

## 4-H'ers Mark Bicentennial With All American Foods

CHICAGO From New England's Indian pudding to New Orleans' jambalaya, American foods reflect a diverse ethnic heritage and the bounty of the land.

To celebrate the nation's bicentennial, young cooks in the national 4-H food-nutrition program are dishing up some of America's favorite regional fare.

What's more, they are

gaining a 200-year perspective on New World cuisine through "All American Foods." This 4-H members' manual contains easy-to-cook recipes spiced with anecdotes about characters out of history and folklore like Pecos Bill, Johnny Appleseed and Squanto.

The manual is one in a series of educational aids provided by General Foods Corporation, sponsor of the food-nutrition program for the 15th year. Under the supervision of the Cooperative Extension Service, nearly 770,000 boys and girls from 4-H nutrition projects.

Learn-by-doing projects 4-H'ers may "shop" the newspaper ads, plan a week's menus on the basis of actual purchasing. They'll learn how to store foods properly. And when they're ready to cook, they'll be taught basic culinary techniques plus the rules of safe food handling.

Projects stress good eating habits that last a lifetime. Health, physical fitness and appearance all depend on daily diet that includes foods from each of the four major groups: meat, cereals and bread, fruits and vegetables, and milk and milk products.

As they learn by doing in the food-nutrition program, the 4-H'ers can work for awards donated by General Foods Corporation and arranged by the National 4-H Service Committee. This year, \$800 college scholarships will go to six national winners, selected from among 50 state winners who will receive expense-paid trips to the 54th National 4-H and Nutrition Congress, Nov. 30-Dec. 4 in Chicago. Up to four medals of honor will be awarded in each county.

All winners are chosen by the Extension Service on the basis of their records of accomplishment. More information on the national 4-H food-nutrition program is available from county extension agents.

Flavorful jambalaya 4-H'ers enjoy preparing a savory skillet jambalaya, a meal influenced by early French, Spanish, African and



During America's bicentennial, young cooks in the national 4-H food-nutrition program are preparing and serving dishes with an American flavor. While they learn by doing in the Cooperative Extension Service conducted program, 4-H'ers can work for a series of awards donated by General Foods Corporation.

Choctaw Indian residents of the U.S. Gulf Coast. The following recipe calls for ground beef but could be varied by substituting cooked ham or shrimp.

Melt 2 tablespoons butter or margarine in skillet over medium heat. Add ½ cup diced onion, ¼ cup diced green pepper, and 1 pound ground beef. Cook, stirring often until meat is browned. If a large amount of fat cooks out, spoon off excess. Drain 1 can (1 lb. 12 oz.) tomatoes, measuring juice. Add water to make 1½ cups. Add the liquid, tomatoes, 1 teaspoon salt, ½ teaspoon sugar, ¼ teaspoon thyme, and 1 small bay leaf to mixture in skillet. Cover and simmer 5 minutes. Then stir in 1 1/3 cups precooked rice, cover and simmer 5 minutes longer. Discard bay leaf before serving. Serves 4 to 5.

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