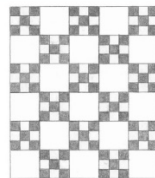
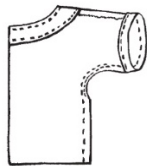




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 College of Agricultural, Consumer  
 and Environmental Sciences  
 Cooperative Extension Service  
 Extension 4-H Youth Development

# Home Economics



## 4-H Dairy Foods Unit I Milk Project – Greentop

400. E-86 (R-18)



The 4-H Dairy I project is designed to introduce the 4-H members to the agricultural, economic, historic, and nutritional aspects of dairy in New Mexico. Members will learn about dairy goats as well as dairy cattle. Project is relevant for novice through seniors, however experience in Baking I and II will be helpful.

### What 4-H members will learn:

- The importance of dairy products in a healthy diet
- How to select 3-a-day from the dairy group
- 4-H members will use the USDA My Pyramid to analyze the Dairy group choices and will analyze shopping choices as well as different types and fat contents of milk.
- To prepare recipes and taste tests to further the experience of dairy
- Gift ideas to share your learning experience

### Steps to complete the project:

- Complete the Comparison Chart for various milk products comparing cost per serving, total fat content, saturated fat content, calories, protein, and calcium.
- Compare taste and nutritional values of dairy cow and goat milk.
- Complete all activities, word search, dialogues with family members, taste tests, coloring activities.
- Prepare at least 3 drink recipes and at least 1 baking recipe and record on records form.
- Complete project record form.
- Give a demonstration to at least one local club.
- List other activities such as exhibits, demonstrations and tours participated in.
- Complete at least one citizenship activity.

### Resources:

- Dairy Foods I Project Book – 100.E-50
- Foods Record Sheet 300.A-20 (R-18)

### Citizenship and Leadership

#### Activities:

- Help with National Dairy Month (June).
- Help with Agricultural Field Days.
- Prepare milk recipes and serve at community functions.
- Help younger members with projects.
- Lead a project meeting.
- Contact Dairy Industry for donor support of 4-H activities.
- Demonstration and talk ideas:
  - Where milk products fit in on MyPyramid,
  - Dairy drinks,
  - Dairy cows or dairy goats,
  - Family dairy heirlooms,
  - Visit and report on a New Mexico dairy.
- Enter a complete Dairy I Project Book.
- Enter presentations or public speaking contests.
- Participate in Favorite Foods contest at county, district, and state contests.
- Participate in Home Ec. Bowl team competition.

O'Loughlin, 2009