



Healthy Lifestyle Education

# 4-H Food and Nutrition

## North Dakota 4-H Project Sheet

**4-H food and nutrition projects are 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.**



- Learn how to make healthful 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.

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

### Communication

- Teach friends how to make healthful snacks.
- Tell your family about the importance of eating a variety of foods from all the food groups.
- Design a poster about kitchen safety.

### Citizenship

- Bake with the elderly at a care center.
- Volunteer at a food pantry.
- Offer locally grown food sampling at grocery store.

### Leadership

- Take responsibility for preparing one family meal each week.
- Plan and help prepare food for a special family event.
- Create a club fundraiser around food.

### Entrepreneurship

- Create your own food preparation business.

## Here's what you can do all year!

Beginner Cooking 101	Basic Cooking 201	Intermediate Cooking 301	Advanced Cooking 401
<ul style="list-style-type: none"> <li>• Learn how to read a recipe.</li> <li>• Learn how to use measuring equipment.</li> <li>• Make healthful snacks.</li> <li>• Do fun food experiments.</li> <li>• Make side dishes, quick breads, main dishes and desserts.</li> <li>• Learn about food safety.</li> <li>• Learn how to keep your kitchen germ-free.</li> <li>• Learn how to use the microwave safely.</li> </ul>	<ul style="list-style-type: none"> <li>• Make dishes from the five food groups and desserts.</li> <li>• Prepare a grocery list and go grocery shopping.</li> <li>• Learn how to use a food thermometer.</li> <li>• Learn safety know-how in the kitchen.</li> <li>• Learn how to read the Nutrition Facts label.</li> <li>• Learn how to cook with an electric grill.</li> <li>• Prepare easy meals.</li> </ul>	<ul style="list-style-type: none"> <li>• Plan and prepare a meal.</li> <li>• Demonstrate your knowledge on cooking or baking techniques.</li> <li>• Complete food science experiments.</li> <li>• Learn how to keep food safe when cooking outdoors.</li> <li>• Plan a successful party.</li> <li>• Prepare foods in healthful ways.</li> <li>• Make yeast breads.</li> <li>• Learn how to evaluate food you prepare.</li> </ul>	<ul style="list-style-type: none"> <li>• Prepare dishes from the five food groups and desserts.</li> <li>• Demonstrate your knowledge on cooking and/or baking techniques.</li> <li>• Complete food science experiments.</li> <li>• Learn how to use spices and herbs.</li> <li>• Organize a celebration meal.</li> <li>• Make ethnic yeast breads.</li> <li>• Make candy.</li> <li>• Make pastry.</li> <li>• Prepare meats.</li> </ul>



Learn more at [www.ndsu.edu/4h/](http://www.ndsu.edu/4h/) or contact your county NDSU Extension office.



Healthy Living

# 4-H Food and Nutrition

## North Dakota 4-H Project Sheet

### Here are other opportunities to explore Food and Nutrition:

- Organize a food drive for your community.
- Create a portfolio of your favorite recipes.
- Keep a journal of foods you've eaten and calories you've consumed.
- Plan menus for a week, make a grocery list and go grocery shopping.
- Consider taking an exhibit (a piece of your project) to the fair for judging and to show what you have learned throughout the year.
- Contact your county NDSU Extension office for local workshops, activities and events.
- Meet others interested in food and nutrition.
- Attend the 4-H Youth Conference and participate in workshops, motivational speakers and a community service project, and bring ideas back to your community.
- Learn to read food labels.
- Experiment with altering recipes and share results.
- Plan a special meal for your family.
- Make a recipe calendar for a gift. Include a recipe for each month.
- Assemble a set of favorite recipes.



### Exhibit Ideas

- Portfolio or display on MyPlate, food safety, kitchen safety, equipment basics, measuring basics or meal-time basics.
- Make a portfolio or display about food labels, meal planning, outdoor cooking or party planning.
- Portfolio or display about making snacks, bread, brownies, cookies, cake and/or muffins.

### 4-H Resources

#### Cooking Series

- [Cooking 101 \(EC131\)](#)
- [Cooking 201 \(EC132\)](#)
- [Cooking 301 \(EC133\)](#)
- [Cooking 401 \(EC134\)](#)
- [Cooking Helper's Guide \(EC235\)](#)

#### Baking Series

- [Beginning Baking \(EC111\)](#)
- [Quick Breads & Cookies \(EC112\)](#)
- [Yeast Breads \(EC113\)](#)
- [Cakes, Pies & Pastries \(EC114\)](#)

#### Other 4-H Resources

- [Eat Smart Play Hard Trunk](#)
- [Healthy ND 4-H Clubs](#)

### Other Resources

- [Eat Smart. Play Hard. Together](#)
- [MyPlate \(U.S. Department of Agriculture\)](#)
- [Kids a Cookin' Kansas State Research and Extension](#)
- [Picture-based Recipes](#)
- [Energizers for Nutrition Education](#)

### Recordkeeping

- [Planning for My Project Adventure \(PA093\)](#)
- [ND 4-H Project Plan \(PA095\)](#)
- [ND 4-H Plan of Action \(PA096\)](#)
- [ND 4-H Participation Summary for 11- to 19-year-olds \(PA098\)](#)

### Mealtime Challenge

<https://www.ndsu.edu/4h/member-information/project-sheets/group-projects/>

Learn more at [www.ndsu.edu/4h/](http://www.ndsu.edu/4h/) or contact your county NDSU Extension office.

Updated 8-2018