



# FOODS AND NUTRITION



## WHAT'S IT ALL ABOUT?

If you enjoy cooking or just like good food, this project could be for you. You will have fun learning the basics of cooking and then advance to gourmet meals. This project focuses not only on food and cooking but also nutrition and using MyPlate to guide eating and meal preparation and planning.

## HERE'S WHAT YOU CAN LEARN...

### STARTING OUT

- ✿ Learn how MyPlate can help guide your eating choices
- ✿ Understand how to keep your food safe
- ✿ Know basic kitchen safety
- ✿ Gain tips to help your family find time to share meals
- ✿ Learn measuring basics
- ✿ Understand how to follow a recipe
- ✿ Develop basic cooking "how to" skills
- ✿ Use your skills to make simple recipes

### LEARNING MORE

- ✿ Learn the science behind food safety
- ✿ Learn fire safety in the kitchen
- ✿ Develop safe knife handling skills
- ✿ Learn different mixing techniques
- ✿ Identify different cooking techniques
- ✿ Understand nutrition labels
- ✿ Develop an understanding of the different food groups
- ✿ Use your knowledge of food groups to create different recipes
- ✿ Experiment with meal planning

### GOING FURTHER

- ✿ Know the conditions that bacteria need to grow
- ✿ Explore outdoor cooking
- ✿ Plan a party
- ✿ Learn about cooking with a slow cooker
- ✿ Experiment with kneading
- ✿ Learn troubleshooting techniques when experiencing unexpected results
- ✿ Cook with spices and herbs
- ✿ Prepare celebration meals
- ✿ Dig deeper into the four food groups and how to use the skills you have learned to prepare recipes

### RESOURCES

- ✿ 4-H Cooking 101 01512Y
- ✿ 4-H Cooking 201 01513Y
- ✿ 4-H Cooking 301 01514Y
- ✿ 4-H Cooking 401 01515Y
- ✿ Cooking Helper's Guide 01516Y

## TAKE IT FURTHER!

- ✿ Participate in Food Cook Off at Showcase Showdown
- ✿ Participate in the Table Setting Contest at Showcase Showdown
- ✿ Track eating habits and physical activity in a journal. Review entries and set a goal that will help make a small improvement in how youth eat or exercise
- ✿ Experiment with different recipes, modify recipes to reduce the fat, sugar or sodium content
- ✿ Visit several grocery stores and compare the cost of similar foods
- ✿ Learn how to make a weekly meal plan and grocery list
- ✿ Volunteer at a food pantry, research recipes to share based on high volume foods
- ✿ Bake with elderly at a care center or with children at a daycare
- ✿ Volunteer to prepare a family meal each week
- ✿ Organize a food drive in your community

### ENHANCE YOUR COMMUNICATION SKILLS

Teach friends how to make healthy snacks

Tell your family about the importance of eating a variety of foods from all the food groups

Design a poster about kitchen safety

### GET INVOLVED IN CITIZENSHIP AND SERVICE

Create an exhibit featuring a nutrition topic for a health fair or community event

Cook foods from diverse cultures to develop a better understanding and appreciation for cultures different than your own

Volunteer to cook a meal at a community food kitchen, low income housing site or for a local family in need

### LEARN ABOUT LEADERSHIP

Plan and help prepare a healthy snack for a community club meeting

Plan and cater a countywide 4-H event or fundraiser

Organize an "Iron Chef" competition featuring activities, cooking lessons and exhibits

## EXHIBIT IDEAS

- ✿ Make something using the skills you have learned
- ✿ Bake something to show how to modify a recipe to make it healthier
- ✿ Plan a weekly menu using MyPlate
- ✿ A display of the different food groups
- ✿ A poster on common food bacteria
- ✿ A display of food safety practices
- ✿ A video of proper knife cuts
- ✿ A portfolio of favorite recipes and their nutritional value
- ✿ Create weekly budget for a menu you developed
- ✿ A photos display of a special meal you made for your family
- ✿ A display on foods from other cultures
- ✿ A display comparing sports drinks and water
- ✿ A poster showing results of a food taste test you did using generic vs. name brand products



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