

North Carolina Junior 4-H Enriched Corn Meal Activity



THE ENRICHED CORN MEAL ACTIVITY
for Junior 4-H Club Members

YEAR

Name of Member

Age

County

Address

Name of Parents

Name of 4-H Club Years in Club Work

Name of Adult 4-H Leader Address

The Enriched Corn Meal Activity

Why Have This Program?

The purpose of this activity is to encourage 4-H club members between the ages of 10 to 14 years old to achieve the following:

- (1) Know the value of enriched corn meal in the diet as a good low cost food.
- (2) Influence others to use enriched corn meal and make better corn muffins.
- (3) Learn skills in food preparation.
- (4) Develop an appreciation for good quality muffins.
- (5) Improve personal and family health through the development of better food habits.

Who Can Take Part?

Any Junior 4-H club member enrolled in the food preparation project may also enroll in the corn meal activity.

What Do I Do?

- (1) MAKE corn muffins or bread at home or in a cookshop using enriched corn meal by a family size recipe using at least 1 cup of enriched cornmeal.
- (2) SCORE your enriched corn meal muffins, or bread, from six different bakings and keep a record of detailed scores, using the score card. This might be done at home or in a group judging contest. Ask your mother, leader or another adult person to judge one of the 6 bakings.
- (3) TAKE PART IN a county-wide "Bake-Off". Your Home Agent will let you know where and when you will make your muffins or bread using enriched corn meal, before local judges, who will select a county winner. You will furnish your own small equipment and supplies. You do not have to talk while making your enriched corn meal muffins or bread. You should have a clear understanding of what you are doing and be able to answer general questions related to the use of enriched corn meal.
- (4) WRITE down the number of times you have made enriched corn muffins or bread, and the number of people served each time. Write a story on the value of enriched corn meal, giving a list of books or pamphlets from which you obtained your information. List the different ways you used to get this information to people. (Give one or more examples of how others were influenced to make better corn bread or to use enriched corn meal.)
- (5) TURN IN a report to your Home Economics Agent. (It should include the items under No. 2 and No. 4 above).
- (6) Show an exhibit of 6 of your muffins at a special event such as a community or county fair. Use any recipe for making your muffins



Assemble all needed equipment

And measure all in you begin to make

at home. *The following recipe may be used:*

BASIC CORN MEAL MUFFIN RECIPE

1½ cup enriched corn meal	3 teaspoons baking powder
½ cup enriched flour	1 egg
1 teaspoon salt	1½ to 2 cups sweet milk*
	3 tablespoons melted fat

* Buttermilk can be used—Use only 2 teaspoons baking powder and 1/4 teaspoon soda to 2 cups of buttermilk.

1. Set oven control to 450° F.
2. Sift dry ingredients together to mix.
3. Return the bran coats that didn't sift through.
4. Mix together beaten egg, milk and fat.
5. Add all at once to the dry ingredients, and mix until all ingredients are blended.
6. Fill piping hot greased muffin pans 2/3 full.
7. Bake at 450° F. for 20 minutes.

North Carolina Corn Meal and Grits Facts

About 50 per cent of the people in North Carolina eat corn meal and grits daily. An average of one-third of the daily consumption of cereal products are made of corn. Some of the corn meal and grits used in our State is not enriched. The people who eat these products do not receive the benefits from the enrichment process as those in other areas where little or no corn meal and grits are eaten.

(1) How can good corn breads be made better?

Good corn breads can be made better by using enriched corn meal and standard recipes.

(2) Isn't all corn meal sold or milled in North Carolina required by law to be enriched?

No. The North Carolina law requires all white bread and flour and degermed corn meal and grits milled or sold in the state to be enriched. Many people eat little flour and bread, but much whole corn meal. They do not get the full health value from the present enrichment program.

(3) Why should whole corn meal be enriched?

Extra food value is added to the corn meal in the form of minerals and vitamins. Corn by nature lacks enough of the minerals and vitamins which whole wheat has and enrichment adds. Actually some of

Judging and Awards

How Will They Be Judged?

County winners will be selected before June 1 on the basis of the muffins or bread made before local judges at a county-wide baking achievement round-up. —25% of score. 75% will be given for the report of your accomplishments (Item No. 5):

District winners will be selected from the record of accomplishments sent to the State 4-H Club Office on October 1.

A State winner will be selected from the District winners' record (75% and their participation in the State Baking Achievement Round-Up. 25% of total score).

The Awards:

All members receive an added health protecting measure for themselves and others whom they influence to use enriched cornmeal.

County Winners Will Receive:

25-50 participating in the County Program (local and County wide) 1st—Transistor Radio
2nd—Trip to 4-H Camp

10-24 Participating 1st—Trip to 4-H Camp
2nd—Electric Hand Mixer

Less than 10 Participating 1st—Trip to 4-H Camp

State Winner—\$200.00 deposited in local bank for a scholarship fund, can be withdrawn at age 18.

Summary of Work

1. Total number of times you made enriched corn meal muffins at home. No. Served _____
2. Total number of individual persons, other than your immediate family, to whom you gave information about Enriched Corn Meal. _____
3. a. Total number of clubs or organizations to whom you gave reports or demonstrations. _____
b. Names of organization or club.

- c. Approximate number attending. _____
4. Special events in which you entered your corn meal muffins—such as Community or county Fairs, etc. _____
5. Total number times you baked other corn meal dishes. _____

6. How did your local leader help you?

North Carolina State College of Agriculture and Engineering of the University of North Carolina and the U. S. Department of Agriculture, Cooperating. N. C. Agricultural Extension Service, R. W. Shoffner, Director. State College Station, Raleigh. Distributed in furtherance of the Acts of Congress of May 8 and June 30, 1914.

January, 1963

Club Series 104 (Reprint)

