



Healthy Lifestyle Education

4-H Food and Nutrition

North Dakota 4-H Project Sheet

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!

Beginner Cooking 101	Basic Cooking 201	Intermediate Cooking 301	Advanced Cooking 401
<ul style="list-style-type: none"> • 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. 	<ul style="list-style-type: none"> • 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. 	<ul style="list-style-type: none"> • 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. 	<ul style="list-style-type: none"> • 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.



Learn more at www.ndsu.edu/4h/ or contact your county NDSU Extension office.



Healthy Living

4-H Food and Nutrition

North Dakota 4-H Project Sheet

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.



Exhibit Ideas

- Portfolio or display on MyPlate, food safety, kitchen safety, equipment basics, measuring basics or meal-time basics.
- Make a portfolio or display about food labels, meal planning, outdoor cooking or party planning.
- Portfolio or display about making snacks, bread, brownies, cookies, cake and/or muffins.

4-H Resources

Cooking Series

- [Cooking 101 \(EC131\)](#)
- [Cooking 201 \(EC132\)](#)
- [Cooking 301 \(EC133\)](#)
- [Cooking 401 \(EC134\)](#)
- [Cooking Helper's Guide \(EC235\)](#)

Baking Series

- [Beginning Baking \(EC111\)](#)
- [Quick Breads & Cookies \(EC112\)](#)
- [Yeast Breads \(EC113\)](#)
- [Cakes, Pies & Pastries \(EC114\)](#)

Other 4-H Resources

- [Eat Smart Play Hard Trunk](#)
- [Healthy ND 4-H Clubs](#)

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](#)

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/>

Learn more at www.ndsu.edu/4h/ or contact your county NDSU Extension office.

Updated 8-2018