



# 4-H Food and Nutrition Project



## Are you Into It?

Learning all about food, staying fit and active and keeping healthy is what this project is all about!

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!

Starting Out Basic	Learning More Intermediate	Expanding Horizons Advanced
<ul style="list-style-type: none"> <li>• Learn how to read food labels</li> <li>• Identify portion sizes</li> <li>• Learn how to read a recipe</li> <li>• Learn how to use measuring equipment</li> <li>• Do fun food experiments</li> <li>• Compare costs of purchased and homemade foods</li> <li>• Classify food into appropriate groups</li> <li>• Demonstrate how to properly use a sharp knife</li> <li>• Learn how to keep a kitchen clean</li> </ul>	<ul style="list-style-type: none"> <li>• Prepare a meal using low fat alternatives</li> <li>• Consider drink choices</li> <li>• Prepare a grocery list based on a budget</li> <li>• Assist with grocery shopping</li> <li>• Learn safety in the kitchen</li> <li>• Learn how to safely prepare and store foods</li> <li>• Make healthy fast food choices at home, at school, and eating out</li> <li>• Understand how to use the "Nutrition Facts" labels</li> <li>• Review fast food menus and identify the healthiest options</li> </ul>	<ul style="list-style-type: none"> <li>• Compare different food labels</li> <li>• Use appropriate portions to calculate calories</li> <li>• Investigate the ingredients in your food choices</li> <li>• Create a food journal to record food and drink choices</li> <li>• Plan and prepare a meal</li> <li>• Understand the connection between eating and emotions</li> <li>• Identify key nutrients and their health benefits</li> <li>• Discuss the impact of nutrition on academics achievement, sports performance, and appearance</li> </ul>

## Step It Up!

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

### Citizenship/ Leadership

- Bake with the elderly at a care center
- Volunteer at a food pantry
- Offer a locally grown food sample at a grocery store
- Take responsibility for preparing one family meal each week

### 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
- Make and upload a YouTube video about kitchen safety

### Healthy Living

- Identify food choices that contain lots of vitamins and nutrients
- Design a cookbook full of healthy recipes
- Track eating habits in a journal

### Science

- Measure proper temperatures for food storage
- Measure ingredients with the appropriate kitchen tools
- Calculate the appropriate number of calories per day for different age groups



## Expand Your Experiences in Food and Nutrition:

- Contact your county extension office for workshops, events and activities related to food and nutrition
- Invite a chef to club meetings to present a cooking demonstration
- Talk to an athlete or coach about their diet to learn more about the importance of food as fuel
- Invite a certified food safety person to talk about the importance of proper food preparation and preservation
- Schedule a visit with the University of Florida to explore majors like Food Science, Dietetics, Family, Youth, and Consumer Sciences, Hospitality and Tourism, and others: [ufl.edu/admissions](http://ufl.edu/admissions)
- Begin your own food preparation business
- Organize a food drive for your club, church, school, or community
- Visit a local grocery store, farmers market, and specialty store to compare food types and prices
- Enter in or hold a chili, bar-b-q, or burger cook-off for your county
- Attend summer camp at one of the four Florida 4-H Camping Centers: [florida4h.org/camps/](http://florida4h.org/camps/)
- Attend Florida 4-H University and participate in workshops, listen to motivational speakers, and participate in a community service: [florida4h.org/programsandevents/\\_4hu/](http://florida4h.org/programsandevents/_4hu/)
- Participate in the Florida kids cooking contest (Fresh from Florida)

### Project Sharing Ideas

- Experiment with altering recipes and share results
- Make a recipe calendar as a gift--include a recipe for each month
- Research sports drinks vs. water—create a poster for the state poster contest
- Create a cookbook of your favorite healthy recipes
- Develop a handout for members and adults to use outlining food preparation safety

## Resources

### 4-H Project Resources

Project materials to assist youth in learning may be available through your county 4-H office or you can order directly. Available at National 4-H: [www.4-hmall.org](http://www.4-hmall.org)

- Six Easy Bites (grade 3-5)
  - Tasty Tidbits (grades 6-8)
  - You're the Chef (grades 7-9)
  - Foodworks (grades 9-12)
  - Kids in the Kitchen
  - Microwave Magic
  - Food Culture and Reading
  - STEPS to a Healthy Teen
  - What's on Your Plate?
- Exploring Food Science
- Munchy Adventures
  - Yum, Yumm-ee
  - Eating from the Garden
  - Color Me Healthy

### Connections and Events

Attending events and taking advantage of opportunities that will expand your project learning will help you become the best you can be. Contact your county 4-H office.

Sign up for cooking contests at local fairs such as Poultry BBQ

Attend 4-H Camp

Attend Florida Food Handlers Training & Testing  
[fifoodhandlers.com/](http://fifoodhandlers.com/)

Attend other statewide events. Check them out at [www.florida4-h.org](http://www.florida4-h.org)

### Record Keeping

Learning to take good records of what you do and what you spend for your project is a 4-H life skill. The following record keeping forms can help you keep a record of your activities.

Project Report Forms can be found at [florida4h.org](http://florida4h.org)

- Junior (ages 8-10)
- Intermediate (ages 11-13)
- Senior (ages 14-18)
- Financial Summary
- Building My 4-H Portfolio (ages 8-13)

### Awards and Recognition

Florida's Recognition Program involves feedback through:

- Participation
- Setting Goals
- Meeting Standards
- Peer Competition
- Cooperation

Certificates, pins, ribbons, trophies, trips and/or scholarships are awarded based on quality of performance at the county, district, state and national levels.

To learn more about current recognition opportunities visit the Florida 4-H website at [florida4h.org](http://florida4h.org) or contact your county 4-H agent.

Learn more at [florida4h.org](http://florida4h.org)  
or contact your local UF/IFAS Extension County Office

**4-H**  
GROWING TOGETHER