



# New Mexico 4-H Greentop Project Guide



New Mexico 4-H Is A Program of New Mexico State University's Cooperative Extension Service

**400.E-52**  
**(Revised 2004)**

## **New Mexico 4-H Ice Cream Unit 2**

The 4-H Dairy Foods Ice Cream Unit 2 project is designed to introduce the 4-H member to the discovery of ice cream and its place in a healthy diet.

### **Materials Included In This Project**

- Dairy Foods Unit 2, Ice Cream 4JI-OIPO
- Dairy Foods Unit 2, Ice Cream Record Form (Included in project book)
- Dairy Foods Unit 2, Ice Cream Greentop 400.E-52

### **What You Will Learn**

- The importance of dairy products in a healthy diet
- To understand information on ice cream labels
- Compare cost, taste and nutritional values of different ice creams
- Make homemade ice cream
- Judge ice cream products according to standards

### **Steps to Complete Project**

- Complete the Comparison Chart on page 5
- Using the chart compare cost per serving
- Compare taste and nutritional values
- Make homemade ice cream and recipes using ice cream
- Make Granola Cookies
- Complete project record form
- List group meetings you attended to work on this project
- List other activities such as exhibits, demonstrations and tours you participated in

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## **What Can Be Done?**

### **Club:**

- Give a demonstration on how to make ice cream
- Make ice cream for a club or project meeting
- Visit a dairy farm
- Visit an ice cream factory
- Take a field trip to the grocery store and learn about labels on ice cream products

### **County:**

- Enter granola cookies and completed project record form
- Enter presentations or public speaking county contests
- Participate in Favorite Foods at County Contests

### **District/State:**

- Enter granola cookies and completed project record form
- Give a presentation or speech at District or State Contests
- Participate in Favorite Foods at District or State Contests
- Participate in Home Ec Bowl team competition

## **Citizenship Opportunities**

- Help with National Dairy Month
- Help with Agricultural Field Days
- Prepare ice cream recipes and serve at community functions

## **Leadership Opportunities**

- Help younger members with projects
- Lead a project meeting
- Contact Dairy Industry for donor support of 4-H activities

## **Other Relevant Projects**

- Milk Unit 1
- Cheese Unit 3
- Dairy Cattle
- Dairy Goat
- Public Speaking
- Super Snacking