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.

Project levels

<table>
<thead>
<tr>
<th>Age 7-8</th>
<th>Age 9-11</th>
<th>Age 12-14</th>
<th>Age 15 +</th>
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</thead>
<tbody>
<tr>
<td>• Learn how to read a recipe and use measuring equipment.</td>
<td>• Prepare a healthy breakfast and learn why breakfast is an important meal.</td>
<td>• Compare and contrast healthy and less-healthy food choices.</td>
<td>• Analyze the caloric and nutritional value of foods and beverages.</td>
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<td>• Classify food into appropriate food groups.</td>
<td>• Identify how to keep food safe through proper food preparation and storage.</td>
<td>• Create a grocery list based on a budget.</td>
<td>• Plan, purchase and prepare a daily menu.</td>
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<tr>
<td>• Make healthy snacks.</td>
<td>• Prepare a balanced, healthy meal.</td>
<td>• Learn how to use the “Nutrition Facts” labels.</td>
<td>• Discuss the impact of nutrition on everyday life.</td>
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<td>• Compare the costs of purchased and homemade foods.</td>
<td></td>
<td>• Calculate the amount of sugar in popular beverages.</td>
<td>• Explore careers in the food industry.</td>
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</tbody>
</table>

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

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**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.

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**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.