



WYOMING



## Exploring Foods and Nutrition with 4-H

### Developing Life Skills by:

- experiences in problem solving, critical thinking, and decision making
- fostering a positive self-image
- communicating goals and sharing intentions and feelings
- organizing, planning, and cooperating

### Here are some places to share what you have learned by exhibiting or competing:

- County fair
- State fair
- Share with your club
- Take your exhibit to a senior citizen center or care center
- Share in a school show
- Display at a community event or activity along with others from your club or group

### Learning Objective

The purpose of the 4-H program is to provide positive opportunities for a young person to develop the essential life skills of mastery, independence, generosity, and belonging through their own areas of interest.

In this project area of interest, youth may learn...

1. to cook fantastic foods for you, your family, or even to cater.
2. to select, purchase, store, preserve, and prepare foods.
3. food safety, contamination, and health issues.
4. about saving leftovers and reading labels.
5. to bake cookies, quick breads, cakes, and yeast breads.
6. to cook with correct temperatures and work with meats and vegetables.
7. how diets, exercise, and budgets all affect your family.
8. to make jams, jellies, and pressure canning techniques.
9. how to safely cook over a fire or on coals with a Dutch oven or a grill.

### Here are some suggestions of things you can make or create to exhibit or share with others:

- create a poster or display sharing something you learned
- bake a quick bread like corn bread, nut bread, biscuits, muffins
- bake some cookies like drop, shaped, or bars
- bake some brownies
- make a healthy granola mix, bars, or snack
- change a recipe and bake a more nutritious and healthy meal or snack
- bake an angel, sponge, chiffon, or short-ened cake
- bake a coffee cake, a pretzel, or some rolled biscuits
- bake a yeast specialty bread or some yeast rolls or breads
- bake some rolls or bread in a bread machine
- create a personal nutrition and activity/exercise plan
- create a catering plan and complete portfolio, menus, food examples, etc.
- make an international food item of any kind
- make nutritious food for a special or restricted diet
- make a microwave cooked item like candy or an educational display about cooking with a microwave
- create some camping foods like trail mix, non-bake foods, Dutch oven meal, or dessert
- create meal plan for a one-day or three-day camping trip

### Resource Materials

This project has curricula for youth education and to support volunteer teaching.

1. *Six Easy Bites Member Manual (50501C)*
2. *Tasty Tidbits Member Manual (50502C)*
3. *You're the Chef Member Manual (50503C)*
4. *Food Works Member Manual (50504C)*
5. *4-H Food Preservation Project Guide (50506BC)*
6. *High-Country Cooking Member Manual (50506C) (50507C) (50508C)*
7. *Leader Guide (50501B) (50502B) (50503B) (50504B) (50506B) (50508B)*
8. *Microwave Magic (50512C) (50513C) (50514C) (50515C)*

## Important Dates

Sign-up

Project and club designation

County fair entries due

## Citizenship Opportunities

Giving back to your community is a great way to not only provide service but also to learn more about the world we live in. You could...

- help your club by doing a community service activity or project.
- volunteer to help at a community event -- help is always needed.
- cleanup a highway or city park.
- do a food drive, school-supply drive, or clothing drive to help others in need.
- make and give something away or participate in an organized service drive or event.

## Goals/Recordkeeping/Completion

One of the basic principles of 4-H is to set goals and then work to accomplish them. Being able to share what you learned while working toward goals is valuable. We have a way that we like to use to help you, your parents, your club volunteers, and your 4-H educator to know how things went each year - - it's called your 4-H Portfolio (some call them record books).

For each project, you are asked to set goals and share what you learned, tell what you did, show how you are involved, and tell what you liked, disliked, or felt about doing the project. You will be asked to complete these and give them to adults for evaluation and to possibly learn other ways to compete and be recognized.

*The University is an equal opportunity/affirmative action institution.*

## Leadership Opportunities

Providing leadership to others comes in many different forms. In fact, only a small part of being a leader is actually because of being elected. Here are some ways to be a leader or become a leader. You could...

1. volunteer to head a committee in your club over an activity.
2. volunteer to do something to help your club.
3. volunteer to be in charge of leading a song, ice-breaker, lead the pledge, or cleanup after a meeting.
4. volunteer to teach a workshop, clinic, or demonstration.
5. mentor a younger youth in 4-H with similar or different interests.
6. organize a field trip or fun activity for your club or project group.
7. run for a position in your club as president, secretary, or something else.

**READ YOUR  
4-H NEWSLETTER!**

## 4-H Opportunities

- County 4-H camp
- County/club educational workshops, days, clinics
- Club activities and events
- County activities and events
- Western National 4-H Roundup
- Youth Leadership Conference
- National 4-H Conference
- National 4-H Congress
- Citizenship Washington Focus trip
- County fair
- State fair

**For more information go online to [www.Wyoming4H.org](http://www.Wyoming4H.org)**