

Overview of the 4-H Food and Nutrition Project



The 4-H Food and Nutrition Project helps 4-H members learn to prepare safe, nutritious meals and snacks and adopt behaviors that can help reduce their risk of developing chronic disease. Major learning experiences focus on nutrition, menu planning, food purchasing, food preparation, food safety, careers, and cultural influences.

Because most districts hold food shows in the fall, a food show is usually one of the first projects to start after the new 4-H year begins. Some counties even start the Food and Nutrition Project in the summer because their districts conduct food shows early in the 4-H year. The number of contests available can also enable you to offer food and nutrition project all year.

4-H members interested in participating in the food and nutrition project should be willing to commit the appropriate amount of time to it, depending on their level of involvement. This includes project meeting attendance, involvement in individual learning experiences, contest preparation, and participation in one or more contests.

Questions to ask

- What are your goals?
- Do you want to compete in any food and nutrition contests?
- If so, would you like to compete with a team of other 4-H members or as an individual?

Learning experiences

Workshops

- Cooking methods
- Culinary institutes
- Cultural foods
- Food safety
- Kitchen safety
- Kitchen utensils
- Measuring ingredients
- Menu planning
- MyPlate
- Portion control
- Reading nutrition labels
- Serving sizes
- Shopping strategies
- Sports nutrition
- Substitutions

Food tours

- Farm
- Farmer's market
- Food bank
- Grocery store
- Health department
- Hospital food service
- Mass production cooking facility
- Restaurant
- Specialty food store
- Various industries

Community service

- Bake goods to give out during 4-H Week
- Coordinate a canned food drive
- Develop large-print cookbooks for the visually impaired
- Help at a food bank
- Help with Meals on Wheels delivery
- Make goodies for nursing home residents
- Serve food at a local kitchen
- Teach nutrition lessons at Head Start

Contests

These contests are summarized on individual Essentials pages:

- Food show
- Educational presentations
- Nutrition Quiz Bowl
- Recordbook
- Food Challenge
- Recipe Rally

Careers

- Caterer
- Chef
- Cook
- County Extension agent
- Event planner
- Food distributor
- Food packager
- Food technologist
- Grocer
- Grocery store manager
- Health inspector
- Hotel/restaurant manager
- Registered dietitian
- Restaurant owner/manager

Leadership

The 4-H Healthy Lifestyles Ambassador Program offers senior 4-H members an opportunity to help guide and expand the 4-H Healthy Lifestyles Program. Youth ambassadors are trained and then lead educational programs related to healthy living. They also help with events and activities at the state and national levels.

Applications are accepted each spring.

Resources

- 4-H Pizza Garden: http://www.florida4h.org/projects/ag_literacy_group.shtml
- 4-H Winning with Nutrition curriculum (sports nutrition) texas4-h.tamu.edu
- AgriLife Extension resources: fcs.tamu.edu
 - ❏ *Cooking Safely is a Matter of Degrees*
 - ❏ *Monthly Observations*
 - ❏ Variety of food and nutrition presentations
- Choose Health: Food, Fun, and Fitness Curriculum: texas4-h.tamu.edu/healthy_lifestyles/
- Color Me Healthy (North Carolina State University Cooperative Extension): www.ces.ncsu.edu
- Field Trip Factory: www.fieldtripfactory.com
- Fight Bac: www.fightbac.org
- Food: Nutrition Safety and Cooking: <http://Lancaster.unl.edu/food/>
- Healthalicious Cooking: texas4-h.tamu.edu/healthy_lifestyles/
- Label reading: www.fda.gov/downloads/food/ingredientspackaginglabeling/ucm275396.pdf
- MyPlate: www.choosemyplate.gov
- National 4-H curriculum: www.4-hcurriculum.org
- *Nutrient Needs at a Glance*: AgriLifebookstore.org
- Nutrition Voyage: The Quest to Be Our Best: teamnutrition.usda.gov/resources/nutritionvoyage.htm
- Serving Up MyPlate: A Yummy Curriculum: teamnutrition.usda.gov/resources/servingupmyplate.htm
- Texas 4-H Lesson Plans (available at texas4-h.tamu.edu/healthy_lifestyles/):
 - ❏ Measuring dry ingredients
 - ❏ Measuring liquid ingredients
 - ❏ Knives and chopping
 - ❏ Food preparation
 - ❏ Food substitutions
 - ❏ Garnishing
 - ❏ Cost analysis
- Think Your Drink: www.eatsmart.org
- U.S. Dietary Guidelines: www.dietaryguidelines.gov
- Yea! 4-H After School Learning Adventure Curriculum



Specialists

- **State Food Show**
 - ❏ Shawnte Clawson, Extension Program Specialist, sfclawson@ag.tamu.edu, 806-677-5600
 - ❏ Sharon Robinson, Extension Nutrition Specialist, s-robinson@tamu.edu, 979-847-9227
- **Nutrition Quiz Bowl:** Jenna Anding, Extension Program Leader for Nutrition and Food Science, janding@ag.tamu.edu, 979-847-9227
- **Food Challenge:** Courtney Dodd, Extension 4-H Youth Development Specialist, cfdodd@ag.tamu.edu, 979-845-6533
- **Open Family and Consumer Sciences Educational Presentation**
 - ❏ Dianne Gertson, CEA-FCS, dlgertson@ag.tamu.edu, 281-342-3034
 - ❏ Courtney Latour, CEA-FCS, clatour@ag.tamu.edu, 979-864-1558
- **Recordbooks**
 - ❏ **First point of contact:** Your district 4-H specialist
 - ❏ **Coordinator of the state judging process:** Darlene Locke, Extension 4-H and Youth Development Specialist, dlocke@ag.tamu.edu, 979-845-6533