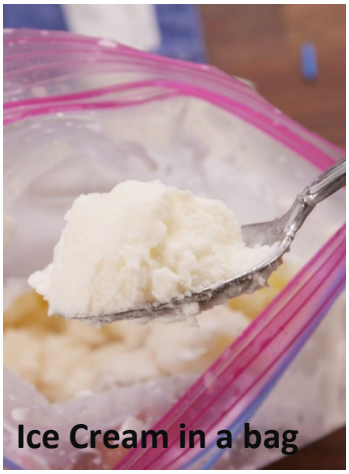
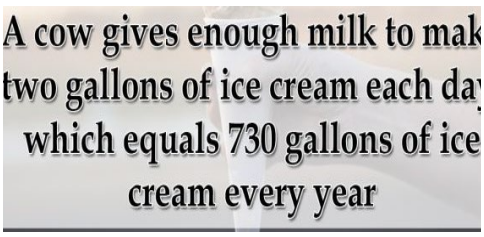
All About Discovery!™
College of Agricultural, Consumer and Environmental Sciences
Cooperative Extension Service
Extension 4-H Youth Development

Home Economics

# 4-H Dairy Foods Unit II Ice Cream Project – Greentop

400. E-52 (R-18)




The 4-H Dairy Foods II project is designed to further the 4-Her's experience with dairy by introducing them to the discovery of ice cream and its place in a healthy diet. This project is appropriate for 4-H members who have completed Baking I and II and Dairy I.

**What 4-H members will learn:**

- The importance of dairy products in a healthy diet and ice cream's place in My Pyramid.
- How to read and 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 the project:**

- Complete the Comparison Chart on page 5.
- Using the chart to 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.

**Resources:**

• Dairy Foods II – Ice Cream Project Book – 100.E-52

• 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 a 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 II 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

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