



4-H Foods and Nutrition Project

Kansas 4-H focuses on the mastery of 5 life skills:

1. A positive self-concept
2. An inquiring mind
3. A concern for the community
4. Healthy interpersonal relationships
5. Sound decision making

The subject matter content in 4-H focuses primarily on three mission areas:

1. science
2. healthy living
3. citizenship and leadership

Advice from a 4-H'er

From: Samantha, Age 13 (2015)

Foods and Nutrition is one of my favorite projects in 4-H. I started the Foods project when I was 7 and have loved it ever since! It's given me the opportunity to learn many new things and serve others around me.

The Foods project is a great way to serve others, whether it's making things for your family, taking meals to someone who's sick, or bringing refreshments for a meeting. It's important to give back to others, and 4-H has given me the opportunity to do this.

Most people think Foods and Nutrition is just baking things for the fair, but it also involves making meals for others and learning about the nutrition of different foods. These are life skills that will be invaluable that everyone needs. One of the areas of nutrition that I've learned about is different types of grain that I can use while making bread instead of just using wheat. With any recipe that you make, don't be afraid to experiment with variations of your ingredients.

The Foods and Nutrition project is one of the most valuable and enjoyable projects 4-H has to offer.



Samantha using her baking skills.

Project levels

Age 7-8	Age 9-11	Age 12-14	Age 15 +
<ul style="list-style-type: none"> ◆ Learn how to read a recipe and use measuring equipment. ◆ Classify food into appropriate food groups. ◆ Make healthy snacks. ◆ Compare the costs of purchased and homemade foods. 	<ul style="list-style-type: none"> ◆ Prepare a healthy breakfast and learn why breakfast is an important meal. ◆ Identify how to keep food safe through proper food preparation and storage. ◆ Prepare a balanced, healthy meal. 	<ul style="list-style-type: none"> ◆ Compare and contrast healthy and less-healthy food choices. ◆ Create a grocery list based on a budget. ◆ Learn how to use the "Nutrition Facts" labels. ◆ Calculate the amount of sugar in popular beverages. 	<ul style="list-style-type: none"> ◆ Analyze the caloric and nutritional value of foods and beverages. ◆ Plan, purchase and prepare a daily menu. ◆ Discuss the impact of nutrition on everyday life. ◆ Explore careers in the food industry.

The activities above are ideas to inspire further project development. This is not a complete list.



Events	Curriculum	4-H Record Book
<p>State & County Opportunities</p> <ul style="list-style-type: none"> ◆ Food Fare ◆ Club Day ◆ County Fair ◆ State Fair ◆ Discovery Days <p>Check with your club to see what opportunities are offered at the club level as well.</p>	<p>Available to purchase at the Extension Office (check to make sure it's in stock)</p> <ul style="list-style-type: none"> ◆ Foods Levels 1-4 ◆ Foods Leader Guide ◆ Food Judging Guide <p>Curriculum can also be purchased at the K-State online bookstore or the 4-H Mall.</p>	<p>4-H Record Books give members an opportunity to record events and reflect on their experiences. For each project, members document their personal experiences, learning and development.</p> <p>4-H Record Books also teach members record management skills and encourage them to set goals and develop a plan to meet those goals</p> <p>For more information visit www.johnson.k-state.edu/4-h/forms-resources/record-books.html</p>

Resources:

Visit

<http://www.johnson.k-state.edu/4-h/project-club-resources/projects.html>

to also find the following links.

Kansas 4-H Foods and Nutrition Website:

- ◆ <http://www.kansas4-h.org/p.aspx?tabid=547>

Other helpful food websites around the country:

- ◆ <http://www.fooddetectives.com/>
- ◆ http://www.dole.com/#/superkids/Kids/K_Index.jsp
- ◆ <http://kidshealth.org/kid/>
- ◆ http://oregon.4h.oregonstate.edu/sites/default/files/publications/food_and_nutrition_leader_guide_2012_c_0.pdf
- ◆ <http://4h.missouri.edu/programs/character/characterconnections/fantasticfoods.pdf>
- ◆ <http://nchfp.uga.edu/>
- ◆ <http://4h.missouri.edu/projects/curriculum/Y4412.pdf>
- ◆ <http://www.four-h.purdue.edu/foods/>
- ◆ <http://www.choosemyplate.gov/>



K-STATE
Research and Extension
Johnson County

Exploring Opportunities

- ◆ Attend project meetings with your club or county.
- ◆ Plan and prepare meals for your entire family.
- ◆ Keep a food journal and learn ways to make your diet healthier.
- ◆ Organize a food drive or bake sale in your community.
- ◆ Give a talk or demonstration at county club day to share your knowledge about the foods and nutrition project.
- ◆ Give baked goods to teachers, family, and friends around the holidays or to say thank you.

Exhibit Ideas

- ◆ Bake your favorite recipe for the fair.
- ◆ Experiment with altering recipes.
- ◆ Compare cost of purchased vs. homemade food.
- ◆ Assemble a portfolio of favorite recipes.
- ◆ Create a display that teaches people how to read food labels.

Johnson County K-State Research & Extension
11811 S Sunset Dr Suite 1500 Olathe, KS 66061
p (913) 715-7000 f (913) 715-7005

www.johnson.k-state.edu/ |  @jocoks4h |  /JohnsonCountyKS4H