



# FAMILY & COMMUNITY HEALTH

## Food & Nutrition

### Do you love food or cooking?

If you want to be a star in the kitchen and become healthier, try the food and nutrition project!

#### You'll learn:

- To make healthy food choices
- How nutrition affects health
- How to prepare nutritious meals and snacks
- To prepare and store foods safely

#### Learning experiences focus on:

- General nutrition
- Meal planning
- Food purchasing and budgeting
- Food preparation
- Food safety
- Food and nutrition related careers

**TEXAS 4-H IS FOR KIDS OF ALMOST ANY AGE – GRADES K-2 CAN BE IN CLOVER KIDS IF OFFERED IN YOUR AREA. FROM 3RD-12TH GRADES, YOU CAN BE A REGULAR 4-H MEMBER. ALL 4-H MEMBERS MUST BE ENROLLED IN AT LEAST ONE PROJECT. WHEN YOU CHOOSE A PROJECT, YOU WILL PARTICIPATE IN VARIOUS HANDS-ON ACTIVITIES, LEARN NEW SKILLS, DO COMMUNITY SERVICE, OR EVEN MAKE SPEECHES ABOUT YOUR PROJECT.**

#### Skills Learned:

- Responsibility
- Nutrition
- Decision Making
- Public Speaking
- Leadership
- Community Service
- Communication
- Teamwork

#### Project Learning Opportunities:

- Workshops
- Project Meetings
- Industry Professionals
- Tours
- Contests
- Virtual Experiences

#### Exploration Opportunities:

- Attend project meetings
- Plan and prepare meals for your family
- Do online research related to health and nutrition
- Organize a service learning event such as a food drive
- Give a presentation to a group about a nutrition topic
- Experiment with altering recipes for better health
- Assemble a portfolio of healthy recipes
- Volunteer to help with local food and nutrition events
- Share healthy tips via social media

Want to learn more?

Visit | [texas4-h.tamu.edu/projects/food-nutrition/](https://texas4-h.tamu.edu/projects/food-nutrition/)  
Contact | your County Extension Agent



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### CONTESTS

#### Food Challenge

At the Food Challenge, teams of 3-4 students receive a list of ingredients and have 40 minutes to create a dish. The teams then present their dish to judges are scored on preparation, serving size, food safety concerns, nutritional value and cost.

#### Family & Community Health (FCH) Quiz Bowl

A "Quiz Bowl" is a quiz game that tests teams of 4 on their knowledge of basic nutrition, consumer information, food and kitchen safety, food preparation skills and storage, and health. Up against the clock, the 4-Hers buzz in to answer a question and earn points for correct answers. Teams advance in a tournament-system bracket to win the competition.

#### Food Show

At the Food Show you choose a recipe from the contest categories and then prepare and present it to a panel of judges. During your interview with the judges, you will show how you prepared it, the nutrients and ingredients, personal dietary needs, healthy substitutions, and a cost analysis.

#### Opportunities for all skill levels

Here are some ideas for all skill levels. These are only suggestions, learning should occur based on your interest, experience, and ambition!!

Basic	Intermediate	Advanced
Learn how to read a recipe	Understand food labeling	Analyze foods for nutritional value
Learn how to properly measure	Prepare a healthy meal	Plan, purchase, and prepare a daily menu
Make healthy snacks	Conduct food experiments	Become efficient at advanced culinary skills
Learn about MyPlate and healthy eating patterns	Learn about the science behind ingredients	Design service learning opportunities for your club or county
Classify foods into appropriate food groups	Apply nutrition principles to what you eat	Lead food and nutrition lessons at workshops or online for younger members

### EXPLORE GUIDES

Each guide has been developed to support volunteers, County Extension Agents, and even 4-H members, in leading project experiences for youth. There are six lessons in each book that follow the "do, reflect, apply" model of learning, providing guidance for hands-on exploration and learning about a specific topic.

#### Food & Nutrition specific guides are:

- Food & Nutrition - Cooking in the Kitchen
- Food & Nutrition - Dollars & Sense
- Food & Nutrition - Food Challenge
- Food & Nutrition Keeping Food Safe
- Public Speaking

For more information on Food & Nutrition projects visit: <https://texas4-h.tamu.edu/projects/food-nutrition/>

