4-H FOOD AND NUTRITION PROJECT

Are You Into It?

This project area is 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!

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<td>- Do fun food experiments</td>
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<td>- Make homemade pizza</td>
<td>- Explore low fat alternatives</td>
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<td>- Make a breakfast food</td>
<td>- Make healthy fast food choices at home, at school and eating out</td>
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<td>- Learn how food spoils</td>
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<td>- Explore careers in the food industry</td>
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<td>- Learn how to keep your kitchen germ free</td>
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<td>- Learn to safely use the microwave</td>
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Steps 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

Learn more at www.extension.iastate.edu/4h/projects/foodandnutrition
or contact your county ISU Extension Office
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.

**Resources**

### 4-H Resources

- Iowa 4-H Food and Nutrition
  - [www.extension.iastate.edu/4h/projects/foodandnutrition](http://www.extension.iastate.edu/4h/projects/foodandnutrition)
- Fantastic Foods National 4-H Foods
  - [www.four-h.purdue.edu/foods/](http://www.four-h.purdue.edu/foods/)
- Six Easy Bites (4H 445A)
- Tasty Tidbits (4H 445B)
- You're the Chef (4H 445C)
- Foodworks (4H 445D)
- Food & Nutrition – Additional Leader & Member Guide (BU-7730)
- Cook This!
  - [www.extension.iastate.edu/4h/StateFair/cookthis.htm](http://www.extension.iastate.edu/4h/StateFair/cookthis.htm)

### Other Resources

- ISU Extension Kids & Teens Food & Nutrition
  - [www.extension.iastate.edu/kidsteens/foodnutrition/](http://www.extension.iastate.edu/kidsteens/foodnutrition/)
- ISU Extension Kids & Teens Food Nutrition & Health publications
- Eat to Compete
  - [www.extension.iastate.edu/human sciences/sports-nutrition](http://www.extension.iastate.edu/human sciences/sports-nutrition)
- Eat smart spend smart
  - [http://www.extension.iastate.edu/food savings/](http://www.extension.iastate.edu/food savings/)
- My Plate (United States of Agriculture):
  - [http://www.choosemyplate.gov/](http://www.choosemyplate.gov/)

### Record Keeping

- 4-H Yearly Summary (4H0096)
- Basic 4-H Project Record (4H-0096A)
- Experienced 4-H Project Record (4H0096B)
- Advanced 4-H Project Record (4H0096C)
- Record keeping Self-Evaluation (4H98)

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**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