



Food and Nutrition

Objectives:

Youth to:

- g understand importance of food choices for good health.
- g develop a personal eating plan for good health.
- g understand where we get our food supply.
- g develop the habit of eating breakfast.
- g practice kitchen safety while preparing simple foods.
- g practice the principles of food safety in storage and preparation.
- g discover food traditions in other countries.



Building Better Breakfasts, Leader Guide, designed for K through 5th grade audience. Youth will start the morning off right with information from this curriculum. This package teaches the importance of a healthy breakfast and good food choices. Packed in 2-inch vinyl notebook.

Smart Food Shopping for Teens: Tips for Personal and Environmental Health, Video Program, designed for teens. Smart Food Shopping was designed to teach teens how to make healthy and environmentally friendly choices. In a series of six lessons, the program gives teens practical strategies to help them make informed choices that can positively influence their health and that of our environment.

Fact Sheets:

Enviroshopping for Teens, FCL8555; Spanish Version, FCL8556;

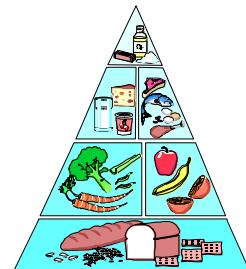
Preparing Healthy Ethnic Foods, FCL8557; Spanish Version, FCL8558

4-H FUNdamentals of Food and Nutrition, Video Training for Leaders on Teaching Experientially, Evaluating Programs Using Skill-a-thons, and Nutrition Update from Extension Specialist.

Food Guide Pyramid, 4-HFNP01, for young people and take-home message for parents.

The Food Guide Pyramid: A Guide to Daily Food Choices, FCS1047, for teen and adult audiences.

Dietary Guidelines for Americans, FCS 1093.



Curriculum and Resources:

Fun with Foods, Leader Guide, SP FNL20, designed for

5-6 year old audience. Youth are never too young to learn about nutrition. This curriculum focuses on general dietary guidance with the basic food groups and will equip youth with skills to make good food choices. This leader guide includes a camera-ready youth manual and is packaged in a 1 inch looseleaf notebook.

Fun with Foods Workbook, 4HFN10M.

Food-Fun-Fitness, Leader Guide, SPFN21, designed for 7-8 year old audience. A continuation of the 5-6 year old curriculum this project enhances a youth's overall nutrition knowledge by adding a fitness sense to their daily routine. Packed in a 3-ring binder, this curriculum includes a camera-ready youth manual.

Food-Fun-Fitness Workbook, 4-H FNM11

Food FUNdamentals, Leader Guide, SPFNL22, designed for 9-12 year old audience. This curriculum provides a more in-depth look at food, nutrition and health. Youth will explore nutritional and economic choices, food labels and food preparation. Packaged in a 2-inch binder, this leader guide includes a camera-ready of the youth manual.

Food FUNdamentals Workbook, 4HFN12

Foods and Nutrition Series (Individual Project Series) These popular 4-H project activity guides answer questions like: What's the best way to freeze cookies? and How can I make a recipe more nutritious? Each guide includes 24 exciting activities in six major categories: healthy food selection, food safety, smart purchasing, preservation, preparation and careers. The helper's guides provide ideas, activities and reference tables, as well as solutions to questions posed in the manuals. Produced by the 4-H Cooperative Curriculum System.

Foods A. Six Easy Bites 4HCCS BU-7144

Helper's Guide A 4HCCS BU-7145

Foods B. Tasty Tidbits 4HCCS BU-7146

Helper's Guide B 4HCCS BU-7147

Foods C. You're the Chef 4HCCS BU-7148

Helper's Guide C 4HCCS BU-7149

Foods D. Foodworks 4HCCS BU-7150

Helper's Guide D 4HCCS BU-7151

Getting Into A Food Mood - *Communicating Food Issues*. WFP030 This curriculum is a leader's guide, presenting objective learning experiences on activities and information about the food industry. The curriculum integrates workplace competencies and foundation skills with food industry issues. Presented by National 4-H Supply Service.

Rising to the Occasion. WFP031 A leader's guide designed to help teach children and youth how to make bread and prepare for careers in the food industry. This guide integrates workplace competencies with the art and science of bread making. Presented by National 4-H Supply Service.

Eat for Good Health. KCB-103. For grades 1-4. This helpful book introduces children to the new Food Guide Pyramid and how to use it to stay strong and healthy. With plenty of fun activities that will help children learn. The exciting and colorful format gets kids thinking about their own eating habits. Available through National 4-H.

Food Preparation (FP)

Exploring Our Food Heritage. For grades 3-12. Presents the reader with the history and the rich cultures associated with various recipes and food traditions. Group and individual activities are provided, along with nutrition information and ethnic recipes. Produced by University of Illinois, available through National 4-H.
Leader's Guide *LEO 365*
Member's Manual *MEO 365*

Tricks for Treats. Level 1. For grades 3-4. Introduces youth to the basics of food preparation, healthy diets, and food safety. Using the U.S.D.A. Food Guide Pyramid and hands-on involvement, participants may digest, discuss, and apply information learned. Produced by the University of Illinois, available through National 4-H.
Leader's *LEO 301*
Member's *MEO 301*

More Tricks for Treats. Level 2. For grades 5-6. Teaches youth to read food labels, select foods for healthy living, use different cooking techniques, plan balanced meals, deal with food spoilage and understand food advertisements. Produced by University of Illinois, available through National 4-H.
Leader's *LEO 302*
Member's *MEO 302*

Food Science and Safety (FS)

Kitchen Science for Kids. KS 399. For grades K-6. Suggests science experiments which support selected food and nutrition concepts, make science accessible and fun and encourage discovery based learning. The leader's guide provides helpful background material. Produced by Cornell University, available through National 4-H.

Food Science. For grades 7-9. Teaches a working knowledge of science and the use of scientific methods. Youth learn to make predictions, conduct experiments, record observations, and discuss results. Produced by the University of Illinois, available through National 4-H.
Member's *MEO 335*
Leader's *LEO 335*

In the Bag! Families Sharing Science Together. 4-H 399. For grades K-3. Teaches children and their families about food and nutrition through informal experiences with science and reading. Though provoking activities incorporate necessary skills and integrate science, reading and food preparation. Produced by Cornell University, available through National 4-H.

Events and Activities

County, District and State Level Demonstration Events:

The event begins at the county level where the best individual and team demonstrations are selected to go to the district level. From all the counties in the district, the best individual and team demonstration is selected to compete at Florida 4-H Congress held each July in Gainesville. The top three demonstrations at state receive trophies.



- **Food Preparation** (Individual and Team) includes all presentations involving food preparation. In an effort to support current dietary guidelines, a focus on preparation of food items moderately low in fat, sodium, and sugar is recommended.
- **Food and Nutrition** (Individual and Team) includes all presentations related to nutrition that do not involve food preparation. Some suggested topics include nutrient needs, nutrition in the life cycle, dietary guidelines, food guide pyramid, nutrition and fitness/sports, hunger and malnutrition, food labeling, and cultural food patterns.
- **Food Science and Safety** (Individual and Team) includes all presentation related to food science or food safety topics. Some suggested topics include vacuum packaging, food irradiation, pesticides, food additives, and biotechnology in foods.

Contact your local 4-H Office for these and other project events, activities, and award opportunities.

Awards and Recognition Opportunities

Project Certificates and Pins:

Certificates, pins and other county determined awards are available to youth who complete their project records annually at the county level.



4-H Portfolios:

Senior 4-Hers (ages 13 and up) are eligible to complete and submit a 4-H Portfolio of their 4-H experiences and activities. Youth in food and nutrition projects may compete in one of the following categories:

Individual and Family Resources
(predominately focused solely on food and nutrition experiences.)

Citizenship
(if activities have been significantly focused on community and helping others).

Achievement
(if 4-H activities include a broad spectrum of 4-H projects including food and nutrition).

Leadership
(if 4-H experiences have centered on leadership provided to other youth or teaching and leading project activities).

Award is a partially expense paid trip to **National 4-H Congress.**

College Scholarships:

Graduating Seniors in 4-H are eligible to compete for a variety of educational scholarships. In addition to general 4-H scholarships, there are two specific ones available to youth interested in food and nutrition and/or family and consumer sciences degree programs. These are:

Ruth Milton Scholarship
Gail T. Hamilton
Scholarship



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