

CLOVERBUDDIES

**A 4-H EXPLORATION ACTIVITY SERIES FOR
CLOVERBUD MEMBERS**



JULY 2024

PROJECT EXPLORATION:

INTERNATIONAL
PROGRAMS



NAAN BREAD

There are different foods that each family, culture, country and even continent hold dear and make through generations. Can you think of any foods that the recipe has been handed down through your family? Try making this recipe below for Naan Bread which originates from Mesopotamia, ancient Egypt, and South Asia!

INGREDIENTS

- 1 3/4 cups SELF-RISING flour use gluten-free, if needed
- 1 cup Greek yogurt - vegan Greek yogurt, non-fat, full-fat or reduced-fat
- 1/2 tsp salt optional



INSTRUCTIONS

1. In a large mixing bowl, combine your self-rising flour with Greek yogurt and mix well, until combined. Use your hands to incorporate the flour and yogurt and form a ball of dough.
2. Lightly flour a wooden or kitchen surface. Sprinkle a tablespoon or two of flour on top of the ball of dough. Transfer the dough onto the floured surface, and press into a circular shape. Divide the dough into 8 even portions.
3. Re-flour the surface again, and get one portion of dough. Use a rolling pin and roll it out into a circular shape. Repeat the process until you have 8 uncooked flatbreads.
4. Heat a large, non-stick pan on medium heat. When hot, place one flatbread on the heated surface and cook for 2-3 minutes, before flipping and cooking for another two minutes. Repeat the process until all the flatbreads are cooked.

NEW TRADITIONS

This month, many American families (maybe yours too!) will be celebrating the Fourth of July, America's Independence Day. Some families have very specific traditions on this holiday, and other holidays too. Does your family typically go watch fireworks? Or grill dinner? Do you travel to visit family? Traditions are important to our families and help make you who you are. Read below about some 4th of July traditions that didn't come from America!

1. PICNICS

Originally, picnics were fancy meals only for rich people. Now, they are enjoyed by everyone in a casual setting, usually outside.



2. FOOD

Hamburgers come from Germany. French fries are actually Belgian, watermelon is Egyptian and bacon came from China!



3. FIREWORKS

Fireworks came from China over 2,000 years ago and were invented by an accident!

4. BBQ

Barbeque originated from the Spanish Caribbean word “barbacoa” to refer to the natives’ method of cooking meat over wood.

5. PARADES

“Parade” is a French word meaning “a showing.” Parades were held for military marches, but now they are put on to celebrate many different festivals and holidays.

6. FLYING FLAGS

Did you know the first flags were wooden poles with carvings on top? Fabric and material were added decoration. Knights usually carried flags into battle, but now they fly proudly all over the world.



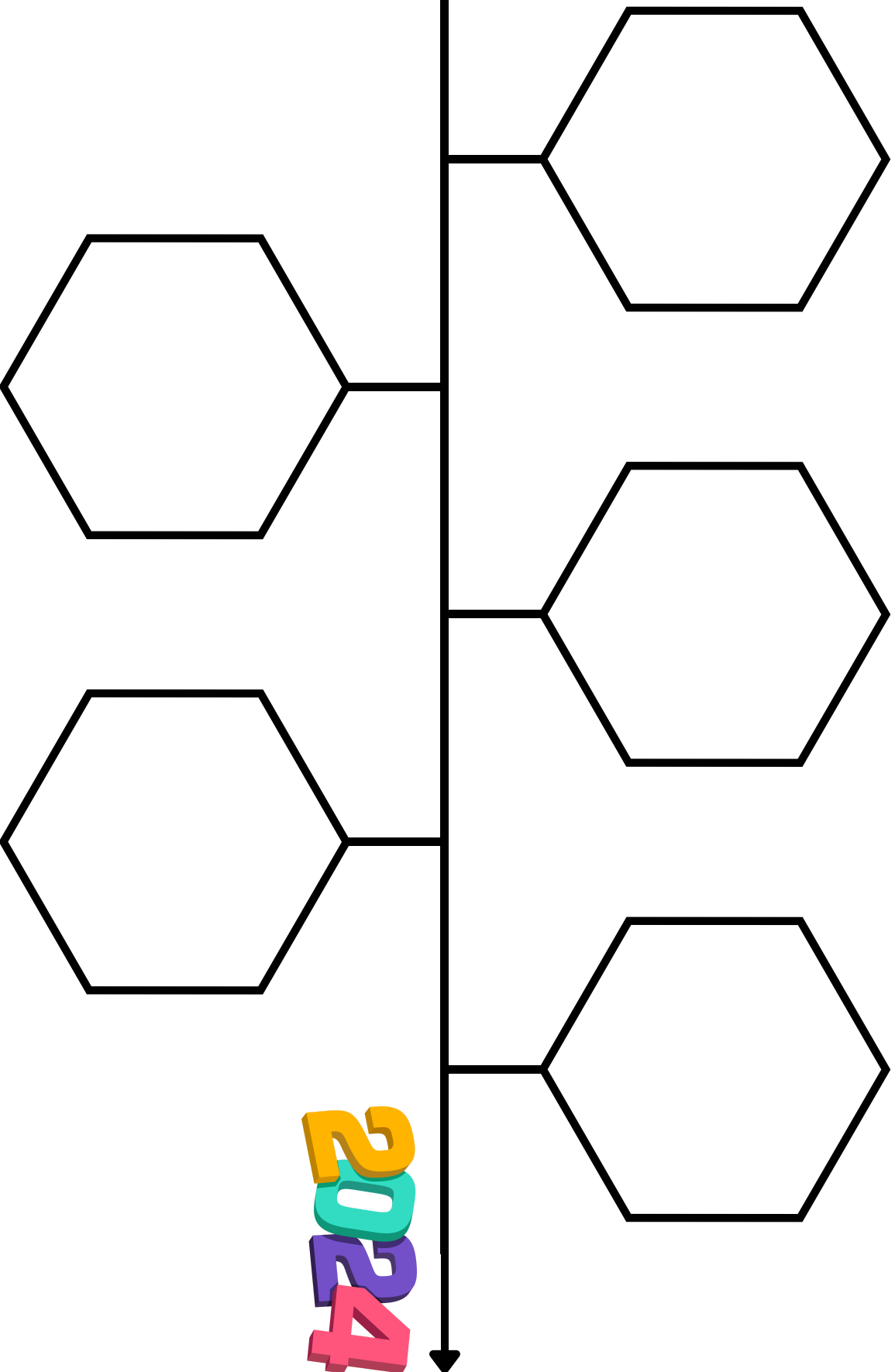
MOUNT FUJI & SENSOJI TEMPLE

In Tokyo, the Sensoji Temple is a Buddhist temple located in Asakusa and is one of Tokyo's most colorful and popular temples. Mount Fuji is an active volcano commonly called "Fuji-san." It is considered one of Japan's 3 sacred mountains. Color in the picture below of two people visiting these beautiful places!



Keeping Time

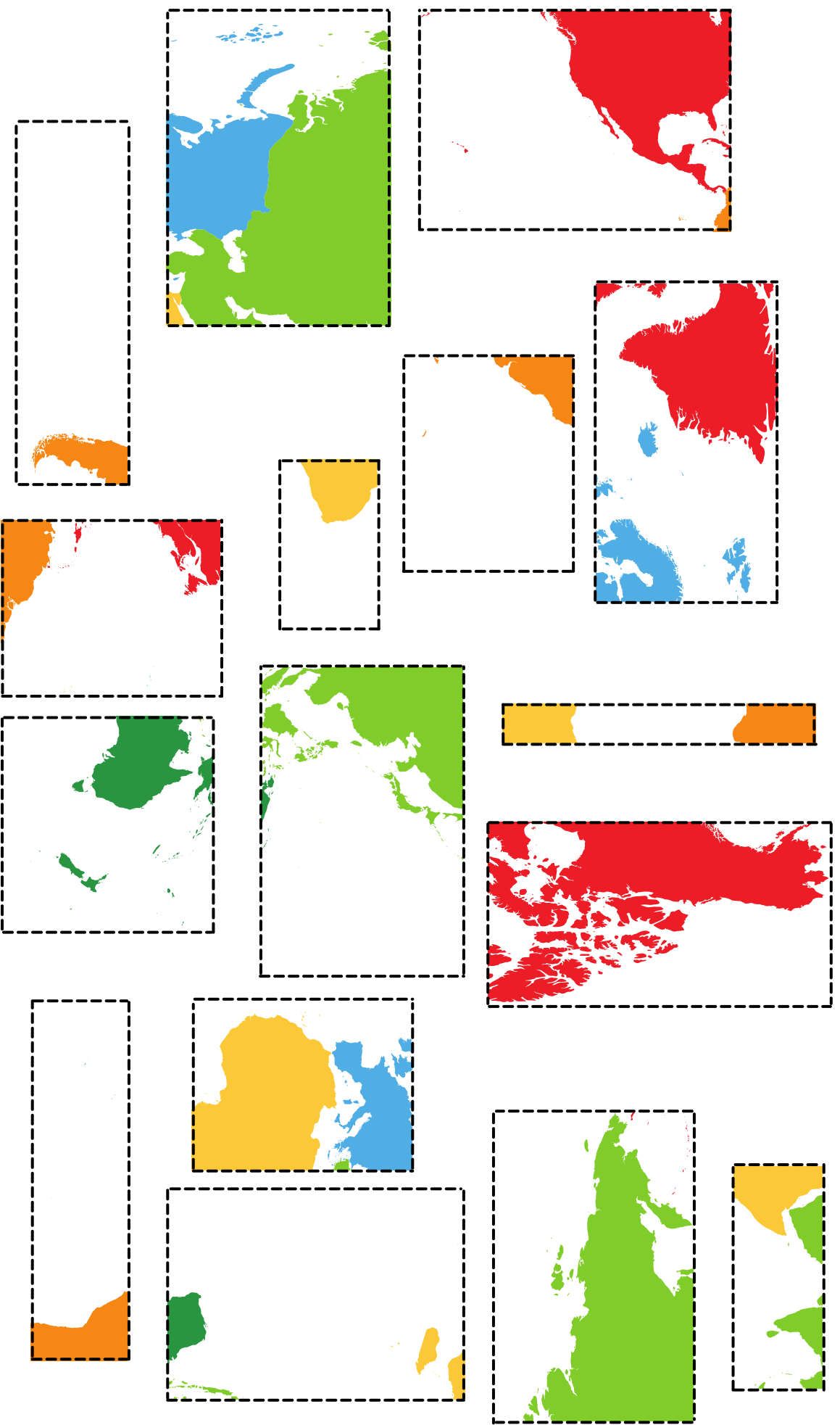
One common way that we make sense of history around the world is with a “timeline.” A timeline is a straight line that represents time and has different events connecting to the line at the point where that event happened. Let’s make our own timeline! In the outline below, the straight line that runs left to right represents your life. Fill in the hexagons with words, pictures, and drawings to add events that have happened to you - with the past on the left and now on the right.



2024

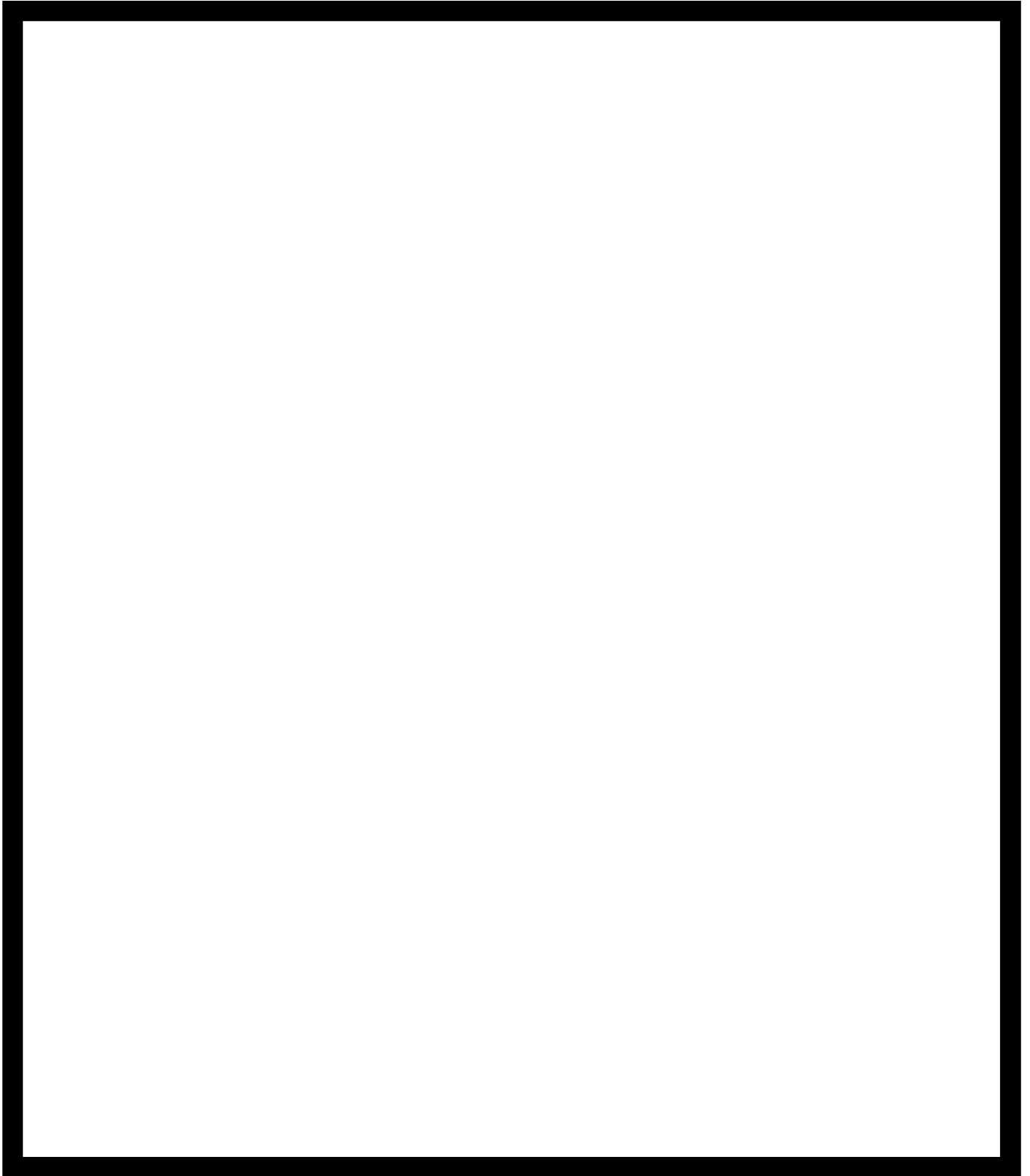
PUTTING THE WORLD TOGETHER

As you might already know, the world is a huge place! Where you live is just a tiny dot on a World Map, which is a common way for people to see the world all in one picture. Carefully cut on the dotted lines below to get puzzle pieces of a world map. Then see how fast you can put it together or challenge a friend to a race!



FLY YOUR FLAG

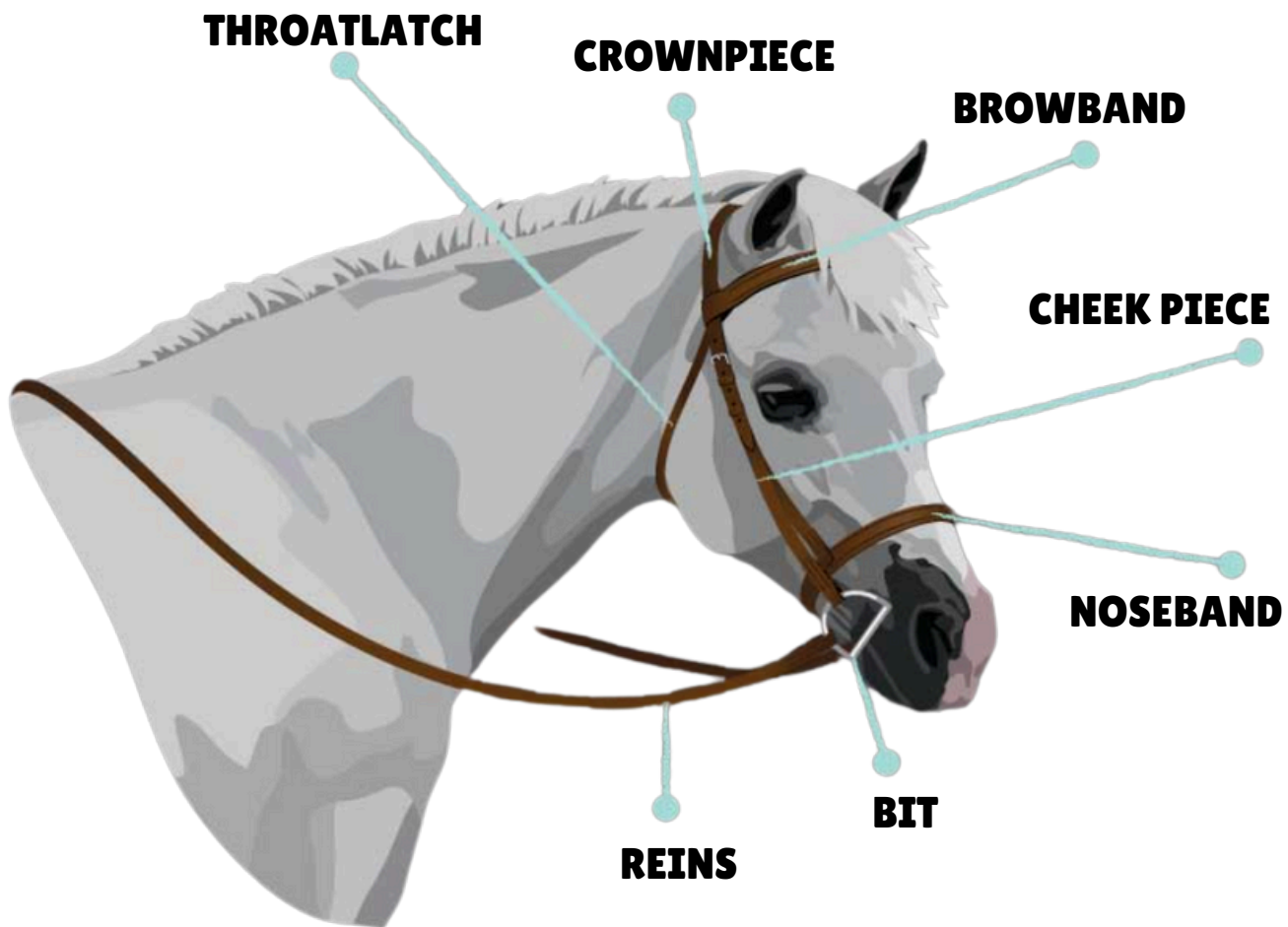
Did you know that every country has its own flag? Flags can be different colors, have different designs or be different sizes, but the one thing they all have in common is that they have symbolism and are important to the country they represent. Use the space below to draw a flag for a country of your own!



JUNE ANSWER KEYS

Answers to all Cloverbuddies activities will appear on the back cover of the following month's issue. For answers to this issue, watch for next month's installment of Cloverbuddies!

BRIDLE UP COWBOY:



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