

# Rise and Dine

**Theme Overview:** A clever man first pushed the words “breakfast” and “lunch” together to create the word “brunch” way back in 1895. Brunch is a combination of breakfast and lunch foods, and is generally served on the weekends between 10:00 a.m. and 2:00 p.m. Brunch originated in England and became popular in the United States in the 1930s. Throughout the years, brunch has gained steady popularity because it made financial sense — a two-in-one meal with special touches that families did not have time to create during the week. Oatmeal and cold cereal for the rest of the week, but bacon, waffles, fruit, quiche and juices are often saved for the weekend. There are no menu “rules” for brunch, as items can range from breakfast foods to even include seafood and steaks.

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

**Reporting:** To receive the June Food, Fun, 4-H mailing of utensils, 4-H members must reply via email to [healthyliving@okstate.edu](mailto:healthyliving@okstate.edu) by July 10, 2020. Use “Food, Fun, 4-H” in the email subject line. Emails must include the following information:

- 1 photo preparing one of the dishes
- 1 photo of family meal
- Respond to the following statements **about this month’s theme, activities and recipes:**
  - “I like...”
  - “I wish...”
  - “I wonder...”

## Dinner Conversation Topics:

- What are the qualities that make you a good friend?
- If you could only eat three foods for the rest of your life, what would they be?
- What is one thing you are grateful for today?
- What is something you want to learn how to do and why?
- What is your very favorite breakfast food?

## Family Physical Activity Ideas:

- Play a family game of Charades.
- Hold a paper airplane design contest.
- Hold a family hula hoop contest.

**Fair Entry Ideas:** Once you have learned about etiquette and table setting, if you are in grades 3-5, make an educational poster illustrating a place setting for a specific occasion or menu (308 Class 25). If you are in grades 6-8, create an educational display based on a breakfast bread buffet theme, including a menu, buffet layout, decorations, invitations and any additional information. Think about what breakfast breads and spreads would be good at a continental breakfast (308 Class 26). Also, some county fairs have a table setting contest. Check out your county fair book to see if yours has one.

