



THE UNIVERSITY OF GEORGIA  
**COOPERATIVE EXTENSION**  
College of Agricultural and Environmental Sciences & Family and Consumer Sciences



## Georgia 4-H Base Programming

### MilkMake Contest

#### Description of Learning Experience:

MilkMake is a 4-H food and nutrition activity for Cloverleaf 4-H'ers. 4-H'ers develop skills in food preparation and in making creative milk drinks. They also learn more about the nutritional value and versatility of milk. Awards are provided for every participant at the County level.

#### Learning Outcomes:

- Develop skills for utilizing milk creatively.
- Acquire knowledge of the nutritional value and versatility of milk.
- Develop leadership abilities, build character, and assume citizenship responsibilities

#### Georgia Performance Standards:

Elementary School: **HE5.1:** Students will comprehend concepts related to health promotion and disease prevention to enhance health; **HE5.5:** Students will demonstrate the ability to use decision-making skills to enhance health.

Middle School: **HE6.1:** Students will comprehend concepts related to health promotion and disease prevention to enhance health; **HE6.6:** Students will demonstrate the ability to use goal-setting skills to enhance health.

#### Essential Elements:

Primary: Mastery; Secondary: Independence/Belonging

#### Mission Mandates:

Healthy Living, Science, Engineering and Technology; Citizenship

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4-H helps young people experience: An increased desire to make a difference in their communities - High levels of leadership, self esteem, public speaking, communication and planning skills - Improved School Performance - Motivation to help others - Overall improvement in civic identity and civic engagement.