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.

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 the elderly 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.

**Here’s what you can do all year!**

<table>
<thead>
<tr>
<th>Beginner Cooking 101</th>
<th>Basic Cooking 201</th>
<th>Intermediate Cooking 301</th>
<th>Advanced Cooking 401</th>
</tr>
</thead>
<tbody>
<tr>
<td>Learn how to read a recipe.</td>
<td>Make dishes from the five food groups and desserts.</td>
<td>Plan and prepare a meal.</td>
<td>Prepare dishes from the five food groups and desserts.</td>
</tr>
<tr>
<td>Learn how to use measuring equipment.</td>
<td>Prepare a grocery list and go grocery shopping.</td>
<td>Demonstrate your knowledge on cooking or baking techniques.</td>
<td>Demonstrate your knowledge on cooking and/or baking techniques.</td>
</tr>
<tr>
<td>Make healthful snacks.</td>
<td>Learn how to use a food thermometer.</td>
<td>Complete food science experiments.</td>
<td>Complete food science experiments.</td>
</tr>
<tr>
<td>Do fun food experiments.</td>
<td>Learn safety know-how in the kitchen.</td>
<td>Learn how to keep food safe when cooking outdoors.</td>
<td>Learn how to use spices and herbs.</td>
</tr>
<tr>
<td>Make side dishes, quick breads, main dishes and desserts.</td>
<td>Learn how to read the Nutrition Facts label.</td>
<td>Plan a successful party.</td>
<td>Organize a celebration meal.</td>
</tr>
<tr>
<td>Learn about food safety.</td>
<td>Learn how to cook with an electric grill.</td>
<td>Prepare foods in healthful ways.</td>
<td>Make ethnic yeast breads.</td>
</tr>
<tr>
<td>Learn how to keep your kitchen germ-free.</td>
<td>Prepare easy meals.</td>
<td>Make yeast breads.</td>
<td>Make candy.</td>
</tr>
<tr>
<td>Learn how to use the microwave safely.</td>
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</tr>
</tbody>
</table>

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

<table>
<thead>
<tr>
<th>Cooking Series</th>
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</thead>
<tbody>
<tr>
<td>Cooking 101 (EC131)</td>
</tr>
<tr>
<td>Cooking 201 (EC132)</td>
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<tr>
<td>Cooking 301 (EC133)</td>
</tr>
<tr>
<td>Cooking 401 (EC134)</td>
</tr>
<tr>
<td>Cooking Helper’s Guide (EC235)</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Baking Series</th>
</tr>
</thead>
<tbody>
<tr>
<td>Beginning Baking (EC111)</td>
</tr>
<tr>
<td>Quick Breads &amp; Cookies (EC112)</td>
</tr>
<tr>
<td>Yeast Breads (EC113)</td>
</tr>
<tr>
<td>Cakes, Pies &amp; Pastries (EC114)</td>
</tr>
</tbody>
</table>

### Other Resources

- **Eat Smart. Play Hard. Together**
- **MyPlate (U.S. Department of Agriculture)**
- **Kids a Cookin’ Kansas State Research and Extension**
- **Picture-based Recipes**
- **Energizers for Nutrition Education**
  
  http://www.extension.umn.edu/family/health-and-nutrition/professional-development/classroom-energizers/

### Recordkeeping

- **Planning for My Project Adventure** (PA093)
- **ND 4-H Project Plan** (PA095)
- **ND 4-H Plan of Action** (PA096)
- **ND 4-H Participation Summary for 11- to 19-year-olds** (PA098)

### Mealtime Challenge

https://www.ndsu.edu/4h/member_information/project_sheets/group_projects/

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