



# Foods and Nutrition Project



4-H offers projects in food preparation, food preservation, and nutrition. It is designed to involve you in fun experiments, teach you to prepare nutritious recipes, and to go on fact-finding missions. You'll have fun learning about food ingredients, food characteristics, and food safety. You'll discover the health benefits of eating a variety of nutritious foods, using MyPlate as a meal planning guide. You will develop and demonstrate skills in planning, purchasing, preparing, and serving tasty and nutritious meals.

## Starting Out *Beginner*

- Learn the basics of food preparation, including measuring accurately.
- Conduct fun food science experiments.
- Practice food and kitchen safety.
- Learn the basics of nutrition.
- Explore MyPlate to eat a healthy diet.

## Learning More *Intermediate*

- Learn how to read and use nutrition labels.
- Prepare recipes from each food group.
- Learn to prepare a meal.
- Learn what leavening agents are and how to use them.
- Understand how to prevent foodborne illness.
- Understand how to use MyPlate.

## Expanding Horizons *Advanced*

- Learn different methods for making yeast breads.
- Explore making pastries and pies.
- Practice baking foam cakes.
- Learn to prepare meats using both dry and moist heat methods.
- Explore herbs and spices.
- Learn to prepare celebration meals.

## Inspire Kids to Do

### Explore

#### **"I might like to do this."**

Youth who explore a variety of interests before high school, through experiences like 4-H camps and educational events, can develop early interest in a career path and improve their academic performance.

### Learn

#### **"I can do this."**

4-H project-based learning, guided by adult volunteers, improves youth understanding of skills and concepts, as well as their ability to problem-solve and collaborate.

### Practice

#### **"I'm interested in this."**

Youth who have participated in sustained hands-on learning and engaged with professional mentors and volunteers before entering high school are more likely to explore studies and potential career paths.

### Experience

#### **"I will be this."**

Real-world application is key — 91% of Kansas 4-H members have a plan for reaching their goals. Youth that have been active participants in hands-on learning, combined with strong decision-making skills, are more able to effectively navigate life.

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## Expand Your Experiences!

### Healthy Living

- Keep a journal of foods eaten, calories consumed, and daily physical activity. Set goals to improve how you eat and exercise.
- Learn to read food labels for calorie intake, sodium and sugar consumption.
- Research sports drinks and sugary drinks versus water. Create an exhibit for a health fair.

### Science and Agriculture

- Experiment with different recipes, modifying them to make them healthier.
- Challenge yourself to prepare a meal only from ingredients you have grown/raised.
- Create a community garden or donate vegetables from your garden to a local food pantry.

### Community Vitality

- Volunteer at a food pantry.
- Organize a food drive within a community organization.
- Pack backpacks of healthy food for school children.

### Communication and the Arts

- Help host a dinner theatre, creating a meal for the event.
- Create a cookbook of your favorite healthy recipes.
- Give a speech or demonstration related to food/nutrition in your local unit.

## Career Development

- Explore many careers in foods and nutrition by visiting technical schools and institutes of higher education such as [K-State's College of Health and Human Sciences](#).
- Research careers in dietetics, human nutrition, hospitality management and tourism, food science, horticulture, animal science, and more!
- Job shadow or intern in the food industry.

## Local Contact Information

Resources and Events	Curriculum and Resources	4-H Record Keeping	Project Exhibit Ideas
<ul style="list-style-type: none"> <li>• Contact your K-State Research and Extension office about local resources and events.</li> <li>• Read your monthly 4-H newsletter for regional, state, and national opportunities.</li> <li>• Participate or compete at your county fair.</li> <li>• Compete in a 4-H FCS Judging Contest.</li> <li>• Explore the National Festival of Breads.</li> <li>• Attend the Kansas State 4-H Wheat Expo.</li> </ul>	<p>Ask about food related project curriculum or order directly from the <a href="#">4-H Mall</a>.</p> <ul style="list-style-type: none"> <li>• 4-H Cooking Series:               <ul style="list-style-type: none"> <li>• 4-H Cooking 101</li> <li>• 4-H Cooking 201</li> <li>• 4-H Cooking 301</li> <li>• 4-H Cooking 401</li> </ul> </li> </ul> <p>What's on your Plate? Series:</p> <ul style="list-style-type: none"> <li>• The Secrets of Baking</li> <li>• The Power of Protein Chemistry</li> <li>• The Inner Mysteries of Fruits &amp; Vegetables</li> <li>• Be a Food Scientist</li> </ul> <p>Science Fun with Kitchen Chemistry</p>	<p>Learning to keep records of what you do and spend is an important life skill.</p> <ul style="list-style-type: none"> <li>• Complete the Kansas Generic Record Form for all projects: <a href="https://www.kansas4-h.org/resources/4-h-library/record-keeping/">https://www.kansas4-h.org/resources/4-h-library/record-keeping/</a></li> <li>• Participate in your 4-H Achievement Celebration</li> </ul>	<p>Give an educational presentation on foods or nutrition.</p> <p>Create a poster to share by researching a food-related topic.</p> <p>Bake a food item to exhibit at county or state fair.</p> <p>Serve as an assistant fair superintendent for the foods department.</p>

