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.

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.
Monthly 4-H Club Activity Idea

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.

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.

| 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 |

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.

pumpkinfarm.com
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!!!

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!

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?