

YCC Fast Foods Promotion Article by Amanda Keys

Amongst the gentle buzz of woodworking projects making their way to the back of the Thomas County Fair Grounds Building and the appetizing aroma of last minute baking, Amanda Keys, a Youth Curriculum Committee member, was preparing to share one of her favorite manuals with her fellow 4-Hers. FAST FOODS! Intrigued by the bright red race car cover, they dug in and made many fantastic Fast Foods discoveries.

In the first lesson they learned about the MyPyramid and that a computer mouse is about the size of one serving of potatoes. Using the brand new Fast Foods CD-ROM, a Blaine County 4-Her watched a video that explained exactly how to “fold” her ingredients when cooking. Another viewer explored the Spring E-Zine, the quarterly Fast Foods on-line magazine, and uncovered recipes for her favorite fruit, mangos. The 2009 Spring E-Zine and the two previous E-Zines can be found at <http://4h.unl.edu/fastfoods/>.

To learn more about Fast Foods or any other 4-H project, you can check it out right here on the 4-H website and you can contact your local extension office.

