

# 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.

## Are you Into It?

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4-H offers projects in food preparation, food preservation, and nutrition.

- Learn food preparation and food safety skills that you can use for a lifetime.
- Discover the health benefits of eating a variety of nutritious foods, using My Plate as a meal planning guide.
- Discover where foods come from. Kentucky produces a wealth of fine foods.

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

### Starting Out Basic

- Demonstrate basic cooking skills—measure ingredients, follow a recipe, use equipment safely, combine ingredients to create a variety of dishes.
- Classify foods into appropriate food groups.
- Choose a variety of foods to create a nutritious meal using My Plate information.

### Learning More Intermediate

- Understand food labeling.
- Prepare a healthy meal.
- Conduct food experiments.
- Demonstrate proficiency of these skills: cutting (slice, chop, dice, mince); mixing (beat, cream, fold, stir, toss); cooking (bake, boil, fry, grill, microwave, poach, simmer); food safety.
- Apply nutrition principles to what you eat.

### Expanding Horizons Advanced

- Use special equipment (grill, slow cooker)
- Plan a party/celebration.
- Demonstrate proficiency in skills to prepare: yeast bread, grains, cakes; meats, dairy products, candy, pastry, foam cakes.
- Compare and understand uses: cheeses, spices, herbs.
- Conduct food experiments.
- Evaluate food products.

### Communication

- Give a presentation on Kentucky farm products.
- Share the nutrition facts you learn with your family.
- Demonstrate a cooking skill.

### Citizenship

- Make a nutritious dish for an elderly friend.
- Volunteer at a food pantry.
- Share fruits and vegetables from your garden with families in need.
- Befriend youth from other cultures and learn about their food traditions.

### Leadership

- Promote the idea of eating locally grown food.
- Organize a pantry drive for new Habitat homeowners.
- Pack backpacks of food.

4-H is a community of young people who are learning leadership citizenship and life skills.

Learn more at [www.kentucky4h.org](http://www.kentucky4h.org) or contact your county extension office.





# Take Food and Nutrition Further!

Here are some other opportunities to explore:

- Contact your county extension office to participate in a local cooking club or related workshops.
- Keep records of everything you do and spend on your project.
- Enter an exhibit in the county fair. If selected to advance, enter your exhibit in the Kentucky State Fair.
- Join a Culinary Challenge team and put your cooking skills to the test. If your team's selected to advance, represent your county in the district or state challenge.
- Give a speech or demonstration related to food or nutrition in your county communications competition. If selected to advance, represent your county at Kentucky 4-H Communications Day in July in Lexington.
- Start your own food-related [business](#).
- Check out careers in dietetics, human nutrition, hospitality management and tourism, food science, horticulture, animal science and more. Visit the University of Kentucky [School of Human Environmental Sciences](#) and [College of Agriculture, Food and Environment](#).

## Exhibit Ideas

- Prepare an exhibit that meets the description requirements in the Kentucky State Fair Catalog [4-H Food](#) and [4-H Food Preservation](#) Divisions.
  - Use the approved [recipes for food exhibits](#).
  - Use the approved [recipes for food preservation exhibits](#).
- Master a wide variety of cooking skills to compete in county culinary challenge.

## Resources

| 4-H Resources                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                            | Other Resources                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                 | Record Keeping                                                                                                                                                                                                                                                                                                    |
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| Order these from <a href="#">4-H Mall</a> : <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> <li>• What's on Your Plate? Series:                             <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> </li> </ul> | Contact your county extension office about these projects: <ul style="list-style-type: none"> <li>• Super Star Chef Series:                             <ul style="list-style-type: none"> <li>○ Basic Food Preparation</li> <li>○ Farmers Market</li> <li>○ Kneads a Little Dough</li> </ul> </li> <li>• International Foods</li> <li>• Teen Cuisine</li> <li>• Exploring My Plate with Professor Popcorn</li> <li>• Kentucky Farm 2 School</li> <li>• Wellness in Kentucky</li> <li>• Put It Up!</li> </ul> Reference materials: <ul style="list-style-type: none"> <li>• <a href="#">UK Extension fact sheets</a></li> </ul> | Learning to keep records of what you do and spend is an important life skill. <ul style="list-style-type: none"> <li>• <a href="#">Record Form for projects without a specific form</a></li> <li>• <a href="#">Project Record Fact Sheet</a></li> <li>• Participate in <a href="#">4-H Achievement</a></li> </ul> |

