these resources and how to use them will help in planning the club program.

### 1. 4-H MEMBERS' MANUAL and LEADERS' GUIDE

The Members' Manual has been developed as a reference for information that can be covered during the 4-H meetings. **IT IS NOT NECESSARY TO COVER ALL OF THE INFORMATION THAT IS IN THE MANUAL.**

Remember your club's situation and select topics that will be of greatest interest. Only use the information that is at the right level for your members and suits your geographic location. The key here is to **BE FLEXIBLE** and meet the needs of your members.

**EGGSTRA** is a section in the Members' Manual. The information in this section is more in-depth than the basics in the rest of the meeting and may be of interest to senior members. At some point in the meeting you might like to split the club into juniors and seniors. This information and related activities could be used for senior members while the junior members review some of the basic skills, or it can be left as reference for the older members to look at if they wish.

The Leaders' Guide suggests possible activities, presentation ideas, discussion questions and time guidelines for meetings. Use this as an aid in planning the club program. Again, **USE ONLY THE ACTIVITIES YOU HAVE TIME FOR AND THOSE THAT FIT YOUR PROGRAM PLANS.** You will have ideas from the members and ideas of your own to use too.

**USE READING ALOUD** (by you or a member) **SPARINGLY** as a method of sharing information. Daydreaming, fidgeting, whispering, and perhaps even snoring are sure to follow this type of presentation.

When selecting activities and methods keep this chart in mind.

Method	Retention	Examples
Reading	Members will retain 10% of what they read.	- Members' supplement
Hearing	Members will retain 20% of what they hear.	- Lectures, speakers, being read to
Seeing	Members will retain 30% of what they see.	- Exhibits, posters, illustrations
Hearing and Seeing	Members will retain 50% of what they see and hear.	- Observe videos, demonstrations, films, slides, tours
Saying	Members will retain 70% of what they personally explain.	- Discussion groups, judging, expression ideas
Saying and Doing	Members will retain 90% of what they are personally involved in saying and doing.	- Practice, explore, demonstrate, build

## 2. CLUB MEMBERS

The ages of the members in your club probably cover a span of several years. This means there will be many different needs, strengths and abilities. Although it is important for the club members to learn to work together you must also recognize individual differences.

**Junior Members** - These members will be active and full of energy.

Capitalize on this energy by providing lots of variety in the meeting to hold their interest.

**Senior Members** - This group is striving for increased freedom from adult controls. When the junior members need some undivided attention, have the seniors plan and/or carry out an activity on their own. For times when the whole club must be together, encourage senior members to share their skills and experience with juniors by guiding them through an activity.

**Youth Leader** - If there is a senior member in the club who has completed several projects this may be the challenge he/she is looking for.

You can help this member put leadership skills into action by having him/her assist with delivery of the club program.

**Club Executive** - Make sure this group is aware of its responsibilities and then **LET THE MEMBERS LEARN BY DOING**. The executive is responsible for the business portion of the meeting; chairing, taking roll, and recording minutes, etc. The club might consider pairing a junior and senior member together for some of these positions.

## 3. PARENTS AND SPONSORS

Members will learn and enjoy more if their parents are interested in what they are doing. Likewise, sponsors will be more willing to continue their support if they can see the value of the 4-H program.

**INFORM** - Many parents and sponsors don't know what the goal of the 4-H program is or know how it benefits the members. Talk to them about 4-H at every opportunity.

**INVITE** - Parents and sponsors should be invited to a 4-H meeting to see the club in action.

**INVOLVE** - Once parents and sponsors are more aware of the 4-H program they are more likely to accept your requests for help (hosting a meeting, being a guest speaker, arranging for a tour). Recognize parents and sponsors for their support with thank you notes, newspaper articles, etc.

## 4. OTHER LEADERS, THE 4-H ASSOCIATION AND THE RURAL ORGANIZATION SPECIALIST

Don't feel that you are walking this road alone. Other 4-H leaders, the 4-H Association and the Rural Organization Specialist are willing to lend an ear for your ideas or offer suggestions.

5. GUEST SPEAKERS

Be sure to give a speaker lots of notice. Be specific about what you would like discussed and how much time he/she will have. As with your club program planning, the guest should be aware of the club situation, ages of members, attention span and interests. Encourage the guest to involve the members in hands-on activity rather than just lecturing to them.

6. SOCIAL RECREATION

4-H should be FUN! Using a variety of social recreation activities at each meeting adds enthusiasm and enjoyment. The age, sex and size of the group determine the kinds of activities. Possibilities include games, relays, active sports, picnics, singing, puzzles and refreshments. Involve members in planning and carrying out the activities.

These are just some of the resources available to you. Become familiar with your community and what it has to offer. The possibilities are endless.

HAS THE 4-H CLUB PROGRAM BEEN A SUCCESS?

Taking time to evaluate your 4-H club program is just as important as the initial planning. Ask everyone who was involved (members, other leaders, parents, sponsors and guests) for comments and suggestions. Their ideas will be very helpful in planning the program for your next club.

Here is a check list that may stimulate your thinking as you try to measure the success of the club program.

1. Did members and leaders enjoy coming to meetings?
2. Did each member have a chance to actively participate?
3. Did each member receive praise or encouragement in some way?
4. Did I plan for the differences in age level, abilities and interests of the members?
5. Did I give each member a chance to assume responsibility when it was appropriate?
6. Did members learn at least one new thing at each meeting?
7. Did all members feel they were "a part of" or "belonged to" the group?
8. Did I involve the parents and sponsors in some way?
9. Did all members and leaders have fun?

Always	Sometimes	Never

Some of the material in this section on "4-H Club Program Planning" was adapted from, "Managing a 4-H Club" and "Managing a 4-H Project" from the Manitoba 4-H program, and "Home Study 4-H Advisor Course" from Ohio Cooperative Extension Service.

# 4-H CLUB PROGRAM PLANNING CHART

MEETING OR EVENT	DATE	TOPIC ACTIVITY OR TASK	PEOPLE WHO COULD HELP	PRESENTATION IDEAS TO CONSIDER



## WHAT IS AN ACHIEVEMENT PROGRAM?

- An opportunity for members to share the knowledge and skills they have gained during this 4-H project.
- Each member should be involved in some way.
- Informs the public about the purpose and goals of the 4-H program.

Achievement Program ideas specific to this project are suggested below. Involve club members in selecting a suitable idea and making the necessary preparations.

Contact a local newspaper and/or magazine to cover your event. Ask local stores to put up invitational flyers for your event or program for further recognition of your Club. Send out a personal invitation to the group you plan on inviting to the Program, or send a personal request from your club to visit an organization, and to present and demonstrate your Achievement Program.

- Host a Potluck - Egg and Chicken dishes for the community Women's Institute or other community group
  - organize games such as an Egg decorating contest, egg and spoon race, egg in bag relay, 3-legged chicken race (clucking required!)
  - ask a local chicken and/or egg producer, or feed company to donate products or game prizes
  - sell tickets at a local grocery store, perhaps when they have a "Special" price on chicken and/or eggs
  - guest speaker suggestions: egg and/or chicken producer; Public Health Nutritionist (Canada's Guidelines for Healthier Eating)
- Organize a field trip for a Seniors', Women's Institute, or other community group, to a chicken or egg producer's farm, or to an Egg Grading Station or hatchery
- Plan to attend a local organization's meeting (as examples: Seniors' groups, Women's Institutes, Lion's/Lioness Clubs, Kinsmen/Kinette Club, Rotary Club, Neighbourhood Clubs), to give one or several food demonstrations from the project.

## SUGGESTIONS FOR FOOD DEMONSTRATIONS

- a) demonstrate the method for making **Meringue**, and serve **Baked Alaska**
- b) demonstrate the method for making **Hard and Soft-cooked Eggs**, then have fun in helping everyone create "**Eggimals**"
- c) demonstrate the method of making **Crepes**, and serve with an "eggs" citing filling
- d) demonstrate the method of making your own **Chicken Stock**, then add some exciting ingredients to create a scrumptious soup

- e) demonstrate the method for deboning chicken breasts, than use them in a recipe from the project (**Chicken Cordon Bleu, Chicken Stir-Fry, Chicken Fingers**) - this could also be combined with a **Microwave** demonstration of either one or both chicken and eggs

### **JUNIOR AND SENIOR MEMBERS' ACTIVITIES**

Suggestions for activities for both Junior and Senior members are on page 2 of the Members' Manual. The activities for the Junior members offer a chance to use the skills they develop at the meetings to prepare recipes for their families and/or friends, or to search a little deeper for additional, fun recipes. The activities for the Senior members offer opportunities to look more closely at an area of interest to them, to further display their leadership and team-work, and to improve their communication and demonstration skills.

**The emphasis should not be on the report or on the final results, but on the activity and learning experience itself.** As stated in the Members' Manual, a member may pursue an activity idea of his or her own, and can work on the projects in pairs or small groups.

At the bottom of the table of contents page in the Members' Manual you will see the Kids Help Phone logo and number. Kids Help Phone is available to over 7 million children and teenagers throughout Canada.

It is a national, bilingual, confidential, toll free helpline staffed by paid trained professionals. In response to the problems and concerns of our youth, Kids Help Phone provides a listening ear, emotional support, counselling, information and referrals. Children and teens from anywhere in Canada can call anonymously 24 hours a day, 365 days a year.

Children and teens can call about anything that is bothering them including — abuse; drugs; alcohol; conflicts with parents, friends or teachers; pregnancy; sexuality; suicide; or parental separation and divorce.

Please mention this number to your members and explain what it is for. Make sure they know that it is free and they don't have to give a name or address.

## **MEETING ONE**

## **"CHICKING" OUT THE "EGG" CITEMENT!**

### **SPECIAL NOTES FOR THIS PROJECT**

1. Any page numbers refer to the Members' Manual unless otherwise indicated.
2. The Members' Manual has been designed as a reference source. Hopefully, the members can leave their manuals closed for most of the meeting, allowing them to observe, learn and take part in the discussion and other activities. The few blanks and questions can be completed as the information is discussed or at the conclusion of the meeting as the review. Please don't assign the blanks as "homework". 4-H should not be viewed as school.
3. The Members' Manual title for each meeting includes the meeting topic and not the meeting number. This frees leaders to change the order of meetings and information without confusing the members. The schedule of meeting dates can be recorded on page 3.
4. **REMEMBER TO REFER TO YOUR 4-H CLUB LEADERS' HANDBOOK** - (white and green binder) - You will find many useful tips and ideas covering topics such as program planning, successful meetings, parliamentary procedure, effective communicating and presentation methods. Refer to your Leaders' Handbook as you plan meetings. If you do not have a handbook, please contact your Rural Organization Specialist.
5. **JUDGING** - Judging eggs is an activity in meeting six in this project. Each member should have a 4-H Judging Handbook (4-H-1550-91) and be encouraged to use it. These can be obtained from your Rural Organization Specialist.
6. You may find the OMAF Factsheet, Procedures for Meetings, 89-095, helpful.

### **OBJECTIVES**

Through this meeting, members should:

1. learn/review parliamentary procedures and elect club officers;
2. get acquainted while experiencing the Chicken and Egg Journeys;
3. become familiar with nutrition and food facts about chicken and eggs;
4. review the omelette cooking technique, to practice at home;
5. have hands on scientific fun with hard and soft cooking of eggs and understand the results; and
6. have fun "eggs"perimenting with new recipes and "Eggimals".

## **PREPARATION AND EQUIPMENT**

Depending on your selection of activities prepare the following.

- **The Journey Game**
  - cut out the blocks to give to members.
  - review rules
  - find an open space to play
  
- **Demonstrate omelet**
  - Omelet ingredients
    - 2 eggs
    - 25 mL water or milk
    - 10 mL butter
    - filling
    - 125 mL cheese, grated
  
  - Omelet equipment
    - non-stick frypan or omelet pan
    - plastic spatula
    - small measures
    - plate
  
- **Soft and Hard-cooked Eggs Experiment Equipment**
  - 2 small-medium saucepans
  - 1 egg per club member
  - egg piercer, pin, or needle
  - egg timer, watch, or cooking timer
  - ice cubes
  - vinegar (250 mL)
  - salt (30 mL)
  - spoon
  - marker or colored pencil to number eggs
  
- **Eggstra for Seniors will require a couple of cookbooks with recipes for the different types of chicken.**
  
- **Make one Eggimal, prior to the meeting.**

## **TIME GUIDELINES**

A time guideline has been provided for each section of the meeting. Please remember that this is only a guideline. The number of members, their maturity, specific interests and the way the meeting is structured will all influence the duration of specific activities.

<b>IN A NUTSHELL</b>	
Getting Started	15 min.
Roll Call	5 min.
A Road Map to Good Meetings	20 min.
Which Came First...The Chicken or the Egg?	15 min.
Omelets Made Easy!*	10 min.
To be Hard-cooked or Soft-cooked?...	
That Is the Question!	30 min.
Before the Next Meeting	5 min.
	<hr/>
*Could be done during experiment	85-100 min.
Optional:	Eggstra
	Eggimals
Possible Recipes:	Soft and Hard-Cooked Eggs
	Devilled Eggs
	Mexican Scramble
	Italian Frittata

**GETTING STARTED** (15 minutes)

1. Begin with the 4-H PLEDGE. Post a copy so everyone can see it.
2. WELCOME the members. Introduce leaders. Have members introduce themselves. Introduce the youth leader (if this has been decided). Ensure that everyone has a name tag.
3. Complete ENROLLMENT CARDS and MEMBERSHIP LIST.
4. Give a brief INTRODUCTION to the project.
5. Outline the OPPORTUNITIES members have such as taking part in the local fairs and shows, "4-H Go For the Gold", 4-H Members' Conference, etc.
6. DISTRIBUTE "4-H Club Member Lives Here" and "4-H Project" signs.
7. DISTRIBUTE the Members' Manuals.
8. Discuss the members' REQUIREMENTS for the project. See page 2. Outline any expectations you have of the members.
9. Briefly discuss the ACHIEVEMENT PROGRAM - type, date, time, location.

The remaining time is used for discussion of meeting material. Try to keep the members interested and involved by using a variety of presentation techniques and presenters - leaders, youth leader, guest or senior members. Some material lends itself to small group or partner work.

**ROLL CALL** (5 minutes) page 5

**A ROAD MAP TO GOOD MEETINGS** (Total: 20 minutes) page 5

At the first meeting, it is important for everyone to get to know each other and become familiar with the basics of running a good meeting.

The club president will chair the short business section at the beginning of each meeting. Helping members to understand and use the basics of running a meeting will help them to become familiar with the process.

**YOUR ROAD MAP TO GOOD MEETINGS** (5 minutes) page 6

See the Sample Agenda in the Members' Manual. An agenda should suit the needs of the group, so your club may follow an agenda that is different from the sample. It contains most of the items a 4-H club would cover in a meeting and may suggest some new ideas for your club.

Suggestions:

1. Make an agenda for this meeting and discuss the format; OR
2. Give each member a piece of paper with one agenda item written on it. Have the members arrange themselves in the order of an agenda. Have each explain what part of the agenda he/she is and what his/her role is.

**KEEPING YOUR CLUB GOING** (5 minutes) page 6

Prior to encouraging club members to take an executive position, they should have a good understanding of each position.

Suggestions:

1. ask 4-H members, who have held these positions, to describe the duties involved; OR
2. ask the members what they think the duties of each position should be and develop their own list of responsibilities; OR
3. discuss the duties of each executive member using the members' manual as a guideline.

**YOU HAVE A JOB TOO!**

It would also be beneficial to discuss as a group, the responsibilities of club members and leaders.

Ways that a member/leader can help the club keep on track are:

1. Being on time for meetings,
2. Being prepared for meetings,
3. Contributing to meeting discussions,
4. Being courteous and polite, and
5. Being willing to volunteer.

## ELECTING YOUR EXECUTIVE (5 minutes) page 7

If you have difficulty getting a member to take on the responsibilities of secretary, why not:

1. promote the position as "Recorder" not secretary; OR
2. try a rotating secretary. The responsibilities of taking attendance and minutes are given to a different member at each meeting.

There may also be a need for the club to establish positions other than the executive.

### Examples:

- |                       |                    |
|-----------------------|--------------------|
| - social recreation   | - membership drive |
| - achievement program | - fundraising      |
| - awards night        | - club display     |
| - fair committee      | - refreshments     |

Elections can be chaired by a youth leader, senior member or club leader. (Please note: The person chairing the elections is not eligible for any positions.)

### Procedure:

1. All positions are declared vacant by the chairperson, who indicates this by saying, "I'd like to declare all positions vacant".
2. The group decides on the method of voting (i.e. show of hands, ballot, standing).
3. Chairperson accepts nominations from members for each position being filled. Nominations do not require a seconder. Nominations are closed by motion or declaration by the chairperson.
4. Each member nominated is asked if he/she will stand for the position. Names of members who decline are crossed off.

NOTE: If only one name is left, then that member is acclaimed to the position. No vote is needed.

5. Voting takes place by selected method and majority rules (i.e. member with most votes).
6. Announce the name of the successful member. Offer congratulations and thank all others that ran for the position.
7. Procedure is repeated for each remaining position.
8. If ballots are used, a motion to destroy the ballots is required and voted on.

Encourage members to complete the club list on page 8.

The following information is not included in the Members' Manual. Please refer to it if your members are not familiar with how to make a motion.

### **STEPS IN MAKING A MOTION** (5 minutes)

The motion is a very important key to having good meetings. Motions are a way of introducing topics for discussion and allowing each member to speak and vote. Any member can make a motion.

8. Chairperson announces the result of the vote - Motion "carried" or "defeated".
7. Chairperson calls the vote: "All in favor? Opposed?"
6. Chairperson calls for discussion of the motion.
5. Chairperson states the motion.
4. Another person seconds the motion: "I second the motion."
3. Make the motion: "I move that.."
2. Wait for the chairperson to acknowledge you.
1. Address the chairperson (i.e. raise your hand).

#### **Suggestions:**

1. To help members become familiar with the steps in making a motion have the group role-play making a motion.

Use humorous motions or topics not specifically related to the 4-H club to hold their attention (i.e. students should get 4 months for summer vacation).

2. Activity similar to that suggested for designing an agenda. Members receive a piece of paper with one step in making a motion written on it, members arrange themselves in order of steps.

### **ADDITIONAL ROAD SIGNS TO WATCH FOR**

**Suggestion:** Ask members or small groups for definitions of the following terms as they come up in your discussion.

**Chairperson:** - responsible for presiding or having control over the meeting, activity, committee work.

**Club Executive:** - group of individuals that perform certain duties to help the club keep going in the right direction (President, Secretary, Press Reporter, etc.).



- Nominate/  
Nominations: - refers to names which are submitted for each position being filled. Members nominate other members for positions. Nominations do not require a seconder.
- Secunder: - motions require a seconder or someone to confirm that the motion is worthy of discussion.
- Voting: - method used to make a decision (i.e. show of hands, ballot, etc.).
- Minutes: - a written record of the proceedings at all club meetings and events from beginning to end.
- Adoption  
of Minutes: - motion required to adopt the minutes as read, circulated, or amended.

### **WHICH CAME FIRST...THE CHICKEN OR THE EGG?** (15 minutes) page 9

To get acquainted or reacquainted with club members use this fun game to learn about the journey of an egg and chicken from the farm to the store.

### **RULES FOR THE JOURNEY GAME**

1. The goal of the game is for members to put the steps of the journey from farm to store in the correct order and to get to know each other while doing so.
2. Cut out each block on pages 19 and 21 of this guide and distribute to the members. It would probably be best to keep the Chicken and Egg Journeys separate, but if you think your members need more of a challenge then combine them! The unblocked duplicate page can be used as a reference.
3. The players (members and leaders) proceed to form the chain from the farm to the store. As they establish the order of the Journey, the players link arms and introduce or reintroduce themselves to the next linking player. This should continue on down the chain until the last player has been linked.
4. The player with the Wild Link block can decide where he or she would like to link in with the chain.

Here is the correct order for each journey for you to use as a reference.

### **PART ONE: THE EGG'S JOURNEY**

1. The White Leghorn breed of chicken is the most popular in Canada for egg production. More than 475,000,000 dozen eggs are produced every year in Canada.
2. Eggs are gathered regularly, sometimes automatically, then packed into trays, large end up, and wait in a cooler to be transported to the grading station.

3. Eggs are often sprayed with a light coating of an odorless oil to preserve freshness.
4. At the grading station, eggs are washed and sanitized.
5. The cleaned egg is passed over a strong light or candled, to determine if the egg is Grade A.
6. Grade A eggs are weighed and put into cartons with eggs of the same size. (Pee wee, Small, Medium, Large, and Extra Large)
7. The Grade is shown in a maple leaf symbol with the size beside it, to show the eggs have met Canadian government standards.
8. A refrigerated truck takes the eggs in the cartons to the grocery store or a distributor.

**WILD LINK: Did you know?**

About 70% of Grade A eggs produced in Canada are sold for fresh consumption. The remainder are processed and used in making food products like mayonnaise, noodles, puddings, and baked goods, and also non-food products like shampoo, pet foods and adhesives.

**PART TWO: THE CHICKEN JOURNEY**

1. The broiler chicken, which must weigh less than 2 kilograms when shipped to the processing plant, is most popularly sold as fresh chicken.
2. At the processing plant, the chicken is killed, its feathers removed and it is cleaned or eviscerated. Feathers are removed by plunging the chicken in hot water.
3. The chicken must be cooled following the feather removal. This may be done with cold water or air. The chicken makes its way along the assembly line at a very fast pace to decrease the time of exposure to warmer temperatures and potential bacterial contamination.  
  
\*\*For your information — the traditional method of cooling poultry is to use cold water. This is responsible for the water often present in packaged chicken. Using a tunnel of cold air to cool the chicken means the bird doesn't pick up more water. So, there is less chance of water collecting in the package and less danger of water dripping and causing cross contamination.
4. An inspector checks the chicken to make sure it is safe to eat.
5. The chicken is graded as Grade A or Utility. Utility grade is the same as A but some damage may have been done to the bird during processing affecting its appearance only.

6. The chicken is sent to either a distribution center to be sold fresh to the grocery stores or after wrapping is sent to a flash-freeze unit.
7. You can find chicken packaged at a store either whole or in parts. (Only whole chickens are graded, parts are not.)

### **WILD LINK: Did you know?**

The capon is a desexed male, large (~3 kg or 7 lb), very tender meat with excellent flavor, and a higher proportion of white meat than other chickens. The Rock Cornish game hen is the smallest (0.75 kg or 1½ lb) and youngest (5½ weeks) member of the chicken family. Usually purchased frozen.

### **OMELETS MADE EASY!** (10 minutes) page 10

This does not have to be a demonstration of this technique, but you could even demonstrate it with an empty pan, or you could cover this topic during the Egg Experiment. During the longer cooking period of hard-cooked eggs you could demonstrate this technique.

### **TO BE HARD-COOKED OR SOFT-COOKED?...THAT IS THE QUESTION!** (30 minutes) page 11

Try to set the scene of a laboratory, at least in their imaginations. Review the instructions and experiment method with the members.

Depending on the number of members in the club, you may want to divide up the variables and provide each member with a slip of paper stating their "test" variable or small groups could test a couple of variables.

Here are some variables that could be tested.

### **COOKING TIME TEST**

1. Cook a soft cooked egg for less than 6 minutes.
2. Cook a soft-cooked egg for more than 8 minutes but less than 15 minutes.
3. Cook a hard-cooked egg for 15-20 minutes.
4. Cook a hard-cooked egg for more than 25 minutes.
5. Cook a couple of soft-cooked eggs for 6 and 8 min. (follow instructions exactly).
6. Cook a couple of hard-cooked eggs for 20 and 25 min. (follow instructions exactly).

### **COOKING FLUID TESTS**

1. Bring water to a boil then add eggs and remove from heat.
2. Put eggs in cold water then bring to a boil and remove from heat. Let stand 15-20 minutes for hard-cooked, 2-5 minutes for soft-cooked.
3. Repeat cold water method with a different amount of water and water at room temperature but use the same cooking times.

## FACTORS

1. Pierce only some of the experimental eggs.
2. Do not immerse an egg immediately in cold water.
3. Rapidly boil the water while cooking an egg(s).

Remind the members what to record and watch for during the experiment.

- Cooking Time
- Cooking Fluid
- Factors

## DISCUSS THESE POSSIBLE RESULTS AND REASONS

1. Cracked egg in cooking process - not pierced. Piercing the egg would let air escape during cooking and prevent a cracked shell.
2. "Grey Halo" or green tinge on yolk - iron from the egg yolk combines with the hydrogen sulfide gas in the white to form ferrous sulfide. Caused by 1. not cooling eggs immediately after cooking, 2. cooking too long or 3. a high iron content in the cooking water.
3. Hard to peel eggs - caused from too fresh eggs.
4. Displaced yolk (lop-sided) - caused by using less fresh eggs . Yolk centering can be improved if eggs are stored small-end up for 24 hours before cooking or by spinning before cooking.
5. Starting eggs in cold water — different results each time. Required cooking time is difficult to determine when starting with cold water. Tap water temperature can vary depending on time of day and the outdoor temperature. The quantity of water varies unless carefully measured.

## BEFORE THE NEXT MEETING (5 minutes) page 13

Encourage the members to try recipes at home so that they become comfortable with using the various techniques and equipment. The recipes for this meeting can have many variations depending on the member's, family's, or friends' likes and dislikes, and the availability of the ingredients. Be sure to ask them if they have any questions about the recipes or possible variations.

The Eggimals should be a popular hit! You might like to make one (or have your children help you), prior to this meeting to show members.

## EGGSTRA - OPTIONAL INFORMATION FOR SENIORS, page 15

Senior members can have this opportunity to explore the other realms of chicken. Some recent cookbooks will have suggestions for cooking methods for these various types of chicken (i.e. frying, roasting, stewing, braising, barbecuing, broiling).

## THE JOURNEY GAME

### PART ONE: THE EGG'S JOURNEY

Cut these out and give to the game players.

The White Leghorn breed of chicken is the most popular in Canada for egg production. More than 475,000,000 dozen eggs are produced every year in Canada.

Eggs are gathered regularly, sometimes automatically, then packed into trays, large end up, and wait in a cooler to be transported to the grading station.

Eggs are often sprayed with a light coating of an odorless oil to preserve freshness.

At the grading station, eggs are washed and sanitized.

The cleaned egg is passed over a strong light or candled, to determine if the egg is Grade A.

Grade A eggs are weighed and put into cartons with eggs of the same size. (Peewee, Small, Medium, Large, and Extra Large)

The Grade is shown in a maple leaf symbol with the size beside it, to show the eggs have met Canadian government standards.

A refrigerated truck takes the eggs in the cartons to the grocery store or a distributor.

#### **WILD LINK: Did you know?**

About 70% of Grade A eggs produced in Canada are sold for fresh consumption. The remainder are processed and used in making food products like mayonnaise, noodles, puddings, and baked goods, and also non-food products like shampoo, pet foods and adhesives.

## PART TWO: THE CHICKEN JOURNEY

Cut these out and give to the game players.

The broiler chicken, which must weigh less than 2 kilograms when shipped to the processing plant, is most popularly sold as fresh chicken.

At the processing plant, the chicken is killed, its feathers removed and it is cleaned or eviscerated. Feathers are removed by plunging the chicken in hot water.

The chicken must be cooled following the feather removal. This may be done with cold water or air. The chicken makes its way along the assembly line at a very fast pace to decrease the time of exposure to warmer temperatures and potential bacterial contamination.

An inspector checks the chicken to make sure it is safe to eat.

The chicken is graded as Grade A or Utility. Utility grade is the same as A but some damage may have been done to the bird during processing affecting its appearance only.

The chicken is sent to either a distribution center to be sold fresh to the grocery stores or after wrapping is sent to a flash-freeze unit.

You can find chicken packaged at a store either whole or in parts. (Only whole chickens are graded, parts are not.)

### **WILD LINK: Did you know?**

The capon is a desexed male, large (~3 kg or 7 lb), very tender meat with excellent flavor, and a higher proportion of white meat than other chickens. The Rock Cornish game hen is the smallest (0.75 kg or 1½ lb) and youngest (5½ weeks) member of the chicken family. Usually purchased frozen.

# MEETING TWO

# STOCK UP

## OBJECTIVES

At this meeting, the members should:

1. become aware of proper roasting techniques;
2. learn how to safely and sanitarly handle and store chicken;
3. learn how to make chicken stock; and
4. get a taste for the creativity of crepes.

## PREPARATION AND EQUIPMENT

- roasting chicken demonstration - smaller whole chicken, roasting pan, meat thermometer
- a video "Kay Spicer's Basic Cooking - Make It Chicken or Fish", 18 min. (chicken segment) is available from the OMAF AV Library, Guelph Agriculture Centre, Box 1030, Guelph, Ontario N1H 6N1 (519) 767-3622. See details on the next page under "Getting The Whole Picture".
- ice cube trays, freezer bags for freezing chicken stock discussion
- gameboard, buttons, and dice for Storing Chicken game
- a video and resource kit on Food Handling Techniques for 4-H Leaders is available from the local OMAF office if you would like to view it. The video has three segments which can be shown independently or together.
  - Part 1 Proper Food Handling Techniques (5 min., 37 sec.)
  - Part 2 Safe Food Handling Procedures (5 min., 15 sec.)
  - Part 3 Managing Cooking Activities (5 min., 40 sec.) for leaders
- Eggstra - ask senior members to check out current costs for commercial chicken stock, chicken pieces, whole chicken
  - a whole chicken to be cut up (probably demonstrated by you)
  - sharp knives for cutting up chicken, senior members practice

### IN A NUTSHELL

Roll Call	5 min.
Getting the Whole Picture	10 min.
Perish the Thought	20 min.
Soup's On	10 min.
Safe Storage	15 min.
Creative Crepes	5 min.
Before the Next Meeting	<u>5 min.</u>
	70 min.

Optional: Eggstra

- Possible Recipes:
- Roast Chicken with Savoury Dressing
  - Chicken Stock
  - Chicken Noodle Soup
  - Basic Crepes
    - Creamy Chicken and Mushroom Filling
    - Luscious Lemon Dessert Filling

**ROLL CALL** (5 minutes) page 17

**GETTING THE WHOLE PICTURE** (10 minutes) page 17

You won't be able to get a chicken roasted during the meeting time but preparing a chicken for roasting could be demonstrated.

Be sure to wash the chicken thoroughly and have clean, sanitary utensils and equipment. Preheat oven while you are getting the bird ready to roast. Roast during the meeting but don't forget to have the members check the temperature periodically and in different spots. Mention the food safety regarding dressing.

Kay Spicer's Basic Cooking - Make It Chicken or Fish video could be used to demonstrate roasting. In addition to roasting, it shows how to cut up a whole chicken (could be used with senior members for Eggstra), cooking chicken breasts in the microwave, breading chicken pieces and curried chicken. It highlights the importance of using an acrylic cutting board and washing hands properly.

Be sure to highlight the "Getting Stuffed" points.

Much of the information in the next section, "Perish the Thought" could be reviewed when demonstrating roasting.

**PERISH THE THOUGHT** (20 minutes) page 18

Be sure to stress food safety, sanitation, and storage (sharp knife, clean hands and equipment, refrigeration and freezing). You will also have a chance to emphasize some of these points later in the meeting during the Safe Storage boardgame. To add some fun to the questions and answers why not cover this in a talk show format. Junior members, from the audience, could ask the panel of experts, senior members, the questions. The senior members would answer the questions with the leaders filling in information where needed.

When discussing storage look at the options with the pieces. (Examples: store wings and drumsticks together for coating recipe; 1 or 2 breasts together for stirfry.)

This should lead into making chicken stock and freezing the breast to cut-up in Meeting Four, the drumsticks and wings for recipes in Meeting Six.

**SOUP'S ON** (10 minutes) page 21

Briefly discuss the basics of homemade chicken stock, but don't go as far as mentioning the ingredients.

Try the "Everything but the Kitchen Sink Soup" game.

Have the group sit in a circle or around a table.



Begin with yourself by saying an ingredient you could put in the stock pot to make chicken stock. The person to your right will then repeat your ingredient plus add one of his or her own, and so on.

Depending on the number of members in your circle, add another category for the second round if needed, like the preparation equipment or a variation soup made with chicken stock base.

Continue to repeat what each member has said plus adding another.

Example: I say - chicken  
John says - chicken - water  
Susan says - chicken - water - carrots  
Bill says - chicken - water - carrots - parsley  
And so on!

There really are no right or wrong answers. Let everyone use his or her cuisine imagination.

Equipment: stock pot, dutch oven, cutting board, sharp knife, wooden spoon, small measures, liquid measures, dry measures

FYI - Vegetable trimmings such as tomato seeds and skins, mushroom stems, or leek greens on hand, can be added to your stock pot. Do not add starchy vegetables such as potatoes or strong-flavored vegetables such as cabbage or broccoli.

**SAFE STORAGE** (15 minutes) page 22

Rather than just discussing the storage of chicken the boardgame could be used.

### **STORAGE GAME**

This game will give an overview of basic storage procedures for chicken (fresh, frozen, and cooked) plus discussion on safe thawing and handling practices (temperatures, utensils, time).

### **INSTRUCTIONS FOR SAFE STORAGE GAME**

Maximum per game board 4-6 individuals or pairs

Equipment: 1-2 dice, game markers (men)

1. Depending on the number of members, divide into pairs or two groups (you may need to photocopy the game board sheets for more than 1 group).
2. Have each pair/person select an object to use as a marker as they move along the game board.

3. Roll the dice for highest number to start.
4. Proceed around game board as the dice rolls. Game players should read aloud the information from the block on which they land.
5. Continue until all are through.

**CREATIVE CREPES** (5 minutes) page 23

Crepes are definitely a cultural creation. Have fun exploring the variations.

**BEFORE THE NEXT MEETING** (5 minutes) page 24

Make sure you get a report back on the responses from this activity at home. We may have some new chefs in our midst!

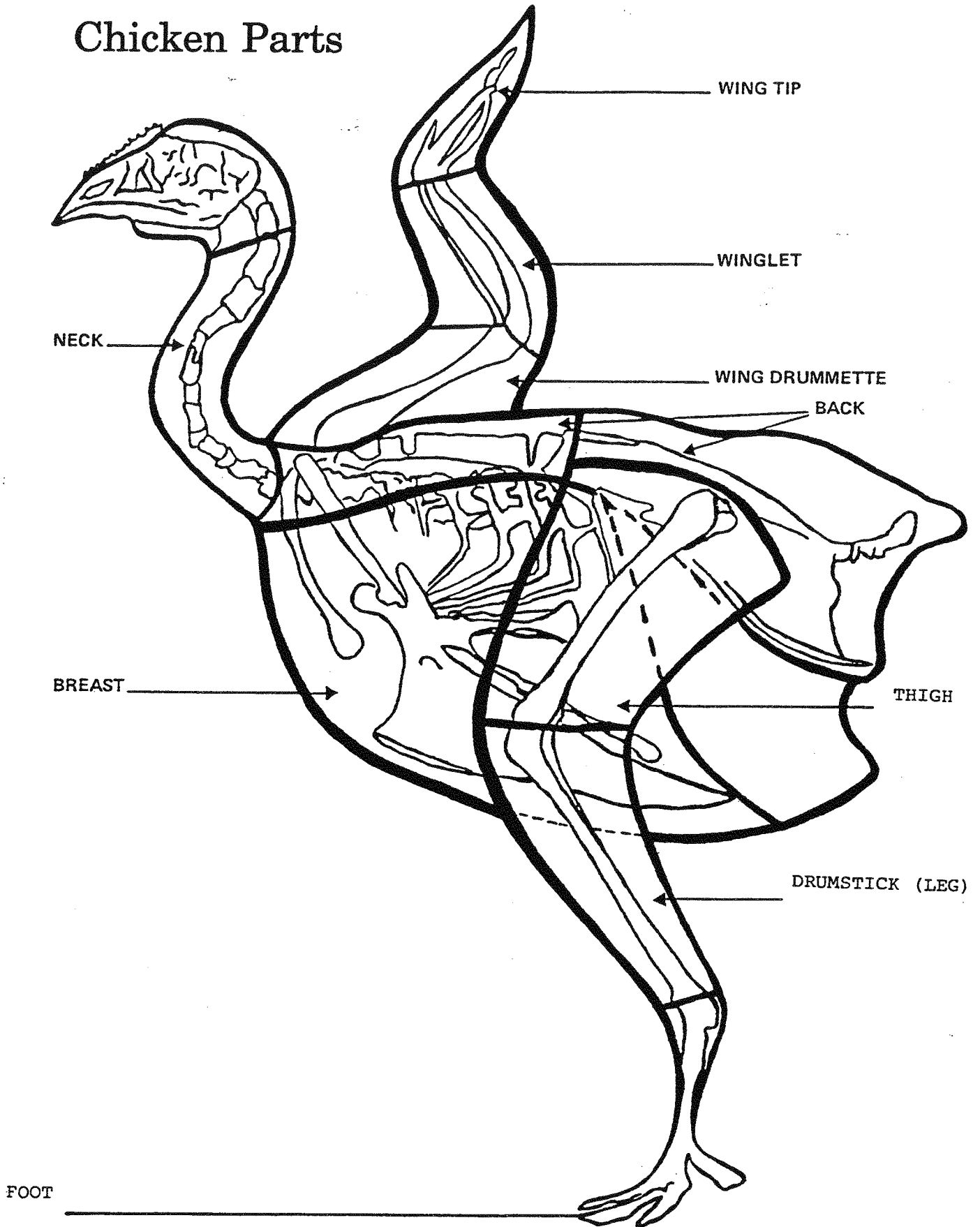
**EGGSTRA** - OPTIONAL INFORMATION FOR SENIORS, page 25

Have a variety of commercial stock bases for members to look at and compare with homemade stock. Commercial stock is available in cubes, liquid, and powder. Members can compare label information and set up a taste panel. Aside from taste, they could compare cost, convenience, sodium content, and fat content.

Senior members may want to watch a demonstration on or practice cutting up a whole chicken. If using this activity you may want to quickly review the parts of the chicken on the diagram on page 27 of this guide.

Have the seniors either before or after the meeting attend a grocery store to obtain the most up-to-date costs on chicken. They might want to compare the cost of buying a whole chicken and cutting it up versus buying pieces.

# Chicken Parts



# MEETING THREE "EGGS"PERIMENTING WITH EGGS

## OBJECTIVES

"Eggs" citedly, members in this meeting should:

1. visualize the parts of an egg and compare the freshness of 2 eggs;
2. become aware of the proper storage methods regarding temperature, place and time;
3. experience the roles of eggs in cooking by preparing recipes.

## PREPARATION AND EQUIPMENT

- eggs for viewing the parts of an egg
- game board, buttons, and dice for Storing Eggs game
- review the information on Egg Roles and decide whether to present during the recipes or prior to the recipes

<b>IN A NUTSHELL</b>	
Roll Call	5 min.
"Eggs"actly what is an Egg?	10 min.
Safe Storage	15 min.
Egg Roles	20 min.
Before The Next Meeting	5 min.
	55 min.
Optional: Eggstra	
Possible Recipes: Canadian Country Pie	
Fruit Salad with Honey Lime Dressing	
Good Old Peanut Butter Brownies	
Peanut Butter Icing	

**ROLL CALL** (5 minutes) page 27

**EGGS"ACTLY WHAT IS AN EGG?** (10 minutes) page 27

Pictorial description and hands-on viewing of parts of an egg.

Crack open a couple of eggs. Try and obtain a fresh versus stale sampling of eggs to show the tests of demonstrating freshness.

**SAFE STORAGE** (15 minutes) page 29

### STORAGE GAME

This game will give an overview of basic storage procedures for eggs (fresh and cooked) plus discussion on safe handling practices.

## INSTRUCTIONS FOR SAFE STORAGE GAME

Maximum per game board 4-6 individuals or pairs

Equipment: 1-2 dice, game markers (men)

1. Depending on the number of members, divide into pairs or two groups (you may need to photocopy the game board sheets for more than 1 group).
2. Have each pair/person select an object to use as a marker as they move along the game board.
3. Roll the dice for highest number to start.
4. Proceed around game board as the dice rolls. Game players should read aloud the information from the block on which they land.
5. Continue until all are through.

### **EGG ROLES** (20 minutes) page 30

Discuss each role of eggs in cooking and later demonstrate as in recommended recipes. You might also discuss the roles while demonstrating rather than discussing them at this time.

- Binding recipe: e.g. Canadian Country Pie R19
- Emulsifying recipe: a recipe has not been included, see information box on page 31
- Leavening recipe: e.g. Peanut Butter Brownies R21
- Thickening recipe: e.g. Honey Lime Dressing R20

### **BEFORE THE NEXT MEETING** (5 minutes) page 32

The members will have a chance to use the skills they have learned at the meeting by making a recipe at home. If they are not sure of a procedure, review it with them before they go home.

### **EGGSTRA** - OPTIONAL INFORMATION FOR SENIORS, page 33

Senior members have an opportunity to discuss common ingredients and what they will do in a recipe. Members could select a recipe from the booklet and discuss the functions of the ingredients. In addition to the information in the Members' Manual you might like to provide a book or two on food science. You should be able to get one at the library (ask one of the Senior members prior to this meeting). A cookbook with definitions, may be helpful too.

## MEETING FOUR

## STIR CRAZY NUTRITION

### OBJECTIVES

This meeting should:

1. provide the members with practice in deboning chicken breasts and their use in recipes;
2. help members become aware of the nutrients in eggs and chicken;
3. present an understanding of the cholesterol issue.

### PREPARATION AND EQUIPMENT

- chicken breasts for deboning - hands-on practice
- be prepared for brainstorming and sharing ideas about the Achievement Program - record pertinent information to be explored further
- review "Rate Your Foodstyle" checklist so you can answer any questions members may have
- pamphlets from Ontario Egg Producers' Marketing Board, Health and Welfare, Ontario Ministry of Health, re cholesterol

#### IN A NUTSHELL

Roll Call	5 min.
Deboning..."Wish"fully!	15 min.
Nutrition at a Glance: Chicken and Eggs	10 min.
Don't Chicken Out When it Comes to Nutrition	10 min.
So...What's All This Talk About...Cholesterol, Nutrition, Physical Activity, Healthier Eating?	10 min.
Canada's Guidelines for Healthy Eating	5 min.
Achievement Program Planning	15 min.
Before the Next Meeting	5 min.
	<hr/>
	75 min.

Optional: Scrambled Scrabble  
Eggstra

Possible Recipes: Parmesan Chicken Fingers  
Chicken, Apple, Almond Stir-Fry  
Chili Chicken

ROLL CALL (5 minutes) page 35

**DEBONING...'WISH'FULLY!** (15 minutes) page 35

Hands-on practicing. Emphasize caution to members using sharp knives. Purchase a few breasts, bone-in and experiment with both methods. You could easily carry through with this technique and make the chicken recipes.

**NUTRITION AT A GLANCE: CHICKEN AND EGGS** (5 minutes) page 37

Judge how in depth you deal with this section depending on the age and degree of understanding of your members. The information is there but you do not have to extensively review it. If asked, folacin and pantothenic acid are essential for biochemical reactions in our bodies. Keep this section as simple as possible, but interesting. One suggested way is to list a variety of nutrients on a large piece of paper or flipchart and have members suggest which ones to check off for chicken and eggs. List the nutrients noted in the Members' Manual. Other nutrients that could be included on the list that aren't key nutrients in chicken and eggs are Vitamin C, Vitamin E, Calcium, Potassium, and Vitamin D.

This could be discussed during a time of cooking. For a group with more senior members play a variation of the Soup game whereby a member states a nutrient "Protein" and the next member says "Protein, Vitamin A" and so on around the circle.

**DON'T CHICKEN OUT WHEN IT COMES TO NUTRITION** (10 minutes)  
page 37

What do the key nutrients found in chicken and eggs really do for us?

This could be a difficult section for Members who may not know much about metabolism and body functions. For the most part, none of us are experts! Keep this section moving and don't dwell too long on details, such as tissues or the nervous system, unless members are really interested and you can explain it to them.

Generally, the point to carry across is that chicken and eggs have essential nutrients that are important to our health and bodily functions, while being low in calories, fat, and sodium.

Note: Most Healthier Eating recipes recommend removing the skin prior to cooking and eating, but it is also interesting to know about its purpose in keeping the moisture in while cooking.

**So...What's All This Talk About...Cholesterol, Nutrition, Physical Activity, Healthier Eating?** (10 minutes) page 38

It really is amazing how simply a complex topic can be handled. This subject is not meant to confuse or mislead anyone, but to simply make the members aware of current issues.

Animal origin sources are meat, fish, eggs, poultry, and dairy products. Although these foods do contain cholesterol at varying levels, maintaining healthy blood cholesterol is actually effectively done by reducing fat consumption and eating more fiber.

If you were able to obtain some pamphlets on cholesterol the members may be interested in having a look at them.

**CANADA'S GUIDELINES FOR HEALTHY EATING** (5 minutes) page 39

These guidelines were issued by the Department of National Health and Welfare in 1990 and are the basics for nutrition recommendations to the Canadian public. They were developed after an extensive review of studies on the relationship of nutrition to health.

These are excellent guidelines to use as a baseline for meal planning and cooking. Discuss the guidelines further by asking the members for examples or suggestions to correspond to each point.

**ACHIEVEMENT PROGRAM PLANNING** (15 minutes)

Review the Achievement Program Suggestions section in this guide on page 7. Discuss these ideas with the members and brainstorm. Definite dates, times, and places may not be essential at this meeting, however a time frame should be set up to give lots of notice to guest speakers and to your guests, and to advertise if necessary.

**BEFORE THE NEXT MEETING** (5 minutes) page 39

Members are asked to conduct a survey about cholesterol or Healthier Eating. Answer any questions about these. Review the Rate Your Foodstyle chart and the rating scale.

**SCRAMBLED SCRABBLE** (Optional Junior Activity)

Junior members might like to take a few minutes to try this food word game. Copy these jumbled words to be unscrambled.

GEG \_\_\_\_\_

NGERE SEPRPEP \_\_\_\_\_

LIK M \_\_\_\_\_

AOTMOT \_\_\_\_\_

TWREA \_\_\_\_\_

OSRMSUOHM \_\_\_\_\_

LSTA \_\_\_\_\_

DOSAFEO \_\_\_\_\_

HSECEE \_\_\_\_\_

EVHISC \_\_\_\_\_

AYSEPLR \_\_\_\_\_

UKTCEPH \_\_\_\_\_

KDOCOE MHA \_\_\_\_\_

BHRES \_\_\_\_\_

NBCOA \_\_\_\_\_

SOINNO \_\_\_\_\_



## ANSWERS TO SCRAMBLED WORDS

egg	green peppers
milk	tomato
water	mushrooms
salt	seafood
cheese	chives
parsley	ketchup
cooked ham	herbs
bacon	onions

## EGGSTRA - OPTIONAL INFORMATION FOR SENIORS, page 43

Senior members have a choice here depending on their interests. They may want to further explore healthy eating or cholesterol.

### HEALTHIER EATING

Have members list some meal menus. The menus could be for meals they have eaten or could be made up. Include beverages and condiments. They could suggest a fast-food take out meal, a weeknight at home meal, and a weekend company meal. Record the menus on a large piece of paper so everyone can see them. Members could then rate the menus on how healthy they are. Review the information in the members' manual. Then have members re-evaluate the menus. Is the decision the same?

Menu Samples: Double bacon/cheese burger, french fries with gravy, milkshake  
Deep-fried fish, hash browns, tossed salad, salad dressing  
Lean beef steak, baked potato (dab low fat sour cream), green beans, fruit, 2% milk

### CHOLESTEROL

There are various pamphlets by Ontario Egg Producers' Marketing Board, Health and Welfare, Canadian Dietetic Association, or Ontario Ministry of Health, available through your local Public Health Unit. Members could use these pamphlets to find out more about cholesterol. There is also additional information in the Eggstra section if pamphlets are unavailable. Members may want to concentrate on risk factors and what can be done about them. A discussion on how the cholesterol issue has, will, or should reflect on their eating patterns would also be interesting.

# MEETING FIVE

# 'WAVE IT AND WHITE IT!

## OBJECTIVES

Through this meeting, members should:

1. be introduced or re-introduced to basic microwave cooking;
2. pick up on some quick cooking methods without using a microwave;
3. learn specific cooking techniques for microwaving chicken and eggs; and
4. experience the egg separating, egg beating, and meringue techniques.

## PREPARATION AND EQUIPMENT

- Microwave Moments - microwave oven
- Quick'n the Chick'n... and Eggs
  - hard-cooked eggs, tomato or parsley for garnish demonstration
  - frozen chicken stock from previous meeting if available (not essential)
- "Eggs"perience Your Microwave
  - microwave-safe cookware, egg for demonstrating HIGH microwave heat
- Egg White - Separation - Egg Yolk
  - egg separator, if available
  - enough eggs for each member plus a few extras in case of accidents
- Up...Up...Up...And...?
  - 2 bowls, at least one glass, plus a custard cup or small bowl, beaters and/or whisk, cream of tartar, sugar
  - \*Important\* to remember to time how long the eggs will be out of the refrigerator - for ideal meringue 30 minutes
- Eggstra - have seniors bring a microwave and/or conventional cookbook

### IN A NUTSHELL

Roll Call	5 min.
Microwave Moments	10 min.
Quick'n the Chick'n...and Eggs	5 min.
Hurried Chicken	10 min.
"Eggs"perience Your Microwave	10 min.
Egg White - Separation - Egg Yolk	10 min.
Up..Up.....Up.....And..?	15 min.
Achievement Program Planning	15 min.
Before the Next Meeting	5 min.
	<hr/>
	85 min.

Optional: Eggstra

Possible Recipes: Chicken Cordon Bleu  
 Micro-Barbecued Chicken Legs  
 Alaska Baked Bounty

**ROLL CALL** (5 minutes) page 45

**MICROWAVE MOMENTS** (10 minutes) page 45

Share these basic microwave cooking terms with the members. For this meeting a microwave is essential for the recipes and demonstrating. Go over the basic design of the microwave. Point out the following.

door opener	fan
door locks	electrode plate (microwaves come from and back to this plate)
power levels	other features - depending on make/model
timer	
turntable (if present)	

Review the key tips for microwaving and important safety pointers.

**QUICK'N THE CHICK'N....AND EGGS!** (5 minutes) page 46

This section is designed to discuss quick cooking methods or do ahead preparation tips that can be helpful in meal planning, particularly if a microwave is not a household appliance.

A simple demonstration of a hard-cooked egg garnish would be appropriate.

If you have frozen chicken stock, take it out of the freezer momentarily to show the members.

**HURRIED CHICKEN** (10 minutes) page 46

Defrosting and cooking hints are the focus of this section. If you choose to actually demonstrate the defrosting technique and cooking spokewheel pattern have the members help you in explaining the techniques and the pattern.

**"EGGS"PERIENCE YOUR MICROWAVE** (10 minutes) page 47

To show the damage of HIGH heat (100%) to an egg, break an egg into a microwave-safe dish, scramble it with a fork, cover lightly with a lid or plastic wrap, making sure to not seal tightly. Cook on HIGH (100%) for 2 minutes then check. The egg should be quite cooked and actually look rubbery.

Briefly review, the concept of varying power levels in a microwave oven and the differences in wattage. Emphasize the explosive fact about a whole egg and warn against trying this for FUN as chances are the microwave oven would need repairs after.

**EGG WHITE . . . . . SEPARATION . . . . . EGG YOLK**

(10 minutes) page 48

This meeting is full of HOW-Tos and here is another one. The members should each get a turn at practicing this technique. (You can use a few of the egg whites for the Alaska Baked Bounty.) Do you have an egg separator tool? If not, ask around the neighborhood. Some members might like to try one.

**UP...UP.....UP.....AND...?** (15 minutes) page 48

Now the members can explore the realms of egg white beating and creating perfect meringue by using up the egg whites they just separated from the yolks. Keep in mind that you can use some of these beaten egg whites for the Baked Alaska recipe. If you have enough extra egg whites, try demonstrating what the whites look like if overbeaten.

**ACHIEVEMENT PROGRAM PLANNING** (15 minutes)

Continue with brainstorming ideas from last session, but come to some decisions about date, time, and place. Keep all members involved with some part of the Program.

**BEFORE THE NEXT MEETING** (5 minutes) page 50

There is some selection offered here depending on the preferences of the member. Answer any questions members may have.

**EGGSTRA** - OPTIONAL INFORMATION FOR SENIORS, page 51

Members might like to compare microwave recipe books and conventional recipe books to find popular recipes that are usually made conventionally, but have been adapted for microwave use. They should pay particular attention to the factors noted in the examples in the Members' Manual.

Your involvement with the Senior Members for this Eggstra will depend on their previous experience with microwave and conventional cooking. Be prepared to give helpful hints and answer any questions.

# MEETING SIX

# WHAT'S LEFT?

## OBJECTIVES

The members should:

1. continue to be excited about cooking with chicken and eggs and creating some popular recipes;
2. realize the almost unlimited realm of variety in using chicken and eggs;
3. experience the judging or grading process; and
4. hopefully enjoy the "crafty" side to the project.

## PREPARATION AND EQUIPMENT

- review the necessary supplies for the recipes and craft ideas
- obtain farm-fresh, ungraded, uncandled eggs for the Judging Activity
- review Judging Procedures from 4-H Judging Handbook
- bring a camera or arrange to have someone bring one - this could be an ideal meeting for pictures
- review plans for Achievement Program

<b>IN A NUTSHELL</b>	
Roll Call	5 min.
Fun and Fast Foods	10 min.
Eggstra, Eggstra.... Yolks and Whites	10 min.
Judging Eggs	15 min.
Crafty Crafts with Eggs	20 min.
Achievement Program Planning	20 min.
	80 min.
Optional: Eggstra	
Possible Recipes:	Homemade Chicken Coating
	Crispy Baked Chicken
	Wild West Wings
	Paté
	Deli Chicken Salad

**ROLL CALL** (5 minutes) page 53

**FUN AND FAST FOODS** (10 minutes) page 53

This can be an open discussion time for ideas on fun and fast foods, coatings, breakfast, and leftovers.

### **EGGSTRA, EGGSTRA..YOLKS AND WHITES** (10 minutes) page 54

Again this can be a rather informal discussion using members' suggestions and ideas about extra yolks and whites.

If you have any leftover yolks or whites, this would be an added visual.

### **JUDGING EGGS** (15 minutes) page 55

Purchase ungraded eggs from a local farmer. Be sure to request a variety of shapes and sizes.

Set up 4 sets of 3 eggs in each group - one group of mismatched - large and small  
- one group of uniform, good eggs  
- one group of misshapen  
- one group of miscolored, cracked

Review what an "ideal" egg should look like and the steps in judging or grading this particular class. The members can actually score each group of eggs from the EGG "POINT"ERS. Members can use the Reasons Worksheet in the 4-H Judging Handbook to guide them in writing up their results and reasons.

Pick 1- 2 examples from the eggs you have chosen to discuss the eggs characteristics.

Depending on the time you wish to spend on this activity and the judging level your members are at, you could divide them into pairs and/or have some members judge the exterior quality and some members judge the interior.

If time allows you may wish to experiment with the Simple Candler for further judging clarification.

### **HOW TO MAKE A SIMPLE CANDLER**

You'll need: a large shoe box with a lid or something like it  
a powerful flashlight  
masking tape  
a sharp knife or pair of scissors.

#### **METHOD**

1. Cut two holes in the shoebox, one the size of your flashlight head on the side of the box and the other about 2 cm in diameter placed on the other side of the box, directly across from the first hole.
2. Tape the flashlight head to the box so it shines into the box.

3. Turn the flashlight on, darken the room, and hold the large end of the egg up to the 2 cm hole. As light passes through the egg, twirl the egg several times to look for blood spots and cracks.

A candler could also be made using a large juice can. Completely remove one end of the can. Put a 2 cm hole in the center of the other end. Insert a light fixture, with a 40 watt bulb, through the large hole in the can. Hold the egg up to the small hole.

### **CRAFTY CRAFTS WITH EGGS** (20 minutes) page 56

This section is meant to be a fun wind-down to demonstrate the useful and artistic characteristics of eggs. Feel free to use your own originality in this meeting!

It might be fun to have someone demonstrate the Ukrainian style of egg painting.

Refer to the Members' Manual for the supplies needed.

Bring a camera for some "crafty" pictures of your club!

### **ACHIEVEMENT PROGRAM PLANNING** (20 minutes)

Continue with your plans for the Program.

Keep all members involved in some way.

Try and build some enthusiasm and excitement for a grand finale, fun Achievement Program.

### **EGGSTRA** - OPTIONAL INFORMATION FOR SENIORS, page 61

Members may need advice in deciding on quantities of their "secret" ingredients for their recipe development.

The grocery store research may not be feasible, but if you have any other products in your home you could help them out by bringing them to the meeting.

### **PROJECT SUMMARY**

Your signature on the Project Summary (page 64) says that you feel the member has completed the project to the best of his or her ability. It encourages the member if you write short evaluation comments on the Project Summary at the completion of the project. Your 4-H Club Leaders' Handbook suggests some comments that may be appropriate.

THANK YOU FOR BEING  
A VOLUNTEER 4-H LEADER!