



4-H FOOD AND NUTRITION PROJECT



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.

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.



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