4-H food and nutrition projects are designed to help you do fun experiments, prepare flavor-filled recipes and go on fact-finding missions. You’ll have fun learning about food ingredients, food characteristics and food safety.

- Learn how to make healthful food choices.
- Understand principles of nutrition related to health, physical fitness and appearance.
- Learn how to prepare and store foods safely.
- Understand the scientific principles of nutrition.
- Acquire and demonstrate skills in planning, purchasing, preparing and serving tasty and nutritious meals.

Here’s what you can do all year!

### Beginner/ Cooking 101
- Learn how to read a recipe.
- Learn how to use measuring equipment.
- Make healthful snacks.
- Do fun food experiments.
- Make side dishes, quick breads, main dishes and desserts.
- Learn about food safety.
- Learn how to keep your kitchen germ-free.
- Learn how to use the microwave safely.

### Basic/ Cooking 201
- Make dishes from the five food groups and desserts.
- Prepare a grocery list and go grocery shopping.
- Learn how to use a food thermometer.
- Learn safety know-how in the kitchen.
- Learn how to read the Nutrition Facts label.
- Learn how to cook with an electric grill.
- Prepare easy meals.

### Intermediate/ Cooking 301
- Plan and prepare a meal.
- Demonstrate your knowledge on cooking or baking techniques.
- Complete food science experiments.
- Learn how to keep food safe when cooking outdoors.
- Plan a successful party.
- Prepare foods in healthful ways.
- Make yeast breads.
- Learn how to evaluate food you prepare.

### Advanced/ Cooking 401
- Prepare dishes from the five food groups and desserts.
- Demonstrate your knowledge on cooking and/or baking techniques.
- Complete food science experiments.
- Learn how to use spices and herbs.
- Organize a celebration meal.
- Make ethnic yeast breads.
- Make candy.
- Make pastry.
- Prepare meats.

Pass it on!
Now that you know how, share it with others. Here are ideas to get you started.

### Communication
- Teach friends how to make healthful snacks.
- Tell your family about the importance of eating a variety of foods from all the food groups.
- Design a poster about kitchen safety.

### Citizenship
- Bake with older adults at a care center.
- Volunteer at a food pantry.
- Offer locally grown food sampling at grocery store.

### Leadership
- Take responsibility for preparing one family meal each week.
- Plan and help prepare food for a special family event.
- Create a club fundraiser around food.

### Entrepreneurship
- Create your own food preparation business.

Learn more at [www.ndsu.edu/4h/](http://www.ndsu.edu/4h/) or contact your county NDSU Extension office.
Here are other opportunities to explore Food and Nutrition:

- Organize a food drive for your community.
- Create a portfolio of your favorite recipes.
- Keep a journal of foods you’ve eaten and calories you’ve consumed.
- Plan menus for a week, make a grocery list and go grocery shopping.
- Consider taking an exhibit (a piece of your project) to the fair for judging and to show what you have learned throughout the year.
- Contact your county NDSU Extension office for local workshops, activities and events.
- Meet others interested in food and nutrition.
- Attend the 4-H Youth Conference and participate in workshops, motivational speakers and a community service project, and bring ideas back to your community.
- Learn to read food labels.
- Experiment with altering recipes and share results.
- Plan a special meal for your family.
- Make a recipe calendar for a gift. Include a recipe for each month.
- Assemble a set of favorite recipes.

### 4-H Resources

- 4-H Cooking 101-401*
- 4-H Baking series
  - Baking 1
  - Baking 2
  - Baking 3
  - Baking 4
- Microwave Magic series*
- 4-H Outdoor Cooking*
- Educational Trunks
- Healthy ND 4-H Clubs
- Food, Culture and Reading

*Available for purchase from local Extension offices

### Other Resources

- NDSU Extension Kids and Teens Food & Nutrition
  - www.ag.ndsu.edu/eatsmart/
- MyPlate (U.S. Department of Agriculture)
  - www.choosemyplate.gov
- Kids a Cookin’ Kansas State Research and Extension
  - www.kidsacookin.org/
- Picture-based Recipes
  - www.ag.ndsu.edu/globalfood/picture_recipes.html

### Recordkeeping

- Planning for My Project Adventure
- ND 4-H Project Plan
- ND 4-H Plan of Action
- ND 4-H Participation Summary for 11- to 19-year-olds

### Contests

- Eat Smart, Play Hard, Poster Contest

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