



4-H Flavorful

*Hands in the Kitchen, **Hearts at the Table.***

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Recipes:

- Yogurt Parfait
- Homemade Mac and Cheese
- Chicken Enchiladas
- Cheesy Queso Dip and Tortilla Chips

Survey



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Build Your Plate: Dairy

Eating dairy foods is a tasty way to help keep your bones and teeth strong thanks to nutrients like calcium and vitamin D. They also give your body protein that helps you grow, stay active, and feel your best.

How much dairy products are needed daily?

The amount of dairy products you need to eat depends on your age, sex, height, weight, and physical activity. Find the right amount for you by getting your MyPlate Plan.

What counts as a cup of dairy?

The following examples count as 1 cup from the Dairy Group:

- 1 cup of milk, yogurt, or soy milk
- 1 ½ ounces of natural cheese
- ⅓ cup shredded cheese
- 2 cups cottage cheese

Food Allergies

Recipes can be adjusted to meet various food allergies and personal preferences. Each recipe in 4-H Flavorful highlights MyPlate food groups while introducing participants to new and nutritious dishes.

Taste Test Reflections

Share your taste test reflections for 4-H Flavorful by reporting about your experience. Reporting is easy and takes less than 5 minutes. Visit the QR code to complete a brief survey or use the following link: https://sdstateoira.sjc1.qualtrics.com/jfe/form/SV_73sUVVgMaUGIAdg

Respond to the following statements about this month's theme, activities and recipes:

- This month I learned...
- How do you plan to use what you learned?
- What did your family enjoy most about this month's activities or recipes?
- How did you support this recipe with other food groups for a complete meal?

Recipes are taste tested by South Dakota State Fair 4-H Special Foods Contestants.

Table Talk

- What made you smile today?
- If you could invent a new holiday, what would it celebrate?
- What's your favorite dairy food- cheese, milk, yogurt, or ice cream?
- How does dairy help keep our bodies strong?
- What's one thing you'd like to learn how to cook?

Flavorful Futures

A career in conservation can vary vastly! In conservation you might work in an office, lab, outdoors or a combination of the three. Working in conservation promotes every effort big or small contributes to the greater good of protecting habitats, wildlife and improving climate resilience.

Growing Jobs- These jobs focus on caring for cows and growing feed.

- **Agronomist** – Helps farmers grow healthy crops for feed.
- **Crop Farmer / Feed Grower** – Grows corn, hay, and silage for dairy cows.
- **Farm Equipment Operator** – Uses tractors and farm machinery.

Science Jobs- These jobs use science to improve dairy farming and products.

- **Food Scientist** – Develops dairy products like cheese and yogurt.
- **Microbiologist** – Studies bacteria in milk and dairy foods.
- **Geneticist** – Improves dairy cattle through breeding.

Food Jobs- These jobs turn milk into foods we eat every day.

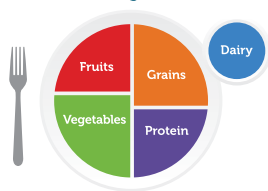
- **Milk Processor** – Turns raw milk into packaged milk.
- **Quality Control Technician** – Tests milk and dairy products for safety.
- **Dairy Plant Operator** – Runs equipment in processing plants.

Selling & Sharing Jobs- These jobs connect dairy products with customers.

- **Sales Representative** – Sells dairy products to stores and restaurants.
- **Nutrition Educator** – Teaches people about the benefits of dairy foods.
- **Extension Educator** – Shares dairy research with farmers and communities.



Start *simple*
with **MyPlate**



Move to Low-Fat or Fat-Free Dairy

Healthy eating is important at every age. Eat a variety of fruits, vegetables, grains, protein foods, and dairy or fortified soy alternatives. When deciding what dairy or fortified soy items to eat or drink, choose options that are full of nutrients and limited in added sugars, saturated fat, and sodium. Start with these tips:



Include dairy in the morning

Enjoy a bowl of unsweetened cereal with low-fat or fat-free dairy milk or soy beverage. Or, top plain low-fat or fat-free yogurt with a serving of fruit and nuts to include two more food groups.



Look for calcium sources

If you don't consume milk, look for calcium-fortified foods—some breads and orange juices, and soy products like tofu and soy yogurt. Some leafy green vegetables, like kale and collard greens, are also good sources of calcium.



Fit dairy into meals

Prepare oatmeal and canned condensed soups with low-fat or fat-free dairy milk or fortified soy beverage instead of water. Adding milk or soy beverage to smoothies, quiche, and mashed potatoes is another good idea.



Create your own dressing

Blend plain low-fat or fat-free dairy yogurt, lemon juice, and dried or fresh herbs such as basil and parsley for a salad dressing. This can also be a quick and healthy veggie dip.



Drink up!

Grab a glass of milk. A cup of low-fat or fat-free dairy milk or fortified soy beverage is an easy way to drink a healthy calcium snack.



Snack on homemade cheese spread

Blend low-fat ricotta cheese with herbs such as oregano and dill, and sprinkle on some chopped green onions. Serve with whole-grain crackers.



Health Benefits of Dairy

Eating and drinking dairy products offer health benefits, like building and maintaining strong bones. Dairy group foods provide nutrients that are vital for the health and maintenance of the body.

- The Dairy Group provides many nutrients including Calcium, Phosphorous, Vitamin A, D and B12, Potassium, Zinc, Magnesium, and Selenium.
- Many people do not get enough potassium. Diets rich in potassium may help to maintain healthy blood pressure. Dairy products, especially dairy milk and yogurt, and fortified soy milk, provide potassium.
- Calcium and vitamin D are important nutrients at any age. Eating or drinking dairy products that have these nutrients help to improve bone health, especially in children and adolescents when bone mass is being built.

Mealtime tips

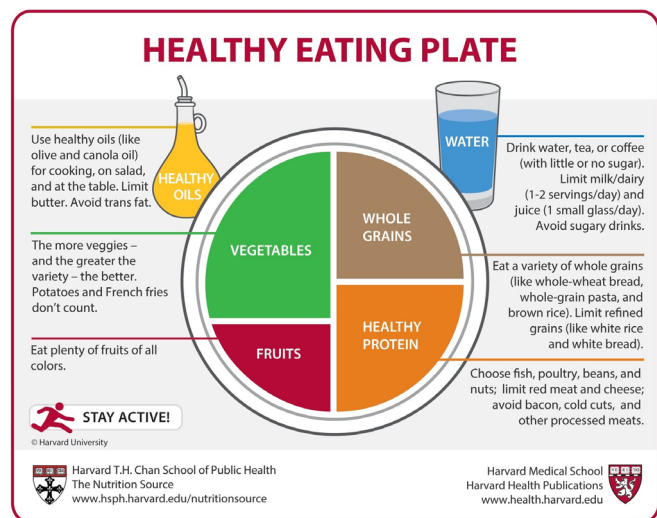
Eat a balanced plate of food to aim to fill your plate with a variety of foods to fuel your body and brain.

Try to include:

- $\frac{1}{2}$ your plate fruits and vegetables for vitamins, minerals, and color
- $\frac{1}{4}$ your plate grains, choose whole grains when possible for energy
- $\frac{1}{4}$ your plate protein like lean meat, eggs, beans or nuts to help build muscles.
- A serving of dairy such as milk, yogurt, or cheese for strong bones and teeth.

Bonus Tips

- Choose water or milk instead of sugary drinks.
- Try new foods- It can take several tries to like something new.



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Family Engagement

Play the game “Farm to Table Talk” where each family member chooses a food on their plate to name on job it took to bring the meal to the table.

Example- Milk starts with dairy farmers caring for cows. Veterinarians keep cows healthy, nutritionists plan their feed, milk is tested by scientists, processed and packaged at a dairy plant, transported to stores, and finally poured at your table.

Resources

<https://www.myplate.gov/eat-healthy/dairy>

U.S. Department of Agriculture (USDA). Careers in Agriculture and Food. <https://www.usda.gov/4-H>

Agriculture and Food Science Projects. <https://4-h.org/parents/curriculum/agriculture/>

National FFA Organization. Agricultural Career Pathways. Retrieved from <https://www.ffa.org/>

My American Farm (American Farm Bureau Foundation for Agriculture). Ag Career Profiles. www.myamericanfarm.org

Difference in Boiling, Steaming, Baking and Sauteing

Boiling:

- Method: Cooking food in water or other liquids at 212°F (100°C) until fully cooked.
- How it works: Heat from the water surrounds the food, cooking it evenly.
- Kitchen Items to Use: Pot with Lid, Saucepan
- Common foods: Pasta, eggs, potatoes, vegetables
- Pros: Simple, fast, good for softening foods.
- Cons: Can leach nutrients into water, less flavor development.
- Safety: Always use oven mitts or potholders when handling pots, teach slow lifting and draining techniques to avoid splashing, keep handles turned inward on the stove to prevent accidents, fill pots no more than $\frac{2}{3}$ full to prevent boiling over.

Steaming:

- Method: Cooking food using hot steam, usually with a steamer basket above boiling water.
- How it works: Steam gently cooks the food without direct contact with water.
- Kitchen Items: Steamer basket, Pot or Saucepan with Lid,
- Common foods: Vegetables, fish, dumplings.
- Pros: Retains more nutrients, texture, and color than boiling.
- Cons: Slower than boiling for some foods.
- Safety: Use medium heat first, avoid overheating oil, add oil carefully and dry food before adding to hot pan (prevents splattering), use long-handled utensils to stir or flip food, keep a lid nearby to smother any small grease flare-ups, never leave hot pan unattended.

Baking:

- Method: Cooking food using dry heat in an oven, usually around 300–450°F (150–230°C).
- How it works: Hot air surrounds the food, cooking it evenly.
- Kitchen Items: Oven-safe pans (cookie sheets, muffin tins, loaf pans, cake pans)
- Common foods: Bread, cookies, cakes, casseroles.
- Pros: Creates a browned, crisp exterior; even cooking; develops flavor.
- Cons: Takes longer, requires preheating.
- Safety: Preheat the oven properly before placing food inside, use oven mitts or potholders every time you touch hot pans, racks, or the oven door, place racks at the correct height before heating the oven to avoid reaching over hot spaces.

Sauteing:

- Method: Cooking food quickly in a small amount of fat (oil or butter) over medium-high heat.
- How it works: Direct heat from the pan cooks the food; fat helps transfer heat and adds flavor.
- Kitchen Items: Skillet/Frying Pan (preferably non-stick for beginner-friendly cooking)
- Common foods: Vegetables, chicken, shrimp, small cuts of meat.
- Pros: Quick, develops flavor and browning, good for retaining texture.
- Cons: Can burn food if not monitored, requires more attention
- Safety: Use medium heat at first to prevent oil from heating, never leave a hot pan unattended (oil can overheat quickly), use a pan with a handle you can grip firmly.

Shopping List

Meat/Protein

- ☐ 2 cans (16 oz each) chicken (cubed or shredded)

Canned/Jar

- ☐ 1 can (4 oz) chopped green chilies (fire roasted)
- ☐ 1 box macaroni (at least 2 cups dry pasta)
- ☐ 1 box Ritz-style crackers (10+ crackers needed)

Produce

- ☐ 1 pint strawberries
- ☐ 1 pint blueberries
- ☐ 1 pint raspberries
- ☐ 2 bananas
- ☐ 1 red bell pepper
- ☐ 1 small onion
- ☐ 1 small tomato (or $\frac{3}{4}$ cup diced)
- ☐ 1 bunch fresh cilantro or 1 small jar dried cilantro
- ☐ 1 large garlic clove

Dry Ingredients/Seasonings

- ☐ All-purpose flour – 1 small bag
- ☐ Cornstarch – 1 small box
- ☐ Honey or maple syrup – 1 small bottle (optional)
- ☐ Salt – 1 small container
- ☐ Onion powder – 1 small jar
- ☐ Garlic powder – 1 small jar
- ☐ Ground cumin – 1 small jar

Dairy

- ☐ Butter – 1 stick (you'll use about $5\frac{1}{2}$ Tbsp total)
- ☐ Yogurt (vanilla, plain, or flavored) – 1 large container (32 oz / 4 cups)
- ☐ Velveeta cheese – 4 oz block
- ☐ Shredded cheddar cheese – about 3 bags (8–12 oz each, total about $5\frac{1}{2}$ cups)
- ☐ Sour cream – 1 container (8–16 oz)
- ☐ Heavy whipping cream – 1 pint (or small carton)
- ☐ Milk – 1 quart (plus 2–3 tablespoons for queso)
- ☐ Evaporated milk – 1 can (12 oz)





Yogurt Parfait

Cook Time: 15 minutes | **Servings:** 4

Ingredients

- » 4 cups yogurt (vanilla, plain, or flavored)
- » 2 cups granola (your favorite kind-plain, honey, or nutty)
- » 2 cups fresh fruit (your choice-strawberries, blue berries, raspberries, bananas)
- » 4 tablespoons honey or maple syrup (optional)
- » Chopped nuts (almonds, pecans, walnuts) Optional

Directions

1. Wash and slice fruit if needed.
2. In individual cups, layer each parfait:
3. Spoon ½ cup yogurt into the bottom of each clear cup or bowl.
4. Add ¼ cup fruit.
5. Sprinkle ¼ cup granola.
6. Repeat layers.
7. Add another ½ cup yogurt, ¼ cup fruit and ¼ cup granola.
8. Top it off with drizzle of honey or sprinkle with nuts or cinnamon, if desired.
9. Serve immediately for crunchy granola, or cover and refrigerate for 1 day.

Source: Yogurt Parfait, Talayna Opdahl, Hamlin County, South Dakota 4-H Special Foods Project

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Homemade Mac and Cheese

Cook Time: 40-45 minutes | **Servings:** 6

Ingredients

- » 1 tablespoon butter
- » ¼ teaspoon salt
- » 4 oz. Velveeta cheese
- » 2 cup macaroni of choice
- » ¼ cup flour
- » 2 cup milk
- » 8 oz. shredded cheddar cheese
- » 10 Ritz style crackers

Equipment

- » Oven
- » Large Sauce Pan
- » Casserole Dish
- » Whisk

Source: Mac and Cheese, Micah Stern, Brookings County, South Dakota 4-H Special Foods Project

Directions

1. Heat oven to 350 degrees.
2. Cook macaroni according to instructions on package. Drain macaroni and set aside.
3. Melt butter in large saucepan on low heat.
4. Stir flour and salt into butter in saucepan.
5. Cook and stir for 1 minute. Gradually stir in milk until well blended.
6. Cook and stir until thickened.
7. Add Velveeta and 1 ½ cup cheddar cheese.
8. Cook until melted, stirring frequently.
9. Stir in macaroni.
10. Spoon mixture into a casserole dish.
11. Top with remaining cheddar cheese and crackers.
12. Bake for 20 minutes or until heated through.
13. Garnish and serve.



Cheesy Queso Dip and Tortilla Chips

Cook Time: 25 minutes | **Servings:** 8

Ingredients

- » 2 ½ cup cheddar cheese
- » ½ tablespoon butter
- » ¼ cup onion, very finely chopped
- » 1 small tomato, diced (¾ cup)
- » 4 oz. can chopped green chilies, fire roasted
- » 1 tablespoon and 1 teaspoon dried cilantro or ¼ cup fresh cilantro, finely chopped
- » 2-3 tablespoons milk
- » 1 tablespoon cornstarch
- » 1 large garlic clove, minced
- » 12 oz. evaporated milk
- » ¼ teaspoon onion powder
- » ¼ teaspoon garlic powder
- » ¼ teaspoon cumin
- » Tortilla chips

Directions

1. Mince garlic, chip onion, and dice tomato. Place cheese and cornstarch in a bowl, toss to coat.
2. Melt butter over medium heat in a large saucepan or small pot. Add garlic and onion, cook slowly for 3 minutes or until onion is translucent but not browned. Add tomato (including juices) and cook for 2 minutes until tomato is slightly softened.
3. Add evaporated milk and cheese. Stir, then add chilies and spices. Stir until cheese melts and it becomes a silky sauce. Add salt to taste- amount required depends on saltiness of cheese used- and stir through cilantro.
4. Stir in milk or water to adjust consistency- the dip thickens when it cools, and milk can be added later to adjust to taste.
5. Remove from heat. Serve warm or at room temperature- it will be soft and scoopable even when it cools. Put queso in a bowl with tortilla chips, garnish, and serve.

Source: Cheesy Queso Dip and Tortilla Chips, Micah Stern, Brookings County, South Dakota 4-H Special Foods Project



Chicken Enchiladas

Cook Time: 40 minutes | **Servings:** 4

Ingredients

- » 3 tablespoons butter
- » 3 tablespoons flour
- » About 1 cup heavy whipping cream
- » 1 cup sour cream
- » 3 cup shredded cheese
- » 2- 16 oz cans chicken (cubed/ shredded)
- » 1 red bell pepper

Directions

1. Pre-heat the oven to 350 degrees.
2. Open cans of cubed chicken and drain excess broth into a glass measuring cup and set aside.
3. Combine chicken, sour cream, and 2 cups of cheese in a bowl.
4. Spoon evenly into tortillas, then roll up and place in a 9x13-inch greased baking pan. Set aside.
5. Melt butter in a sauce pan and add flour. Add heavy whipping cream to the reserved chicken broth until the mixture measures 2 cups. Then pour into the saucepan.
6. Cook on medium heat whisking occasionally until it gets bubbly. Chop the red pepper and add to the saucepan mixture. Pour evenly over the tortillas in the baking pan. Top with remaining cheese. Bake for 20 minutes and then broil on high for 3 minutes.

Source: Chicken Enchiladas, Megan Gillen, Brookings County, South Dakota 4-H Special Foods Project

Meal Builders

Check out the Meal Builders below for two fun examples to help plan your menu! Aim to include 4–5 food groups for a meal and 2–3 food groups for a snack. The five food groups are fruits, vegetables, grains, protein and dairy. Eating from all the food groups gives your body the fuel it needs to play, learn, and grow strong every day! On the lines below, write your favorite meal or snack ideas to build your plate!

 **Yogurt Parfait**

Eggs and toast

Bacon or sausage

 **Queso Dip**

 **Mac and Cheese**

Broccoli

Grilled Chicken

Milk

 **Chicken Enchiladas**