

# 4-H FOOD AND NUTRITION PROJECT



## Step It Up!

Pass it on! Now that you know how, share it with others. Here are ideas to get you started.

### Communication

- Teach friends how to make healthy snacks
- Tell your family about the importance of eating a variety of foods from all the food groups
- Design a poster about kitchen safety

### Citizenship

- Bake with the elderly at a care center
- Volunteer at a food pantry
- Offer locally grown food sampling at grocery store

### Leadership

- Take responsibility for preparing one family meal each week
- Plan and help prepare food for a special family event
- Create a club fundraiser around food

**4-H**  
GROWING TOGETHER

## Are You Into It?

This project area designed to help you do fun experiments, prepare flavor-filled recipes, and go on fact-finding missions. You'll have fun learning about food ingredients, food characteristics, and food safety.

- Use My Plate (USDA) information to make healthy food choices
- Understand principles of nutrition related to health, physical fitness, and appearance
- Learn how to prepare and store foods safely
- Understand the scientific principles of nutrition
- Acquire and demonstrate skills in planning, purchasing, preparing and serving tasty and nutritious meals

## Here's what you can do all year!

<b>Starting Out</b> Basic / Level 1	<b>Learning More</b> Intermediate / Level 2	<b>Expanding Horizons</b> Advanced / Level 3
<ul style="list-style-type: none"> <li>• Learn how to read a recipe</li> <li>• Learn how to use measuring equipment</li> <li>• Make healthy snacks</li> <li>• Do fun food experiments</li> <li>• Make homemade pizza</li> <li>• Make a breakfast food</li> <li>• Compare costs of purchased and homemade</li> <li>• Learn how food spoils</li> <li>• Learn how to keep your kitchen germ free</li> <li>• Learn to safely use the microwave</li> </ul>	<ul style="list-style-type: none"> <li>• Prepare a grocery list and go grocery shopping</li> <li>• Compare food costs</li> <li>• Learn safety know-how in the kitchen</li> <li>• Learn how to safely prepare and store foods</li> <li>• Explore low fat alternatives</li> <li>• Make healthy fast food choices at home, at school and eating out</li> <li>• Prepare easy meals</li> </ul>	<ul style="list-style-type: none"> <li>• Plan and prepare a meal</li> <li>• Gain skill in evaluating nutrition information</li> <li>• Understand the connection between eating and emotions</li> <li>• Learn about food additives</li> <li>• Learn how to preserve and dry foods</li> <li>• Prepare foods in healthy ways</li> <li>• Learn to purchase foods on a limited budget</li> <li>• Explore careers in the food industry</li> </ul>



# Take Food and Nutrition further!

Here are other opportunities to explore Food and Nutrition:

- Create your own food preparation business
- Organize a food drive for your community
- Create a portfolio of your favorite recipes
- Participate in 4-H Cook This! at the Iowa State Fair
- Keep a journal of foods eaten and calories consumed
- Plan menus for a week, make a grocery list and go grocery shopping
- Is it fair time? Consider taking an exhibit, a piece of your project learning to the fair for judging and to show what you have learned throughout the year. It might get selected to go to the Iowa State Fair
- Contact your county ISU Extension Office for other local workshops, activities, and events
- Meet others interested in food and nutrition - Check out camps at the Iowa 4-H Center
- Attend Iowa 4-H Youth Conference and participate in workshops, motivational speakers and a community service project, bringing ideas back to your community
- Interested in a college education in the area of food and nutrition or culinary science? Schedule a visit with Iowa State University's College of Human Sciences or Ag & Life Sciences. [www.iastate.edu](http://www.iastate.edu).

## Exhibit Ideas

- Learn to read food labels
- Experiment with altering recipes and share results
- Compare cost of purchased vs. home made
- Plan a special meal for your family
- Make a recipe calendar for a gift - include a recipe for each month
- Assemble a set of favorite recipes
- Research sports drinks vs. water - share results via poster

## Resources

4-H Resources	Other Resources	Record Keeping
<ul style="list-style-type: none"> <li>• Iowa 4-H Food and Nutrition <a href="http://www.extension.iastate.edu/4h/projects/foodandnutrition">www.extension.iastate.edu/4h/projects/foodandnutrition</a></li> <li>• Fantastic Foods National 4-H Foods <a href="http://www.four-h.purdue.edu/foods/">www.four-h.purdue.edu/foods/</a></li> <li>• Six Easy Bites (4H 445A)</li> <li>• Tasty Tidbits (4H 445B)</li> <li>• You're the Chef (4H 445C)</li> <li>• Foodworks (4H 445D)</li> <li>• Food &amp; Nutrition – Additional Leader &amp; Member Guide (BU-7730)</li> <li>• Cook This! <a href="http://www.extension.iastate.edu/4h/StateFair/cookthis.htm">www.extension.iastate.edu/4h/StateFair/cookthis.htm</a></li> </ul>	<ul style="list-style-type: none"> <li>• ISU Extension Kids &amp; Teens Food &amp; Nutrition <a href="http://www.extension.iastate.edu/kidsteens/foodnutrition/">www.extension.iastate.edu/kidsteens/foodnutrition/</a></li> <li>• ISU Extension Kids &amp; Teens Food Nutrition &amp; Health publications <a href="http://www.extension.iastate.edu/store/ListItems.aspx?CategoryID=47">http://www.extension.iastate.edu/store/ListItems.aspx?CategoryID=47</a></li> <li>• Eat to Compete <a href="http://www.extension.iastate.edu/human-sciences/sports-nutrition">www.extension.iastate.edu/human-sciences/sports-nutrition</a></li> <li>• Eat smart spend smart <a href="http://www.extension.iastate.edu/foodsavings/">http://www.extension.iastate.edu/foodsavings/</a></li> <li>• My Plate (United States of Agriculture): <a href="http://www.choosemyplate.gov/">http://www.choosemyplate.gov/</a></li> </ul>	<ul style="list-style-type: none"> <li>• <a href="#">4-H Yearly Summary (4H0096)</a></li> <li>• <a href="#">Basic 4-H Project Record (4H-0096A)</a></li> <li>• <a href="#">Experienced 4-H Project Record (4H0096B)</a></li> <li>• <a href="#">Advanced 4-H Project Record (4H0096C)</a></li> <li>• <a href="#">Record keeping Self-Evaluation (4H98)</a></li> </ul>