EXTRA HELPINGS

Food and Fun With Oklahoma Ag in the Classroom
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BUTTER

1. Pour whipping cream into a small jar, and screw on the lid securely.
2. Have students take turns shaking the jar vigorously for about ten minutes.
3. Pour the buttermilk (bluish white liquid) and the butter (clumps of yellow fat) into a bowl.
4. Pour off the buttermilk.
5. Wash the butter with cold water.
6. Press the butter against the side of the bowl, using the wooden spoon. Repeat the process until the water runs clear.
7. Press all the excess water out of the butter.
8. Sprinkle with salt to taste.

MATERIALS
1 c whipping cream at room temperature
1 small jar with secure lid
1 bowl
1 wooden spoon

YUMMY YOGURT POPS

1. Mix yogurt and strawberries in a small bowl.
2. Fill 10 3-oz cold drink cups 1/2 to 2/3 full.
3. Place the cups in the freezer for about one hour.
4. Insert wooden popsicle sticks.
5. Freeze completely.
6. To serve, peel off the paper cups.

MATERIALS
(Makes 10 pops)
2 8-oz cartons strawberry yogurt
1 10-oz pkg frozen strawberries, thawed
10 3-oz paper cups
popsicle sticks
ICE CREAM IN A BAG

1. Add milk, whipping cream, sugar and vanilla to a 1 qt zip-lock freezer bag and seal tightly with duct tape.
2. Place the quart zip-lock bag with the ice cream ingredients inside a 1-gallon zip-lock bag. Pack ice around the small bag, and add the rock salt and water. Seal the larger bag with duct tape.
3. Have students shake or toss the bags between them while protecting their hands with cloth towels or hot/cold mitts. Continue until ice cream is frozen.
4. Open the outer bag and discard the ice and salt. Rinse the bag containing the ice cream. Divide the ice cream into sundae cups with the wooden spoon.

MATERIALS
(per group of 4)

- 1/4 c sugar
- 1/2 t vanilla
- 1 c 2 percent milk
- 1 c (1/2 pt) whipping cream
- ice
- 3/4 c water
- 3/4 c rock salt
- 4 plastic spoons
- 1 gal zip-lock freezer bag
- 1 qt zip-lock freezer bag

Measuring spoons
Wooden spoon
Measuring cup
Duct tape
4 8-oz sundae cups
Cloth towels or hot/cold mitts
DIRT CAKE

1. In a food processor or blender, crush the cookies until fine. Set aside.
2. In a mixing bowl, beat cream cheese, butter and sugar until smooth.
3. In another bowl, mix pudding and milk until well blended. Fold into cream cheese mixture. Fold in whipped topping.
5. Chill several hours or overnight.
6. Decorate with silk flowers and gummy worms.

This recipe can be adapted to smaller pots for individual servings.

MATERIALS
(for 12)

1 pkg cream-filled chocolate cookies
1 pkg (8 oz) cream cheese, softened
4 T butter or margarine, softened
1 c confectioner's sugar
2 pkg (3.4 oz each) instant vanilla pudding mix
3 1/2 c cold milk
1 carton (12 oz) frozen whipped topping, thawed
1 new flower pot (8 X 10 inches)
silk flowers
gummy worms
aluminum foil
bowl
food processor or blender
mixer

OKLAHOMA AG IN THE CLASSROOM
ROASTED PUMPKIN SEEDS

1. Preheat oven to 300 degrees F.
2. Cut pumpkin in half.
3. Remove seeds by scraping pulp from the pumpkin with a large spoon.
4. Rinse seeds in a colander, and pick seeds from the pulp.
5. Place seeds in the top of a vegetable steamer with water in the bottom. Cover and cook for 30 minutes.
6. Dry the seeds with a towel.
7. Spread seeds on a cookie sheet, spray with vegetable oil and sprinkle with salt.
8. Bake the seeds for 30 minutes, or until golden brown.

PEANUT BUTTER

1. Pour peanuts into blender.
2. Cover blender, and set it for chop.
3. Stop the blender periodically to scrape the peanut butter from around the blades until all the peanuts have been ground into peanut butter. If necessary, add oil to help the grinding process.

MATERIALS

ROASTED PUMPKIN SEEDS
- Seeds from one pumpkin
- Salt
- Spray vegetable oil
- Knife
- Steamer
- Towel
- Cookie sheet

PEANUT BUTTER
- 1 c unsalted, roasted peanuts
- 1 t vegetable oil (optional)
- Salt (optional)
- Scraper
EDIBLE CLAY

1. Grease measuring cup with vegetable oil.
2. Mix peanut butter with honey.
3. Add instant dry milk, a little at a time, until mixture is stiff.
4. Cover students’ desks with wax paper, and have students wash their hands.
5. Spoon out the “edible clay” to each student and allow them to experiment and create with the clay.

MATERIALS
- (enough for 18 students)
- 2 c peanut butter
- 1 c honey
- 3 c instant dry milk
- oil
- wax paper

PEANUT BUTTER TREATS

1. Mix ingredients in a zip-lock bag.
2. Eat and enjoy.

MATERIALS
- 1 t peanut butter
- 1 t instant nonfat dried milk
- 1/2 t honey
- 1 t wheat germ
- 1/2 t dried fruit
- 1 t pecans or walnuts (optional)
- zip-lock bag

BUGS ON A LOG

1. Fill celery sticks with peanut butter.
2. Press raisins here and there to represent bugs.

MATERIALS
- 4-in sections of celery (washed and dried)
- peanut butter
- raisins
CARAMEL PEANUTS
1. Heat sugar in a cast iron pan, stirring constantly until it starts to liquefy and turn brown.
2. Drop peanuts into slightly warm, caramelized sugar.
3. Spoon peanuts onto waxed paper, and allow them to cool thoroughly before serving them to students.

CHEESE POPS
1. Cut cheese in cubes and insert a pretzel stick.
Variation: Substitute pieces of fruit for the cheese to make fruit pops.

PURPLE COW
1. Put two scoops of ice cream in a glass.
2. Pour grape drink over it.

MOON BALLS
1. Mix together nonfat dry milk, honey and peanut butter.
2. Form into small balls about the size of a walnut.
3. Roll in crushed granola.

INGREDIENTS
peanuts
sugar

MATERIALS
(Makes about 3 dozen.)
cubed cheese
pretzels
vanilla ice cream
grape drink

MATERIALS
1 c nonfat dry milk
1/2 c honey
1/2 c peanut butter
1/2 c crushed granola
EDIBLE AQUARIUM

1. Make blueberry gelatin by adding water with ice cubes to the powdered mixture.
2. Stir until thickened, and add the gummy fish and fruit cocktail.
3. Place jelly beans in the bottom of the goldfish bowl or cups to look like gravel. Pour the gelatin mixture over a knife to keep from disturbing the gravel in the cups or goldfish bowl.
4. If desired, place parsley into the gravel to serve as aquatic plants.

MATERIALS
- jelly beans
- powdered blueberry gelatin mixture
- gummy fish
- fruit cocktail
- parsley sprigs (optional)
- clear plastic cups or new goldfish bowl
- ice cubes
- cold water
**BEESWAX LIP BALM**

1. Place beeswax in a plastic bag and smash it into small pieces with a hammer.
2. Melt beeswax over low heat.
3. Add oil and flavoring.
4. Pour into film canister or other small container with screw-on lid. Cover tightly.

**GREEN SLIME**

1. Cover work surface with newspaper.
2. Add a few drops of food coloring to the white glue.
3. Stir in liquid starch, small amounts at a time.
4. Keep stirring until the mixture is smooth and rubberlike. The dough should move away from the sides of the bowl and be sticky to the touch.
5. Add a few more drops of starch to eliminate the sticky feel.
6. Store in an airtight container, and refrigerate overnight.
PLAY DOUGH

Cook all ingredients over medium heat until the mixture pulls away from the side of the pan and reaches the consistency of playdough. Knead until cool. Store in an air tight container.

MATERIALS
1 cup flour
1 tablespoon oil
1 cup water
1/4 cup salt
a few drops peppermint flavoring
food coloring
2 teaspoons cream of tartar

BUBBLE SOLUTION

Dissolve the sugar into the water until it dissolves. Add the dish washing liquid and stir again. Divide the solution (four quarts) into several shallow tubs or buckets. Provide slotted spoons, canning rings, plastic lids with centers cut out or flyswatters for blowing bubbles.

MATERIALS
4 cups sugar
4 quarts water
2 cups dish washing liquid
APPLE LADY BUGS

1. Cut an apple in half. Use \(\frac{1}{2}\) of the apple for the body.

2. Dot peanut butter on apple skin, and place raisins on peanut butter dots for lady bug spots. Use a marshmallow on a toothpick for a head. Use pieces of licorice twist for antennas.

INGREDIENTS
- apples
- peanut butter
- raisins
- miniature marshmallows
- toothpicks
- licorice or fruit twists

EDIBLE SPIDERS

1. Cut licorice or fruit twists into 1-inch pieces.

2. Give each student two crackers, peanut butter, two mini candy-coated chocolate candies and a piece of licorice or fruit twist.

3. Have students use craft stick to spread peanut butter on one cracker.

4. Then have students pull apart the licorice or fruit twist and place eight “legs” on the cracker.

5. Students should then place the other cracker on top, dab two spots of peanut butter on the cracker top and stick on candy-coated mini candies for eyes.

MATERIALS
- round crackers
- peanut butter
- mini candy-coated chocolate candies
- licorice or fruit twists
- craft stick

Oklahoma Ag in the Classroom is a program of the Oklahoma Cooperative Extension Service, 4-H Youth Development, in cooperation with the Oklahoma Department of Agriculture, Food, and Forestry and the Oklahoma State Department of Education.

Oklahoma 4-H Programs
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Stillwater, OK 74078
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http://www.ageek.okstate.edu/foruth/aitc/
WORMS

1. Give each student a sandwich bag and two cookies. Have students place the cookies in the sandwich bags and crush them.
2. Have students dump the cookie crumbs in the paper cup and add the gummy worms.
3. Invite students to eat the “worms” and “soil.”

GELATIN LADY BUGS

1. Have students line the bottom of the muffin pans with raisins.
2. Mix gelatin powder with water according to instructions on package.
3. Pour gelatin mixture into muffin pan sections, and chill until firm.
4. Place the muffin pans in warm water for a few minutes before trying to pop the lady bugs out.
5. Eat and enjoy.

WORMS ON A BUN

1. Cut the hot dogs into thin slices lengthwise, and score the edges (about three cuts per slice).
2. Boil or microwave until the slices curl like wiggly worms.
3. Add a few squiggles of ketchup, and serve 3 or 4 “worms” on a bun.

INGREDIENTS
- gummy worms
- cream-filled chocolate cookies
- sandwich bags
- paper cups

MATERIALS
- muffin pans (enough for one cup per student)
- raisins
- flavored gelatin dessert powder

MATERIALS
- hot dogs
- hamburger buns
- ketchup
BUG JUICE

1. Mix the strawberries and lemonade concentrate in a blender until smooth and thick. Gradually add ginger ale.

2. Transfer the mixture to a punch bowl. Stir in any remaining ginger ale and the raisins. Place the gummy worms on the rim of the bowl for a swampy effect.

MATERIALS
(10 servings)
2 10-oz. pkgs. frozen strawberries, defrosted
1 6-oz. can lemonade concentrated, thawed
1 quart ginger ale
2 cups raisins
6 gummy worms
blender
punch bowl

CELERY AND PRETZEL BUTTERFLIES

1. Cut a small slice of celery to form the body of the butterfly.

2. Spread cream cheese or peanut butter inside the stalk of celery.

3. Add four small pretzels for the butterfly wings.

4. Add two licorice pieces for the antennas.

MATERIALS
Celery, cream cheese or peanut butter
small pretzels
licorice
BEETLE PIZZA

1. Make the pizza dough. In a mixing bowl, dissolve the yeast in the water and let stand for five minutes. Stir in the sugar and salt. Add the flour, 1 cup at a time, stirring until the dough forms a ball. Place the dough on a cornmeal-dusted surface, and knead for about five minutes until the dough is smooth.

2. Divide the dough into four portions. Roll and gently stretch each portion into a circle. Press the circles onto cookie sheets, and cover with a dry towel. Let rise in a warm place for 15 minutes.

3. Preheat the oven to 450 degrees. Sprinkle grated mozzarella cheese on the risen crusts, and cover with tomato sauce.

4. Have students top pizzas with olive spots. Bake the pizza for 10 to 15 minutes or until the bottoms of the crusts are brown.

MATERIALS
(Serves four)

1/2 package active dry yeast
1/2 cup lukewarm water
1 1/2 tsp. sugar
1/2 tsp. salt
1 1/2 cups all-purpose flour, sifted
cornmeal
2 cups grated mozzarella cheese
2 cups tomato sauce
pitted black olives cut into halves
cookie sheet
large bowl
WATERCOLOR BUTTERFLIES

1. To color the filters, dab on watercolor paint with a brush and draw on designs with the markers. The watercolors will bleed together. When using markers, sprinkle the filter lightly with water to make the ink blend together. For a shimmery effect, add glitter-and-glue designs.

2. Once the filter is dry, pinch it in the middle like a bow tie. Clasp with a clothespin, and fan out each side of the filter to resemble a butterfly’s wings.

3. Cut two strips of construction paper, approximately the size of match sticks, and glue them onto the clothespin to form a pair of antennae.

MATERIALS
- paper coffee filters
- watercolor paints
- paint brushes
- markers
- glue
- glitter
- clothespins
- colored paper
- scissors
- water
BROCCOLI TREES

1. Prepare a dip by combining the sour cream, mayo, lemon juice and spinach or herb in a medium size mixing bowl.
2. To make the trees, cut each carrot in half widthwise and then lengthwise into four pieces.
3. Assemble the trees on the plates by laying three carrot pieces side by side for a trunk and placing the broccoli florets to look like leaves. Spread dip under the trunks to serve as the forest floor.

INGREDIENTS
(per five students)

- ¹⁄₄ cup light sour cream
- ¹⁄₃ cup mayonnaise
- ¹⁄₂ teaspoon sugar
- 1 tablespoon lemon juice
- 1 tablespoon finely chopped fresh spinach, basil or other fresh or dried herb.
- 4 carrots
- 3 cups broccoli florets
- paper plates
BEEF JERKY

1. Cut steak into thin strips, 1 1/2 to 2 inches wide.
2. Dip the strips in teriyaki sauce.
3. Dry the strips, using one of the following methods:

   **Oven-Dried**
   4. Arrange the seasoned strips in a single layer on wire racks. Place a piece of aluminum foil on the bottom of the oven to catch drippings.
   5. Preheat the oven to 150 degrees F., and then turn the heat back to 120 degrees F.
   6. Place the meat in the oven, leaving the oven door open at the first stop.
   7. After five or six hours, turn the strips over.
   8. Continue drying at the same temperature for four hours more.
   9. Jerky is ready when it is shriveled and black. When cooled, the jerky should be brittle.

   **Microwave-Dried**
   4. Arrange the seasoned strips flat and close together on a microwave-safe bacon rack. Cover with waxed paper.
   5. Microwave at medium low.
   6. Turn the strips over, placing the drier strips in the center of the rack.
   7. Rotate the rack 1/2 turn, and continue microwaving at medium low for 21 minutes, until the strips are dry but slightly pliable.
   8. Remove to the paper towels
   9. Repeat with remaining strips.
   10. Cover the strips with paper towels, and let them stand for 24 hours.

Storage: Wrap the sticks of jerky in plastic wrap, and put them in a container with a tight-fitting lid. Store in the refrigerator or freezer.
BREAD IN A BAG

Advance preparations
(Enlist parents or older students to help with this activity.)
1. Gather materials for making the bread. (See list of ingredients on next page. Many of the ingredients will be available from your school’s food service.) Pre-measure ingredients into kits, and mark the bags 1, 2 or 3 and the cups 1 and 2, as indicated below. For each kit you will need the following:
   Bag # 1: 1/3 cup all-purpose flour; 2 teaspoons yeast.
   Bag # 2: 1 1/4 cup whole wheat flour; 1 teaspoon salt.
   Bag # 3: 1 cup all-purpose flour.
   Cup # 1: 2 teaspoons honey.
   Cup # 2: 2 teaspoons honey and 2 teaspoons oil.
   One 6-ounce plastic cup marked for 1/2 cup and 1/3 cup.
   One 2-gallon plastic bag.
   Two aluminum pans marked with students’ names. (Use masking tape and markers.)
2. Clean tables or desk tops with hot, soapy water, then tape white paper down. Each pair of partners will need to face one another.

Making the bread
1. Provide one kit for each pair of students.
2. For each bread-making team, have one student roll down the top of the 2-gallon plastic bags to form a bowl and hold it while the other student adds the contents of Bag # 1, Cup # 1 and 1/3 cup of warm water.
3. Have students unroll their bags, hold them tightly at the base, and use their fingertips (not nails) to mix the ingredients together.
4. Have students close their bags loosely by rolling down the tops as in a log roll. Share some of the background information while you wait for the mixture to rest (about 10 minutes).
5. Have one student roll the top of the bag back into mixing bowl position and hold it while the other student adds Bag # 2, Cup # 2 and 1/2 cup warm water.
6. Have students unroll the tops of the bags, squeeze out the air, hold the bag tightly toward the bottom and mix gently from the outside of the bag. Students should keep mixing until all...
the ingredients are distributed evenly.

7. Have one student form the bag into a bowl and hold it while the other student adds about half the contents of Bag #3.

8. Have students unroll the tops of their bags and mix the ingredients thoroughly until all flour is dispersed.

9. Have students lightly dust their desks with flour and roll the dough out of the bag by rolling the sides down, then turning the bag inside out.

10. Have students gently work in enough flour to make the dough soft, but not sticky. Caution students that too much flour will make the dough stiff and cause the bread to be tough.

11. When the dough is ready, have students use the dough scraper to cut it into two equal parts.

12. Demonstrate kneading the bread. Fold it over with your fingertips and press with the heel of your hand. Turn, and repeat. Have students knead their dough for 10 minutes. To help students keep track of their kneading time, prerecord some music that lasts approximately 10 minutes and play it while students are kneading. Dough is ready when it has elasticity.

13. Let dough rest by covering for 10 minutes. Share more of the background information, or read aloud one of the books listed in the resource section below.

14. Have each student form his or her loaf into the shape of the pan.

15. Have students move loaves to a warm place and leave them until they double in bulk.

16. Bake at 350 degrees F in a conventional oven for 25-30 minutes or at 300 degrees F for 18-20 minutes in a convection oven. Students may take their loaves home to share with their families or enjoy the bread during class.
SNOW ICE CREAM

1. Put sugar and vanilla in cups.
2. Pack snow in on top of the sugar and vanilla, leaving enough room for the milk.
3. Pour in milk, and mix it all together.

INGREDIENTS

- fresh, clean snow
- 2 t vanilla
- 2 T sugar
- ½ c milk
- small styrofoam cups
OKLAHOMA DIRT SHIRT

1. Fill a bucket half full with water. Add enough red dirt so the water is gritty and muddy looking.

2. Place a white cotton T-shirt in the bucket. If desired, tie knots in the shirt or tightly secure random sections with rubber bands for a tie-dye effect.

3. Use a long wooden stick to stir the shirt in the muddy water until the shirt has attained the desired color.

3. Hang the shirt in the sun to dry. When the shirt is dry, rinse it in cold water to remove excess mud, then wash it in cold water in the washing machine and dry hot to set the color.

MATERIALS
- bucket
- water
- red dirt
- white cotton T-shirt
- long wooden stick
PUMPKIN PIE IN A BAG

1. Combine the milk and instant pudding in the bag.
2. Remove the air from the bag and seal it.
3. Squeeze and knead with hands until the mixture is blended—about one minute.
4. Add the pumpkin, cinnamon and ginger.
5. Remove the air and seal the bag.
6. Squeeze and knead with hands until blended—about two minutes.
7. Place 1/2 tablespoon of graham cracker crumbs in the bottom of the small cups.
8. Cut the corner of the gallon freezer bag, and squeeze pie filling into the cups.
9. Garnish the cups with whipped topping.

INDIVIDUAL SERVINGS
For individual servings, use quart-size zip freezer bags and the following ingredients per two students:

1/8 cup milk
2 T canned pumpkin
dash cinnamon
dash ginger
1 T pudding mix*

Follow directions as above and squeeze mixture into tart-size premade graham cracker crusts, or place a ginger snap at the bottom of small cups to serve as crust.

* The mix should have the consistency of pudding. If it is too runny, add pudding mix. If it is too thick, add milk.
GIANT CHEESEBURGER

Note: Use 5/8-inch seam allowances.

BUN

1. Sew the quilt batting to the wrong side of one 24-inch circle (top, outside of bun) 1/4 inch from the edge.
2. Hand gather 1/4 inch from the outside edge of each 24-inch circle, using a double strand of thread.
3. Sew each outside bun piece (24-inch circles) to an inside bun piece (22-inch circles), right sides together, easing fabric as you stitch. Leave a 12-inch opening to allow for turning.
4. Turn buns right side out.
5. In the top bun (with batting) insert the cardboard circle through the opening so it lies on the bottom (away from batting). Then insert one circle of 1-inch thick foam padding. Fill the space between the batting and the 1-inch thick foam padding with polyester filling to create a hamburger bun shape.
7. In the bottom bun insert one 22-inch circle of 1-inch thick foam and hand-stitch the opening.

BURGER

1. (Optional) Draw "grill" marks on the right sides of burger pieces with wide black magic marker.
2. Sew pieces of burger, right sides together, leaving a 12-inch opening to allow for turning.
3. Turn the burger right sides out.
4. Insert a 22-inch circle of 1-inch thick foam. Cut to fit, if necessary.
5. Hand stitch the opening.

TOMATO SLICE

Cut eight 6-inch circles from the pieces of bright red felt. Divide the pink felt into squares, as shown, then cut each square diagonally to form 24 triangles from each sheet (48 total).

Arrange six pink triangles on each
Lettuce
1. Cut one oval shape, roughly 9 inches wide and 12 inches long, from each of the four sheets of lime green felt.
2. Sew a gathering thread 1/2 inch from the edge of each lettuce leaf.
3. Pull the gathering thread to ruffle the lettuce, as desired.
4. Tie the the ends of the thread together.

Pickle Slices
1. Cut four ovals, about 4 1/2 inches wide and 6 inches long, from each sheet of dark green felt (eight total).
2. Baste interfacing to four of the ovals.
3. Use a small zigzag stitch to stitch interfaced pieces to uninterfaced pieces.
4. Cut small pieces of lettuce scraps to look like seeds. Arrange the seeds as shown, and glue them to the pickle slice.

Onion Rings
Join the ends of pipe cleaners to form circles. Twist the ends together.

Cheese Slice
Cut large holes in white felt for Swiss cheese. Leave yellow felt solid for Cheddar cheese.

Ketchup, Mustard, Mayonnaise
Cut curvy strips of red, yellow and white felt to resemble dollops of ketchup, mustard and mayonnaise.
GIANT PIZZA

CRUST
1. Sew fabric pieces right sides together with layer of quilt batting on top. Leave a 5-inch opening for turning.
2. Turn right sides out, and hand-stitch the opening.
3. Topstitch one inch from the outside edge.

TOMATO SAUCE
Cut the felt circle with wavy edges so it looks like tomato sauce on the pizza crust.

PIZZA CHEESE
Cut strips about 1/8 inch wide and 2 inches wide to sprinkle on the pizza at random.

PEPPERONI
Cut 16 2-inch felt circles.

MUSHROOMS
Cut 20-24 mushrooms from the medium tan felt.

SAUSAGE
Stick velcro dots on each of the pom-poms.

PEPPER RINGS
Shape green pipe cleaners into six pepper ring shapes.

ONION RINGS
Shape white pipe cleaners into three onion ring shapes.

INGREDIENTS
CRUST
Two 22-inch circles medium brown cotton fabric.
One 22-inch circle quilt batting.

TOMATO SAUCE
One 20-inch circle of red felt.

PIZZA CHEESE
One 9- by 12- inch sheet of yellow or white felt.

PEPPERONI
One 9- by 12-inch sheet of dark red or reddish brown felt.

MUSHROOMS
One 9- by 12-inch sheet medium tan felt.

SAUSAGE
16 1-inch brown poms.

PEPPER RINGS
Six large green pipe cleaners.

ONION RINGS
Three large white pipe cleaners.
HOPPIN’ JOHN

1. Pick over the black-eyed peas carefully, removing any bits of rock and unsavory-looking peas. Rinse well and cover with five cups of water. Soak for overnight.

2. Strain out the beans, and bring the water to a boil. Return the beans, with the bay leaf and a teaspoon of the salt, and let them simmer for about 45 minutes. (If you are using a cracked pork or beef bone, add it now, also, and ignore all bacon/salt pork instructions, frying up the onion in a bit of melted fat or oil and adding it when you add the rice.) While the beans are cooking, prepare the bacon/salt pork by frying it until the pieces are crisp. Either reserve these until the end of cooking (to lend a touch of crispness) or put them into the beans when the rice is added. Fry the onion in the fat once the pork has been removed until it is translucent but not brown. Either way, reserve the fat.

3. At the end of 45 minutes, taste the beans for doneness; if they are soft but not mushy, they are just right. Pour in the rice and mix in all the other seasonings including the second teaspoon of salt, the bacon/salt pork bits, and the cooking fat. Stir the mixture well, and bring the liquid up to a simmer. Let them cook for another 20 minutes. Then turn off the heat and let the dish rest for 10 minutes. Taste. The beans should be just a little more tender, the rice perfectly cooked.

INGREDIENTS
(serves 4)
1 cup dried black-eyed peas
Small chunk lean slab bacon, sliced thick, or a cracked ham or beef bone or a small chunk salt pork, sliced and simmered in ample water for 15 minutes
1 onion, chopped
1 cup raw rice
2 teaspoons salt
1 hot red pepper, fresh or dried, seeded and diced, or Tabasco sauce to taste
(all, some, or one of the following, as you choose)
1 clove of minced garlic
1 bay leaf
minced fresh parsley
a little thyme
black pepper
OKLAHOMA STONE SOUP

1. Cook the bacon in a large cooking pot. Put the bacon aside and brown the onion in the bacon fat. Add the beef, and stir until it is browned on all sides.
2. Transfer all to a crock pot. Add two cups of water, and let it cook while students decide which Oklahoma vegetables they want to add (at least three—Encourage students to try vegetables they have never tasted before.)
3. Prepare the vegetables and add them to the pot.
3. Let the soup cook in the crock pot on high for 2-3 hours.
4. Serve with crackers, corn bread or fresh bread.

INGREDIENTS
one pound beef chuck roast, cubed or 1/2 pound beef roast and 1/2 pound pork roast
3-4 slices of bacon
1 small onion
At least three of the following vegetables commonly grown in Oklahoma gardens:
canned tomatoes
carrots
corn
potatoes
green beans
peppers
okra
squash
cabbage
greens (collard, kale, mustard, Swiss chard)
peas
turnips
ONE-EYED MONSTER

1. Cut the bell pepper in half, and remove the seeds and membrane.
2. Cut each half into four wedges.
3. Spread cheese spread on the wedge, and place an olive slice in the center.

INGREDIENTS
one bell pepper
cheese spread
sliced olives

THE BLOB

1. Trim and scrape carrots.
2. Lay carrot on cutting board, and cut it in half, once crosswise and once lengthwise.
3. Dip the carrot pieces into the cheese spread. Push peanuts into the cheese spread.
4. Push peanuts into the cheese spread so they look like eyes.

INGREDIENTS
 carrots
cheese spread
peanuts

MONKEY JUICE

1. Peel the banana, and mash it with a fork.
2. Place the mashed banana in a quart jar with the remaining ingredients
3. Put the lid on the jar, and shake until the ingredients are blended.

INGREDIENTS
three cups nonfat milk, chilled
1/4 teaspoon vanilla
one ripe banana
one tablespoon sugar

OKLAHOMA AG IN THE CLASSROOM
TORTILLA IN A BAG

1. Place flour, salt and baking powder in bag. Close and shake just a few shakes to mix.
2. Add shortening and reclose the bag. Work bag with hands until the mixture looks crumbly and there are no large pieces of shortening visible.
3. Open the bag, and add the hot tap water. Knead in the bag until the dough is one large piece and the sides of the bag come clean.
4. Take the dough out of the bag and divide into four pieces. Put the pieces of dough on the table, and lay the bag on top of them. Let the dough rest for 15 minutes.
5. After resting time, roll or pat the dough into eight- to 10-inch circles. Place the circles on a griddle or frying pan heated to medium or medium high, and cook until dark brown spots appear. Turn and cook on the other side until brown.
6. Enjoy!

Fill tortillas with ground beef, beans, salsa, cheese and lettuce to make burritos.

INGREDIENTS

1 1/2 c flour
1/4 t salt
1 t baking powder
3 T shortening
1/2 c hot tap water

OKLAHOMA 4-H PROGRAMS
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BISCUITS

1. Measure and sift flour, salt, and baking powder into bowl.
2. Measure and add shortening.
3. Cut the shortening into the flour with a fork.
4. Make a hole in the mixture, and pour in milk.
5. Stir LIGHTLY until dough holds together. (Note: excessive handling will make the biscuits tough.)
6. Cover work area with waxed paper.
7. Turn dough out on lightly floured waxed paper.
8. Pat dough out until 1/2 inch thick.
9. Cut with biscuit cutter, cup or cookie cutters.

Extra treat: While students are waiting for the biscuits to bake, have them make butter by filling condiment cups (from fast food restaurants) about 1/3 full with heavy cream, covering the cups and shaking for about five minutes, until the buttermilk separates from the fat.

11. Serve biscuits with butter and honey.

MATERIALS
(7-8 biscuits)

1 cup flour
2 teaspoons baking powder
1/4 teaspoon salt
2 tablespoons shortening
6 tablespoons milk
mixing bowl
sifter
fork
measuring spoons
measuring cups
biscuit cutter, small cup or cookie cutters in geometric shapes
INGREDIENTS
- large bowl
- 4 cups potting medium
- 4 T ryegrass
- empty yogurt container or paper cup with bottom cut out (for funnel)
- one knee high stocking for each student
- colorful ponytail holders
- bobby pins
- googly eyes
- pipe cleaners
- pom poms
- glue sticks
- plastic bags
- styrofoam plates

VERY HAIRY CATERPILLAR

1. Combine the potting soil and ryegrass in the large bowl.
2. Slide a knee-high stocking over the funnel.
3. Pour or spoon 3/4 to 1 cup of the soil mixture into the stocking. Slide a colorful ponytail holder over the end of the stocking to section off the pocket of soil.
4. Repeat Step 3 to make five soil-filled segments. Tie a knot in the top of the stocking, and trim away excess nylon.
5. Submerge the caterpillar in water for 10 minutes, then place it in a plastic bag and let it sit overnight.
6. Remove the bag, and loop a semistraigtened bobby pin through the front of the stocking. Glue a googly eye onto each end of the pin. For antennae, cut a pipe cleaner in half, glue a small pom-pom onto one end of each half, and stick them in place.
7. Set the caterpillars on styrofoam plates near a sunny window, and generously water them every other day. The critters should sprout hair in about 4-5 days.
Oobleck

Oobleck is the name of this substance that resembles the green rain Dr. Seuss describes in his book *Bartholomew and the Oobleck*. It is a unique substance that exhibits properties of both liquids and solids.

1. Add several drops of food coloring to the water.

2. Pour half the water in the bowl, and add the entire box of cornstarch. Mix, adding the remaining water slowly until the mixture flows like a liquid when the bowl is tipped and feels like a solid on the surface. Add more cornstarch if the mixture is too soupy or water if it is too thick.

3. Oobleck is best cleaned up dry. Never pour it down the drain! It will cause a clog. Let any spillage dry, then sweep up or wipe away.

**INGREDIENTS**

- Green food coloring
- Bowl
- 1 16-oz box cornstarch
- Table covering
- 1 1/2 cups water
- Paper towels
- Measuring cup
WATERMELON BOAT

1. Cut watermelon in half lengthwise and remove the seeds.
2. Using a spoon or melon baller, scoop out the flesh of the melon until you have an empty shell.
3. Slice melon flesh into chunks, or leave in ball shape, if desired.
4. Remove any remaining seeds.
5. Mix the fruits together.
6. Spoon fruit salad into the empty watermelon shell.
7. Sprinkle with lemon or lime juice to retain color.

INGREDIENTS
(makes nine 1-cup servings)

3 cups watermelon chunks (from watermelon, below)
2 cups pineapple chunks
2 cups seedless grapes
3 bananas, sliced
2 apples, cored and cut into chunks
2 oranges, peeled and sectioned
1 watermelon knife

spoon or melon baller

OKLAHOMA AG IN THE CLASSROOM

Oklahoma Ag in the Classroom is a program of the Oklahoma Cooperative Extension Service, 4-H Youth Development, in cooperation with the Oklahoma Department of Agriculture, Food and Forestry, and the Oklahoma State Department of Education.

Oklahoma Ag in the Classroom
Oklahoma 4-H Programs
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WATERMELON POPS

1. Puree seedless watermelon in a blender, and pour into ice-cube trays.
2. Cover the trays with aluminum foil, and stick a toothpick through the center of each cube.
3. Freeze for three hours or until solid.
4. Serve as a refreshing treat.

INGREDIENTS
- seedless watermelon
- blender
- ice cube trays
- aluminum foil
- toothpicks
**WATERMELON RIND PICKLE**

1. Cut rind into 2- x 1-inch pieces. Trim green skin and pink flesh from rind.

2. Place prepared rind in large kettle and add salt and enough boiling water to cover. Simmer until tender.

3. Drain and chill rind in very cold water at least 1 hour or overnight in refrigerator.

4. Combine vinegar, sugar and mixture of cinnamon, cloves and gingerroot tied in cheesecloth. Bring to boil and boil 5 minutes.

5. Drain watermelon rind and add to syrup. Simmer until rind becomes translucent, about 10 minutes. Remove and discard spices.

6. Pack rind and syrup into hot sterilized quart jars, leaving 1/4-inch head space. Adjust lids and process in boiling water bath 20 minutes.

**INGREDIENTS**
- 4 qt prepared (see step 1) watermelon rind
- 2 T salt
- 2 c white vinegar
- 8 c sugar
- 3 cinnamon sticks, broken
- 1 T whole cloves
- 1 (1-inch) piece gingerroot (optional)

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PRAIRIE DOLL

1. Measure and rip muslin into a rectangle.
2. Measure and mark 16 1/2-inch increments along the length of the muslin.
3. Rip 16 1/2-inch strips.
4. Fold 15 of the strips in half, and use one strip to tie off a doll’s head. The tie also serves as arms.
5. Cut a 1/2-inch hole in the center of each of the two scraps, and place over the head of the doll.
6. Tie the arms on top of both layers of the dress in the front.
7. Use your imagination to trim your dress or make a heart cutout on the top layer.
8. Tie on the triangle as a bonnet.

MATERIALS

(May be prepared in advance in a baggie by a parent volunteer.)

1 - 14” x 8” piece of muslin
2 - 3” x 9” scraps
1 - 6” x 4” x 4” triangle
WHEAT BERRY
SPROUTS

1. Place wheat berries in a colander and rinse thoroughly.
2. Place rinsed wheat berries in the jar or other container and cover with water.
4. Rinse the wheat berries again, and cover the opening of the container with a piece of cheesecloth. Secure with a rubber band. Lay the jar on its side in a dark place.
5. Rinse and drain the berries each morning until they sprout and grow to about 1 inch in length.
6. When the sprouts have grown to about one inch in length, place the jar in a sunny window for one day.
7. Enjoy your sprouts on a sandwich, in a salad or on their own.

INGREDIENTS
wheat berries
(wheat seeds, available from health food stores, if not from a local farmer)
colander
large jar or other clear container
cheesecloth
rubber band

OKLAHOMA AG IN THE CLASSROOM
CORN BREAD IN A BAG

1. Combine the first six ingredients in the plastic bag.
2. Close the bag, and mix well by working bag with fingers until the ingredients are completely blended.
3. Add the final three ingredients. Mix well by working the bag with fingers.
4. Open the bag and pour the mixture into a 9 X 9 inch pan.
5. Bake at 400 degrees for 25 minutes.

(from Illinois Ag in the Classroom)

INGREDIENTS
1 c cornmeal
2 T brown sugar
1/2 c whole-wheat flour
2 eggs, beaten
1/2 cup all-purpose flour
1 c milk
4 t baking powder
1/4 c oil
1/2 t salt
gallon size plastic bag
GARDEN GLOVE

1. Give each student a glove, and have each student write his/her name on the thumb of the glove and the names of each of the seeds on the remaining fingers.
2. In each finger, place a moistened cotton ball and a few of each kind of seeds.
3. Have students tie off their gloves with the yarn.
4. Wait for the fingers to sprout.

INGREDIENTS
surgical gloves
yarn
cotton balls
beet, radish, lettuce, and carrot seed