



# 4-H FOOD AND NUTRITION PROJECT



In this project, youth learn about healthy eating by partnering with adults in the kitchen to plan and create meals and snacks. Youth can participate in a variety of 4-H food and nutrition projects including bread baking, meal planning, cultural cooking, healthy meals, outdoor cooking, cheese making and more.

- Use USDA’s MyPlate to plan meals and make balanced food choices.
- Learn how to safely purchase, prepare and store food.
- Discover the health benefits associated with different foods.
- Explore the importance of nutrition as it relates to quality of life.

## Starting Out *Beginner*

- Learn how to use measuring equipment.
- Classify food into appropriate food groups.
- Make healthy snacks.
- Demonstrate how to safely use a sharp knife.
- Compare the costs of purchased and homemade foods.
- Learn how to keep the kitchen clean.
- Prepare a healthy breakfast and learn why breakfast is an important meal.

## Learning More *Intermediate*

- Compare and contrast healthy and less-healthy food choices.
- Create a grocery list based on a budget.
- Identify how to keep food safe through proper food preparation and storage.
- Learn how to use the “Nutrition Facts” labels.
- Prepare a balanced, healthy meal.
- Calculate the amount of sugar in popular beverages.
- Review fast food menus and identify the healthiest options.

## Exploring Depth *Advanced*

- Identify key nutrients and their health benefits.
- Understand the health risks caused by food contaminants.
- Analyze the caloric and nutritional value of foods and beverages.
- Plan, purchase and prepare a daily menu.
- Discuss the impact of nutrition on academic achievement, sports performance and appearance.
- Explore careers in the food industry.

The activities above are ideas to inspire further project development. This is not a complete list.

## 4-H THRIVE

Help youth:

### Light Their Spark

A spark is something youth are passionate about; it really fires them up and gives them joy and energy. Help youth find how this project excites them.

### Flex Their Brain

The brain grows stronger when we try new things and master new skills. Encourage youth effort and persistence to help them reach higher levels of success.

### Reach Their Goals

Help youth use the GPS system to achieve their goals.

**Goal Selection:** Choose one meaningful, realistic and demanding goal.

**Pursue Strategies:** Create a step-by-step plan to make daily choices that support your goal.

**Shift Gears:** Change strategies if you’re having difficulties reaching your goal. Seek help from others. What are youth going to do when things get in their way?

### Reflect

Ask project members how they can use their passion for this project to be more confident, competent and caring. Discuss ways they can use their skills to make a contribution in the community, improve their character or establish connections.



# Expand Your Experiences!

## Healthy Living

- Design and create an exhibit featuring a nutrition topic for a health fair or community event.
- Create a portfolio of favorite recipes and their nutritional value.
- Track eating habits and physical activity in a journal. Review entries and set a goal that will help make a small improvement in how youth eat or exercise.

## Science, Technology, Engineering, and Mathematics

- Experiment with different recipes; modify recipes to reduce the fat, sugar or sodium content.
- Research different types of microbes commonly found in and around foods.
- Experiment with yeast to discover how microbes multiply.
- Compare different types of food measurements, such as weight and volume.

## Citizenship

- Cook foods from diverse cultures to develop a better understanding and appreciation for cultures different than your own.
- Sponsor a walk-a-thon and raise funds for a local health need.
- Work with your county health department on a local health issue, such as childhood obesity.

## Leadership

- Plan and help prepare a healthy snack for a community club meeting.
- Suggest nutrition guidelines that will help your family eat healthier.
- Become a role model for others by taking the position of Junior or Teen Leader.

## Resources

- Fantastic Foods  
[www.four-h.purdue.edu/foods](http://www.four-h.purdue.edu/foods)
- Fight BAC  
[www.fightbac.org](http://www.fightbac.org)
- California Beef Council  
[www.teachfree.com](http://www.teachfree.com)
- Spend Smart, Eat Smart  
[www.extension.iastate.edu/foodsavings](http://www.extension.iastate.edu/foodsavings)
- Agriculture in the Classroom  
[www.LearnAboutAg.org](http://www.LearnAboutAg.org)
- USDA MyPlate  
[www.myplate.gov](http://www.myplate.gov)
- Money Talks  
[moneytalks4teens.ucdavis.edu](http://moneytalks4teens.ucdavis.edu)
- Making Every Dollar Count  
[makingeverydollarcountry.ucr.edu](http://makingeverydollarcountry.ucr.edu)
- USDA Center for Nutrition  
[www.cnpp.usda.gov](http://www.cnpp.usda.gov)
- Kids a Cookin'  
[www.kidsacookin.org](http://www.kidsacookin.org)
- The Scrub Club  
[www.scrubclub.org](http://www.scrubclub.org)
- Fruit and Veggies Matter  
[www.fruitsandveggiesmatter.gov](http://www.fruitsandveggiesmatter.gov)
- Recipes for Healthy Kids  
[www.recipesforkidschallenge.com](http://www.recipesforkidschallenge.com)

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### Connections & Events

**Presentation Days** – Share what you’ve learned with others through a presentation.

**Field Days** – At these events, 4-H members may participate in a variety of contests related to their project area.

Contact your UC Cooperative Extension Office to determine additional opportunities available, such as a field day.

### Curriculum

- Cooking 101  
<https://shop4-h.org>
- Eatfit  
[www.eatfit.net](http://www.eatfit.net)
- Food and Fitness  
[msue.anr.msu.edu/program/info/jump\\_into\\_foods\\_and\\_fitness\\_jiff](http://msue.anr.msu.edu/program/info/jump_into_foods_and_fitness_jiff)
- Healthalicious Cooking  
<http://anrcatalog.ucanr.edu/Items.aspx?search=healthalicious>
- Consumer Savvy  
<http://new.4-hcurriculum.org/product.aspx?id=1646&c=Consumer>

### 4-H Record Book

4-H Record Books give members an opportunity to record events and reflect on their experiences. For each project, members document their experiences, learning and development.

4-H Record Books also teach members record management skills and encourage them to set goals and develop a plan to meet those goals.

To access the 4-H Record Book online, visit <http://ucanr.edu/orb/>



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