

FUN, HANDS-ON ACTIVITIES TO KEEP KIDS ENGAGED

# HERB PIZZA STRIPS

### Ingredients Needed

1 uncooked pizza dough or can of crescent roll dough 3 Tablespoons Olive Oil 11/2 teaspoon garlic powder 2 teaspoons dried mixed herbs or Italian seasoning 1 teaspoon of chili flakes or chili powder

#### **Directions:**

- 1. Preheat oven to 400 degrees.
- 2. Place pizza dough or crescent rolls on a cutting board.
- 3. Mix together all the other ingredients in a bowl
- 4. Spread the mixture on the dough, making sure it is evenly covered
- 5. Cut dough into strips. (using a pizza cutter makes this easy
- 6. Place strips on baking pan.
- 7. Bake for 20 to 25 minutes or until golden brown





Food, Fun and 4-H is an at home cooking program to encourage young people in the kitchen, preparing home-cooked meals, trying new foods while encouraging family time!

<u>Cost:</u> FREE This program is funded through the Walmart Healthy Habits grant and is available to any youth at no charge.

<u>How It Works:</u> Register by May 15th, registration is limited, so don't wait! Go to: https://bit.ly/2SIvQDB

<u>What You Get:</u> In May, June, July and August, youth friendly recipes, table topics for family mealtime conversation and education and physical activity challenge. Youth currently in 4-H will also receive a 4-H apron and a kitchen utensil used in the next set of recipes.

<u>What Is Expected:</u> Those registered have 20 days to prepare their recipe, share two photos (one preparing the recipe and one photo of their family mealtime) and answer 3 questions about their cooking experience and meal time.

# **Pillowcase Project**

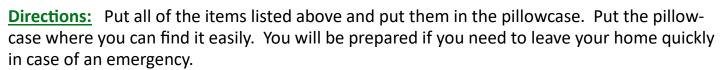
Oklahoma weather can be very unpredictable. Being prepared can not only save a life but help you feel more comfortable in a strange situation and more confident about what to do.

#### **Supplies Needed:**

Pillowcase Bottle of water Flashlight
Portable radio First Aid Kit Toothbrush

Toothpaste Small toy Change of clothes

Family Photos Batteries for radio & flashlight



See a great video about the Pillowcase Project at: https://youtu.be/LkeizaPGoQk





#### **Directions:**

- Mix all the ingredients together in a bowl. Add another teaspoon of water if it isn't mixing together very well
- 2. Put the mixture on wax paper and flatten to forma rectangle
- 3. Put into the freezer until it hardens then enjoy!

## Ingredients Needed

1/4 Cups of Oats
6 packets of no
calorie sweetener
2 Tablespoons of
Peanut Butter
1 teaspoon Cocoa
Powder
2 + teaspoons of
Hot Water

# READY FOR MORE!

The recipes and pillowcase project came from the Oklahoma 4-H Healthy Living Ambassadors and Cathy Allen, Associate State Specialist 4-H Curriculum Coordinator. This and more can be found at: http://4h.okstate.edu/weekly-healthy-habits

To get weekly healthy living activities sent to your inbox, subscribe to our newsletter: https://bit.ly/4HHealthyHabits





**OSU EXTENSION** 

**GRADY COUNTY 4-H YOUTH DEVELOPMENT**