

# Grill and Chill

**Theme Overview:** Most of us would agree that a burger, brats and even veggies taste better on the grill. The backyard ritual of grilling became popular in the United States after World War II. Families began moving out of the cities and into the suburbs where open-space backyards welcomed outdoor pastimes and grilling caught on in the 1950s.

There is often much debate around grilling: gas vs. charcoal, direct heat vs. indirect heat, ketchup-based BBQ sauce vs. vinegar-based BBQ sauce. Grilling can be as easy as throwing a couple of hot dogs on the grill or a battle over the National BBQ Championship. Grilling today is no longer reserved just for basic meats but can include fish for tacos, corn for a salad, peaches and much more.

Grilling is fun and very delicious, but each year grilling results in injuries usually caused by not using products correctly. Watch the video below for tips on keeping you and your family safe! For this month's recipes, it is important to work with an adult while grilling.

**Food allergies:** Recipes can be modified to accommodate food allergies and preferences.

**Reporting Changes This Month:** Food, Fun, 4-H funding has been provided through the Walmart Healthy Habits Grant. Participants need to use the following link to complete the electronic survey:

Oklahoma State University – Walmart Healthy Habits Grant – Youth Survey [https://4hcouncil.co1.qualtrics.com/jfe/form/SV\\_bP00Vh5eShgLpmR](https://4hcouncil.co1.qualtrics.com/jfe/form/SV_bP00Vh5eShgLpmR)

To receive the August Food, Fun, 4-H mailing of utensils, 4-H members must reply via email to [healthyliving@okstate.edu](mailto:healthyliving@okstate.edu) by August 14, 2020. Use "Food, Fun, 4-H" in the email subject line. Emails must include the following information:

- 1 photo of 4-H member preparing one of the dishes
- 1 photo of the family meal
- Include member(s) name and county in the email

**Join Jim Rhodes and learn about Grilling Safety!**

<https://youtu.be/6OXU-obfw50>

**To take a fun Grilling Safety Quiz using Kahoot over what you have learned, visit:**

[https://kahoot.it/challenge/06799292?challenge-id=d52237b3-949b-4b35-811b-bdc982efc952\\_1587670442632](https://kahoot.it/challenge/06799292?challenge-id=d52237b3-949b-4b35-811b-bdc982efc952_1587670442632)



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## Dinner Conversation Topics:

- What is your favorite book and why?
- What is one thing you could have done better today?
- If you could make any vegetable against the law, which one would it be?
- What three words would you use to describe yourself?
- What is your favorite food cooked on the grill?

## Family Physical Activity Ideas:

- Play a family game of flashlight tag and enjoy the night's fireflies.
- Get some high-flyin' entertainment playing frisbee with family.
- Grab some sidewalk chalk and create a driveway/sidewalk hopscotch.

**Fair Entry Ideas:** Now that you have learned a little about grilling and using a meat thermometer, share with others what you have learned by creating a poster for the fair. For grades 3-5, create an educational poster based on food or kitchen safety. For grades 6-8, create an educational poster based on protein food safety. For grades 9-12, create an educational poster based on outdoor cookery or grilling.

