Do you love food or cooking?

If you want to be a star in the kitchen and become healthier, try the food and nutrition project!

You’ll learn:
• To make healthy food choices
• How nutrition affects health
• How to prepare nutritious meals and snacks
• To prepare and store foods safely

Learning experiences focus on:
• General nutrition
• Meal planning
• Food purchasing and budgeting
• Food preparation
• Food safety
• Food and nutrition related careers

Skills Learned:
• Responsibility
• Nutrition
• Decision Making
• Public Speaking
• Leadership
• Community Service
• Communication
• Teamwork

Project Learning Opportunities:
• Workshops
• Project Meetings
• Industry Professionals
• Tours
• Contests
• Virtual Experiences

Exploration Opportunities:
• Attend project meetings
• Plan and prepare meals for your family
• Do online research related to health and nutrition
• Organize a service learning event such as a food drive
• Give a presentation to a group about a nutrition topic
• Experiment with altering recipes for better health
• Assemble a portfolio of healthy recipes
• Volunteer to help with local food and nutrition events
• Share healthy tips via social media

TEXAS 4-H IS FOR KIDS OF ALMOST ANY AGE – GRADES K-2 CAN BE IN CLOVER KIDS IF OFFERED IN YOUR AREA. FROM 3RD-12TH GRADES, YOU CAN BE A REGULAR 4-H MEMBER. ALL 4-H MEMBERS MUST BE ENROLLED IN AT LEAST ONE PROJECT. WHEN YOU CHOOSE A PROJECT, YOU WILL PARTICIPATE IN VARIOUS HANDS-ON ACTIVITIES, LEARN NEW SKILLS, DO COMMUNITY SERVICE, OR EVEN MAKE SPEECHES ABOUT YOUR PROJECT.

Want to learn more?
Visit | texas4-h.tamu.edu/projects/food-nutrition/
Contact | your County Extension Agent
CONTESTS

Food Challenge
At the Food Challenge, teams of 3-4 students receive a list of ingredients and have 40 minutes to create a dish. The teams then present their dish to judges who are scored on preparation, serving size, food safety concerns, nutritional value, and cost.

Family & Community Health (FCH) Quiz Bowl
A “Quiz Bowl” is a quiz game that tests teams of 4 on their knowledge of basic nutrition, consumer information, food and kitchen safety, food preparation skills and storage, and health. Up against the clock, the 4-Hers buzz in to answer a question and earn points for correct answers. Teams advance in a tournament-system bracket to win the competition.

Food Show
At the Food Show you choose a recipe from the contest categories and then prepare and present it to a panel of judges. During your interview with the judges, you will show how you prepared it, the nutrients and ingredients, personal dietary needs, healthy substitutions, and a cost analysis.

Opportunities for all skill levels
Here are some ideas for all skill levels. These are only suggestions, learning should occur based on your interest, experience, and ambition!!

<table>
<thead>
<tr>
<th>Basic</th>
<th>Intermediate</th>
<th>Advanced</th>
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<tbody>
<tr>
<td>Learn how to read a recipe</td>
<td>Understand food labeling</td>
<td>Analyze foods for nutritional value</td>
</tr>
<tr>
<td>Learn how to properly measure</td>
<td>Prepare a healthy meal</td>
<td>Plan, purchase, and prepare a daily menu</td>
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<tr>
<td>Make healthy snacks</td>
<td>Conduct food experiments</td>
<td>Become efficient at advanced culinary skills</td>
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<tr>
<td>Learn about MyPlate and healthy eating patterns</td>
<td>Learn about the science behind ingredients</td>
<td>Design service learning opportunities for your club or county</td>
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<td>Classify foods into appropriate food groups</td>
<td>Apply nutrition principles to what you eat</td>
<td>Lead food and nutrition lessons at workshops or online for younger members</td>
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EXPLORE GUIDES

Each guide has been developed to support volunteers, County Extension Agents, and even 4-H members, in leading project experiences for youth. There are six lessons in each book that follow the “do, reflect, apply” model of learning, providing guidance for hands-on exploration and learning about a specific topic.

Food & Nutrition specific guides are:
- Food & Nutrition - Cooking in the Kitchen
- Food & Nutrition - Dollars & Sense
- Food & Nutrition - Food Challenge
- Food & Nutrition Keeping Food Safe
- Public Speaking

For more information on Food & Nutrition projects visit: https://texas4-h.tamu.edu/projects/food-nutrition/