

4-H Food Scene Demonstration

Ingredients*

4-H Clover

- Plain Greek yogurt (or any white colored yogurt you prefer)
- Honey (optional)
- Green food coloring
- Whole wheat tortillas (taco size; white tortillas are okay too)
- Mozzarella cheese stick

Snowman

- Plain Greek yogurt (or any white colored yogurt you prefer)
- Hazelnut cocoa spread, chocolate peanut butter, or another dark brown colored nut butter
- Honey (optional)
- Raisins
- Baby carrots or orange bell pepper
- Fresh or frozen strawberries or red bell pepper
- Mini marshmallows
- Pretzel sticks

*The amount of ingredients we will use may vary depending on our own creativity, the unique shapes, colors, and the unique colors and textures of our ingredients, the size of our plates, etc. I recommend having the following on-hand for the demonstration to make sure we have plenty of ingredients to allow for flexibility and any re-do's (if needed)! Anything leftover can be as a delicious snack!

Grocery List

- 1 large container (about 35 ounces) of plain Greek yogurt (or another white colored yogurt)
- ¼ cup hazelnut cocoa spread or another nut butter
- 2-3 tortillas
- 1 individual package of raisins
- 2-3 Tablespoons of honey (if desired to add sweetness to the plain yogurt)
- 3 mozzarella cheese sticks
- ¼ cup mini marshmallows
- 2-3 strawberries or 1 orange bell pepper
- 2-3 baby carrots or 1 orange bell pepper
- ¼ cup pretzel sticks

Equipment

- Parchment Paper
- Pen or pencil
- 2 plates (non-divided plates with a colored background (not white) work best)
- Butter knives (4-5)
- Spoons (4-5)
- Cutting board
- Measuring spoons
- Measuring Cups
- Fork
- Small bowls (3-4)
- Medium mixing bowl (1)
- Paper towels or a clean towel