



we CU volunteer

South Carolina 4-H Volunteers' Newsletter
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Come and see us at the South Carolina State Fair, October 12-23, 2016!!!

South Carolina 4-H will have an interactive exhibit in the Ellison Building



and livestock participants in the arena for the duration of the fair, as well as a 4-H Alumni Luncheon on October 13th and Healthy Lifestyles Competitions and demonstrations in the Moore Building! Contact taberp@clemson.edu for more information.

National 4-H Week is *now!* Celebrate by sharing your #4HGrown story with others. Help us spread the word about our 4-H Alumni Database, Tractor Supply Co. Paper Clover Campaign, and more!!! Don't forget that National Youth Science Day is Wednesday, October 5, 2016. Check out the *Drone Discovery* challenge here: 4-H.org/nysd.

TSC TRACTOR SUPPLY CO.

PAPER CLOVER

OCT. 5TH - OCT. 16TH

FOR 4-H CAMP & LEADERSHIP EXPERIENCES

DONATE \$1 AT CHECKOUT

and

CONTRIBUTE TO SCHOLARSHIPS THAT SEND KIDS IN YOUR STATE TO 4-H CAMP & OTHER LEADERSHIP OPPORTUNITIES

No endorsement by 4-H is implied or intended. Use of the 4-H name and emblem is authorized by USDA. 4-H is the youth development program of our nation's cooperative extension system.

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Monthly 4-H Club Activity Idea

*Created by J. Hope Morris,
UPIC Intern, 4-H Alumna*

Fair Favorites

Objective: to manage decisions about food choices and seek healthier alternatives to traditionally high-calorie, low-nutrient foods.

Age Range: All ages.

Hands-on Activity: Burn calories and follow the recipe for a healthy alternative to traditional fair food.

Life Skills: HEAD = decision making;
HEART = social skills, communication;
HANDS = marketable skills;



Introduction

As the temperatures become more temperate, there is no doubt that fair season is approaching. Many exciting things come to mind during this fall month such as crazy rides, interactive games, livestock shows, and, of course, delicious food! With a thousand different aromas swarming the air, the temptation to indulge in at least one delicious treat is overwhelming. Whether it is a foot-long corndog, a donut cheeseburger, or a savory funnel cake, there is no doubt that the options are a bit challenging when it comes to making healthy choices.

Here are some tips to maintain a healthy diet when attending the fair:

- Limit the amount of food you consume.
- Try to avoid deep fried foods in bulk.
- Make your meals before or after the fair low in calories or cholesterol.
- Exercise moderately before or after to avoid stored calories.

When considering what to eat at the fair, an item that crosses many peoples mind is the funnel cake. As to not miss out on the delicious dessert all together, here is a unique alternative recipe that reduces the fat and calorie intake while also allowing you to enjoy the same appetizing flavor.

Also, here's a quick game that is sure to burn calories and have fun!!!

Part 1 – Frisbee Fun

Materials:

- 1 flying disc or Frisbee
- 2 small trashcans or large baskets of equal size to serve as “goals”.

Set goals about 20+ feet apart. Two teams of 2 take turns throwing the disc attempting to land the disc inside the goal or, at least, strike the outside of the goal. Teammates stand across from each other at opposite goals. A teammate is allowed “to assist” the disc while it is in flight. But, if a person from the other team interferes with a disc in flight, it is an automatic disqualification and the throwing team wins! The first team to reach 21 points wins.

Scoring points as follows:	
Disc strikes goal, assisted	1 point
Disc strikes goal, unassisted	2 points
Disc goes into goal, assisted	2 points
Disc goes into goal, unassisted	3 points



Part 2 – Fat-reduced Funnel Cake

Ingredients:

- 1 ¼ cup whole wheat flour
- 1 large egg
- 1 cup milk
- 6 tsp granulated sugar
- ¼ tsp salt
- 1 tbsp vegetable/canola oil
- 1 tbsp powdered sugar
- approximately 2 cups vegetable or canola oil for cooking

Put 2 cups oil in a pot to cover 2 inches from the bottom. While heating the oil on medium to high heat, prepare the funnel cake batter. In one bowl, mix the egg and milk. In a separate bowl, mix the whole wheat flour, sugar, and salt. Pour the dry mix into the wet mix in small portions until mixture is complete. (If the batter appears too thick, add a little more milk until the mixture is smooth.) Using a gallon sized freezer bag, pour in the batter into one corner of the bag; then, snip a tiny hole into the corner. By this time, the oil should be hot enough. (Test the oil by putting a tiny pinch of flour into the oil. If it bubbles, it is ready. Or, you can insert a wooden spoon into the oil; if it has tiny bubbles around it, READY!) Now, you can take the batter with the tiny hole and begin to squeeze the batter into the oil swirling it around to make the design of the funnel cake. You can choose the size, but be sure to flip the funnel cake over after 1 minute. Then, let it cook on the other side for 1 minute and take it out using tongs and let cool on wire rack. Sprinkle with powdered sugar, fat free whip cream, or fruit. ENJOY!!! Serving Size: 5

Source: <https://recipes.sparkpeople.com/recipe-detail.asp?recipe=2231169>

Compare this recipe's nutrition label with a traditional funnel cake.

*What differences do you see?
What other foods can you alter the recipe for to improve the nutritional value?*

Nutrition Facts	
Serving Size 161.1g	
Amount Per Serving	
Calories 504	Calories from Fat 273
% Daily Value*	
Total Fat 30.3g	47%
Saturated Fat 2.7g	14%
Trans Fat 0.0g	
Cholesterol 67mg	22%
Sodium 245mg	10%
Potassium 235mg	7%
Total Carbohydrates 50.2g	17%
Dietary Fiber 1.2g	5%
Sugars 18.0g	
Protein 8.1g	
Vitamin A 4%	Vitamin C 0%
Calcium 12%	Iron 13%
* Based on a 2000 calorie diet	
Nutritional details are an estimate and should only be used as a guide for approximation.	

Traditional Funnel Cake

Nutritional Info	
Servings Per Recipe: 5	
Amount Per Serving	
Calories: 187.2	
Total Fat: 4.8 g	
Cholesterol: 39.4 mg	
Sodium: 151.8 mg	
Total Carbs: 31.1 g	

Whole Wheat Funnel Cake

Conclusion

Choosing healthy alternatives to foods you crave will not only satisfy your craving without adding to your waistline, it establishes healthy habits that make you feel better!