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!**

<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>
<td></td>
<td>Learn how to evaluate food you prepare.</td>
<td>Make pastry.</td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td>Prepare meats.</td>
</tr>
</tbody>
</table>

**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.

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

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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

**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/](https://www.ndsu.edu/4h/member_information/project_sheets/group_projects/)

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