

4-H FOOD & NUTRITION PROJECT



Step It Up!

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

Communication

- Give a presentation on Kentucky farm products.
- Demonstrate a cooking skill at your county demonstration contest.

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.

Leadership

- Promote the idea of eating locally grown food.
- Organize a pantry drive.

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



Are you Into It? **Isaac Hilpp Ed.D.** Sr. Extension Specialist for 4-H Youth Development

Cook up new ideas by participating in 4-H Food and Nutrition Projects!

- Develop skills to safely enjoy kitchen spaces.
- Learn to read recipes, adapt foods, and come up with your own recipes.
- Explore flavor profiles, foods from different cultures, and cooking styles.
- Explore career opportunities in the Nutrition and Culinary Arts fields.

Here's what you can do all year!

Starting Out Basic/Level 1

- 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/Level 2

- Understand food labeling.
- Prepare a healthy meal.
- Demonstrate proficiency of these skills: cutting, mixing, cooking, and food safety.
- Apply nutrition principles to the food you eat.

Expanding Horizons Advanced/Level 3

- Use special equipment for cooking.
- Plan a celebration.
- Demonstrate proficiency in skills to prepare: yeast bread, grains, cakes, meats, dairy products, candy, pastry, and foam cakes.
- Compare and understand uses of cheeses, spices, and herbs.
- Conduct food experiments.

Learn more at www.kentucky4h.org or contact your county extension office.





Take Food and Nutrition Further!

Here are some other opportunities to explore Food and Nutrition:

- 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 your county Culinary Challenge team.
- Participate in the 4-H Global Table Program.
- Participate in the Kentucky 4-H BBQ contest
- Give a speech or demonstration related to food in your county communications competition. If selected to advance, represent your county at Kentucky 4-H Communications Day.
- Start your own Food-related business.
- Check out careers in dietetics, and human nutrition. Visit the University of Kentucky [School of Human Environmental Sciences](#).

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
<p>Order these from 4-H Mall:</p> <ul style="list-style-type: none"> • 4-H Cooking Series: <ul style="list-style-type: none"> ○ 4-H Cooking 101 ○ 4-H Cooking 201 ○ 4-H Cooking 301 ○ 4-H Cooking 401 • What's on Your Plate? Series: <ul style="list-style-type: none"> ○ The Secrets of Baking ○ The Power of Protein Chemistry ○ The Inner Mysteries of Fruits & Vegetables <p>Be a Food Scientist</p>	<p>Contact your county extension office about these projects:</p> <ul style="list-style-type: none"> • Super Star Chef Series: <ul style="list-style-type: none"> ○ Basic Food Preparation ○ Farmers Market ○ Kneads a Little Dough • International Foods • Teen Cuisine • Exploring My Plate with Professor Popcorn • Kentucky Farm 2 School • Wellness in Kentucky • Put It Up! 	<p>Learning to keep records of what you do and spend is an important life skill.</p> <ul style="list-style-type: none"> • Record Form for projects without a specific form • Project Record Fact Sheet • Participate in 4-H Achievement

