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DISCOVER 4-H DISCOVER YOU



September

www.holidayinsights.com

- Fall Hat Month
- National Courtesy Month
- Chicken Month
- Better Breakfast Month
- Food Safety Month (*fcspasco.ifas.ufl.edu/Unique_Celebrations.shtml*)
- Read a Book Day (6th)
- Swap Ideas Day (10th)
- Fortune Cookie Day (13th)
- Positive Thinking Day (13th)
- Make a Hat Day (15th)
- Citizenship Day (17th)
- Checkers Day (23rd)

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Research and Extension

www.oznet.ksu.edu

Theme # 1: Hats off to You!

Roll Call Ideas:

- What type of hat do you own?
- When you grow up, what type of “Hat” (career) will you wear?
- Name a profession that requires the person to wear a hat. (chef, construction, firefighter, surgeon, baker, cowboy, etc.)



Community Service Activities:

- Career Day – Partner with a local school to organize a career day. Stations can be set up in a gymnasium for students to visit. Parents of various professions can set up displays and answer questions at their stations.
- Hat and Mitten Drive – Club members can collect hats and gloves for a local school or homeless shelter. They can be given to children or adults most in need.
- Baby Caps or Cancer Caps – Have a club sewing day to create hats for newborns. These can be donated to the hospital. Sew hats for cancer patients, which can also be donated to the hospital.

Guest Speaker:

- Career Adventures – Survey the club to find out which career areas are most popular. Invite several speakers to visit the club and share about their careers.
- Western Hats – Invite a local Western shop owner to share how the traditional cowboy hat is manufactured and shaped to fit each individual.
- Hat Health – Invite a health professional to talk about reasons why people wear hats, and safe ways to wear a hat. Hats should fit properly, and be worn in sunny conditions. The type of hat is important and should be designed for the type of work being done.

Recreation:

- Hat Toss – Set up small posts (like ring toss posts). Mark off a tape line some distance away from the post, for players to stand behind. Divide the club into teams of four to six players. Make certain there is a post for each team. Each team should receive three or four different hats. Team members can take turns tossing hats onto the posts. Each team should keep track of how many hats tossed made the posts.

- **Hot Hat** – You will need three hats for this game. The club players should be placed in a circle. Bring music or a noise-maker (bell, drum, etc.) to signal when players should stop. Begin with one hat. The first player must toss the hat to someone else in the circle. Continue to play until the noise sounds to stop. Whoever was left holding the hat, must sit out. For added excitement, add additional hats to the mix. Members can always throw to the same person, or they can throw to different people each time.



- **Hat Stack** – Invite members to bring a hat to the meeting. The game leader will also want to bring hats. Divide players into teams of four. Distribute hats evenly among the various teams. Teams are asked to make a tower of hats, as tall as they can and using as many hats as they can. They can trade among teams, if they wish. Remember, only hats can be used in the tower!

Snack Ideas:

- **Hat Mix** – Use large hats to dish up this recipe. First line each hat with plastic wrap, or place a bowl inside. Then place a snack mix ingredient inside the hat. (Options include: Cheerios, raisins, cheese crackers, pretzels, rice cereal squares, etc.) Provide serving spoons and small bowls. Allow members to dish up and design their own mix.
- **Popcorn Hats** – Purchase paper party hats at a dollar store. Add popcorn to each hat. Provide napkins and they are ready to serve.

- **Silly Hatwich** – You will need a box of graham crackers, frozen yogurt and chocolate graham sticks. Break each rectangle graham cracker into two squares. Use an ice cream scoop to get a rounded scoop of frozen yogurt. Place the scoop in the center of a graham cracker square. Take two chocolate graham sticks. Place one directly on top of the scoop. Add a little bit of frozen yogurt to the center top of this stick. Place a second stick, at an angle, on top of this stick. The sticks should look like an “X.” Serve immediately or place in the freezer.

Individual Personal Activity:

- **Hat Match** – Provide hats from at least 10 different professions. Number each hat. Provide paper and pencil for members to label each hat with the correct profession. To help younger members, place a list of possible professions on the table with the hats.



- **Newspaper Hat** – Provide old newsprint and invite members to create their own hats. Construction paper pieces and glue sticks can also be offered as additional ways to decorate their hats.
- **Hats Off** – Place blank certificates (which have hat outlines on them) on the table. Offer markers and stickers. Allow members to design their own “Hats Off” certificates for someone else in the club. The member can record the member’s name, date and reason for

the award. Set aside time in the meeting for members to award the certificates.

Group Health Activity:

- **Hat Test** – Bring an assortment of hats and discuss what the different types of hats do for the people wearing them. Do the hats protect from sun, rain, heat, bumps, etc? Compare and contrast hats and why one particular hat is designed for a specific job.
- **Hat Heat** – How much heat does your heat produce? Ask for three club volunteers to wear three different hats. Bring three digital thermometers. Have the members wear their hat for about 5 minutes. Then place a thermometer inside the hat, while the member is still wearing the hat. When the alarm sounds, check to see what the temperature is inside the hat. Rotate hats, and try again. While waiting to check the temperature, discuss body heat loss and why hats are important to wear in the winter.

- **Hat Shop Tour** – Visit a local hat or cap store. Talk to the business owner about what hats are popular, what customers look for in a hat, and why people may want to buy certain types of hats.

Resources:

- Something that tells about body heat loss through the head?

Theme #2: A Courteous Time

Roll Call Ideas:

- Name an occasion that might be a reason for a formal dinner.
- If a dinner was held for you, name one thing on your menu.
- Name a type of plate or utensil on a formal dinner table.

Community Service Activities:

- Community Dinner – Volunteer at a homeless shelter or a food bank to serve a meal to the community.
- Table Centerpieces – Design and provide centerpieces for a retirement community dining center.
- Courtesy Tips – Work with a local radio station to post courtesy tips (see Character Counts material for ideas) on the air. If there is not a local station, print the tips on posters and post at a local school or central community location.

Guest Speakers:

- Etiquette – What should happen during a formal dinner? What are table manners? Invite someone from a sorority or fraternity house, restaurant hostess, or other local expert to share tips with members.
- Behind the Scenes – Invite a local caterer to talk about what goes into planning a dinner for a large group. How do they prepare and plan food to be ready to serve, even when a kitchen is not available?
- Formal Place Setting – Invite a local expert on setting a formal



table to come and speak to the group. Information can be shared about selecting a theme, the perfect centerpiece for the size of the table and dinner conversation, and a formal way to set the table.

Recreation:

- Table Set Relay – Divide the club into teams. Provide a card table (or equivalent of that space) to each team. Have each team line up a distance away from the table. Each team will have a canvas bag filled with a two dinner plates, two salad plates, two cups, two coffee cups, four forks, two knives, two spoons, two napkins and a centerpiece. The team must set the two place settings correctly. I would recommend using paper plates and plastic or paper cups. The first person of each team must reach in their bag to pull out an item and then race down to the other end to place it on the table. The person races back to the team and tags the next person. The first team to complete the two place settings wins.
- Dinner Conversation – Certain things are acceptable to talk about at a formal dinner. Divide the members into teams of four. Each team should be given a piece of paper and a pencil. Each team must come up with as many topics as they can that

would be perfect for a formal dinner conversation. Ask teams to share their topics after a specified amount of time.

- Dinner is Served – Divide the club into at least two teams. This game is a test of balance! Bring a serving tray for each team. Set up a card table (or equivalent space) for each team. Team members must use their serving tray to deliver drinks (paper or plastic cups of water) and plates of food (paper plates with play-doh or dried foods) to their table. The first person of the team will take the full tray to the table and set items on the table. This person will run the tray back to the starting point and hand it off to the next player. The second player will gather the plates and drinks and return to the team to hand off to the third player. Continue playing until each player has had a turn.

Snack Ideas:

- Chocolate Dipped Strawberries and Grapes – Melting chocolate and cleaned and dried fruit are needed for this recipe.



Carefully melt chocolate and dip a portion of each fruit into the chocolate. Lay on a waxed paper lined tray. Refrigerate after all have been dipped until serving time.

- Cottage Cheese and Apples – Purchase cottage cheese and mix in ground cinnamon and a touch of ground nutmeg. Slice apples and sprinkle with lemon juice. Provide a serving spoon for the dip and small plates for the apples slices.
- Ham and Cheese Pinwheels – Lay thin sliced ham and sliced American cheese on wheat tortillas. Tightly roll and cut wheels off. As wheels are cut, place on a toothpick. Add a grape tomato to the edge of the end of the toothpick for color, if you wish. Refrigerate until serving time.

Individual Personal Activity:

- Cloth Napkins – Collect scrap fabric for this project. Bring scissors, marking pencils and a napkin template (made out of cardboard) for the members to trace around. Members can trace and cut two or four (depending on supplies and time) napkins which they can use at home. Edges will fray with washing, but will work fine. If you do not wish to have frayed edges choose a polyester fabric blend.
- Flower Arrangements – Purchase clear punch cups. Provide scrap artificial flowers, colored sand and school glue. Members should pour sand into the cups, layering if they wish. Members can then choose three to five flowers to poke into the sand.

Squirt a generous amount of glue over the top of the sand – with the flowers in it. Set aside to dry. After the glue dries, the sand will not come out of the cup. These can then be used as centerpieces.

- Table Setting ID – Set a table with various items (punch bowl, coffee carafe, casserole dish, bread basket, salad bowl and tongs, platter, etc.). Number each item. Provide a piece of paper and a pencil to the members. Place a list on the table of the menu for the dinner (punch, coffee, lasagna, breadsticks, salad and cookies, etc.) Members must match the food item with the correctly numbered serving bowl.

Group Health Activity:

- Allergies and Dining Out – Many people deal with allergies on a daily basis. How does dining out affect those with food allergies? Visit a restaurant or have those with food allergies share tips.
- Practice Dinner Party – Assign each family a certain item to bring for the dinner party (food item, table setting item, napkins, beverages, etc.) Practice using napkins, passing food, trying new foods and dinner conversation topics. You may wish to have someone facilitate the dinner. This person would offer instructions regarding when to pass items and when to eat items, etc.
- Etiquette Exploration – Invite each member to bring an etiquette trivia question. Have members present their questions and discuss the solutions

with the group. Possible questions include: What direction should food be passed? Which items should always be passed in a pair? What should remain off the table? Where should the napkin be placed when you leave the table and wish to return? What happens with cell phones during a formal dinner? What should you do if you take a bit of something you do not like? When may you begin eating?

Resources:

- Character Counts material

Theme #3: What About Breakfast?

Roll Call Ideas:

- Favorite breakfast food.
- A cereal you could not live without.
- The earliest time you have ever eaten breakfast.

Community Service Activities:

- Pancake Feed – Partner with a community service organization to assist with a pancake feed. Sell tickets, serve, clean tables and more.
- Hot Cereal Contest – Who can make the tastiest oatmeal or other hot cereal? Plan a morning contest to find out. Invite the public to attend to taste the recipes. Dress in pajamas in honor of the occasion! Share tips on why breakfast is an important meal for everyone.
- Breakfast Bars – Donate breakfast bars to a local school. These can be given to students who need a morning boost or who missed breakfast.

Guest Speakers:

- Nutritionist – This speaker can explain why breakfast is important, what breakfast provides and what happens to your body if you traditionally do not eat breakfast.
- Egg-spert – Many people think of eggs when they think of breakfast. Invite a local farmer or other knowledgeable person on eggs. Learn facts and bust myths about the egg. Visit www.aeb.org/ to learn more about eggs.
- Business of Breakfast – Invite a supermarket manager to talk about breakfast items. How many items are offered in the store that relate to breakfast? What types of breakfast items are most popular with consumers? Share other facts and information related to breakfast products.

Recreation:

- Egg Roll – Divide the members into at least two teams. Designate a starting line and a finish line. Bring a hardboiled egg for each team – still in their shells. Each team member must roll a hard boiled egg from the starting line to the finish line. The player then picks the egg up and runs it back to the starting line for the next player. The game continues until each team member has had a turn.
- Mystery Juice – Divide the members into teams of four. Each team should be given a piece of paper and a pencil. Purchase four different types of juice (examples might be: pineapple, apple, cranberry, grape). Fill four glasses for each team



(the disposable small bathroom size cups work well). Label each glass with an A, B, C, or D. Teams must decide what type of juice is in each glass. Teams can designate a taster or each person can drink one type of juice. Compare team findings in the end.

- Pancake Flip – Invite members to wear their aprons to the meeting for this occasion! Provide a small frying pan for each team. Divide the club into at least two teams. Provide small pancakes for each team. Place a pancake in the frying pan. Each player must start at a designated spot, flip the pancake, walk halfway to the finish line, flip the pancake, walk the remainder of the way to the finish line, and flip the pancake again. The player then runs the pan and pancake to the starting line for the next player. If the pancake is dropped, the player must return to the starting line and begin again.

Snack Ideas:

- Deviled Eggs – Hard boil eggs and remove the shells. Cut the

eggs in half, lengthwise. Mix the yolks with miracle whip or mayonnaise, mustard and ranch dressing. Place a spoonful of the mixture in the center of the egg. Chill until serving time.

- Cereal Shaker – Offer five different types of cereals for this mix. Place each cereal type in a bowl. Ideas include: Kix, Fruity Cheerios, Cinnamon Toast Crunch, a chocolate cereal (such as Cocoa Puffs), Chex. Add a serving spoon to each bowl. Provide a small zipper bag for each member. Members can add a spoonful of each cereal to their bag, zip and shake for a snack. Offer milk as the beverage.

Individual Personal Activity:

- Cereal ID – Pour about 10 different types of cereal into bowls. Number each bowl. Offer a piece of paper and a pencil to members. Members must correctly label each cereal. Some possible cereals include: Corn Pops, Cinnamon Toast Crunch, Cheerios, Chex, Corn Flakes, Apple Jacks, Raisin Bran, Grape Nuts, Fruit Loops

and Life. Of course, you can substitute or add others.

- **Egg Prep** – Eggs are a popular breakfast food. Can members name the method used to describe each egg? Provide examples – or take digital pictures, if you don't want to bring the actual eggs. Place each example on a plate. Possibilities include: scrambled, hard-boiled, sunny-side-up, fried, poached, over easy, baked (casserole), or omelet. Number each plate. Provide a piece of paper and pencil to the members. Offer a list of the methods on the table for members to use for reference.
- **The Juice on Juice** – Which juice products are really juice? Provide the nutritional label from five to seven different types of juice. Cut off the brand name, so that members will not be influenced by the branding. Members should compare the amounts of sugar in each juice. Stick the label to a piece of paper and write a letter on each label A, B, C, D, E, F, G. Provide a piece of paper and a pencil for members to rank the juices from the most sugar to the least amount of sugar. Reveal the juices during the meeting. Example juices to use: Juicy Juice brand, store brand tomato juice, grapefruit juice, Mott's Apple Juice, Hi-C, pineapple juice, orange juice, and cranberry juice.



Group Health Activity:

- **Granola Benefits** – Divide the club into groups of four. Each group should receive a different brand of granola bar. The group should read the labels and determine if their bar is a good breakfast choice or one that should be substituted for another bar. Have members evaluate the bars based on sugars and fat. Each group can share tidbits about their product.
- **Protein is Priority** – Protein is an important element of breakfast. Peanut butter is one source of breakfast protein. Mix into a shake, spread on some toast or make granola with this popular ingredient. Which peanut butter is the best choice? (Before doing this activity with your club, determine if there are any allergies to peanut butter. If that is the case, substitute soybean butter and sunflower
- **Investigators** – Fiber is necessary for healthy digestion. Which bread is the better fiber buy? Divide the club into groups of four. Offer four different bread labels for the members to evaluate. Groups should be looking at the fiber content listed on each label. The labels should be labeled A, B, C, D. After members have discussed the labels within their groups, have them report observations to the whole group. Examples to include: Cake donuts, white bread, whole grain bread, bagels, tortilla, or others. Reveal the actual bread examples (have one of each example used in a clear bag) after the discussion.

seed butter for the two peanut butters.) Choose three brands to have members try. Choose a popular well-known brand of peanut butter (such as Jif, Peter Pan, Skippy) and choose a store brand of peanut butter (Kroger, Great Value, etc.) and choose a brand of soybean butter. Place samples of the all of the butters into tester cups (label each cup with a letter). Make sure each team has three cups, one of each brand. Provide small stick pretzels for the members to test each butter. Members must taste each, compare and contrast the brands, and decide which brand they would choose and why.

Resources:

- Kids a Cooking



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