In this project, youth learn about healthy eating by partnering with adults in the kitchen to plan and create meals and snacks. Youth can participate in a variety of 4-H food and nutrition projects including bread baking, meal planning, cultural cooking, healthy meals, outdoor cooking, cheese making and more.

- Use USDA’s MyPlate to plan meals and make balanced food choices.
- Learn how to safely purchase, prepare and store food.
- Discover the health benefits associated with different foods.
- Explore the importance of nutrition as it relates to quality of life.

### Starting Out
**Beginner**
- Learn how to use measuring equipment.
- Classify food into appropriate food groups.
- Make healthy snacks.
- Demonstrate how to safely use a sharp knife.
- Compare the costs of purchased and homemade foods.
- Learn how to keep the kitchen clean.
- Prepare a healthy breakfast and learn why breakfast is an important meal.

### Learning More
**Intermediate**
- Compare and contrast healthy and less-healthy food choices.
- Create a grocery list based on a budget.
- Identify how to keep food safe through proper food preparation and storage.
- Learn how to use the “Nutrition Facts” labels.
- Prepare a balanced, healthy meal.
- Calculate the amount of sugar in popular beverages.
- Review fast food menus and identify the healthiest options.

### Exploring Depth
**Advanced**
- Identify key nutrients and their health benefits.
- Understand the health risks caused by food contaminants.
- Analyze the caloric and nutritional value of foods and beverages.
- Plan, purchase and prepare a daily menu.
- Discuss the impact of nutrition on academic achievement, sports performance and appearance.
- Explore careers in the food industry.

The activities above are ideas to inspire further project development. This is not a complete list.
Expand Your Experiences!

Healthy Living

- Design and create an exhibit featuring a nutrition topic for a health fair or community event.
- Create a portfolio of favorite recipes and their nutritional value.
- Track eating habits and physical activity in a journal. Review entries and set a goal that will help make a small improvement in how you eat or exercise.

Science, Technology, Engineering, and Mathematics

- Experiment with different recipes; modify recipes to reduce the fat, sugar or sodium content.
- Research different types of microbes commonly found in and around foods.
- Experiment with yeast to discover how microbes multiply.
- Compare different types of food measurements, such as weight and volume.

Citizenship

- Cook foods from diverse cultures to develop a better understanding and appreciation for cultures different than your own.
- Sponsor a walk-a-thon and raise funds for a local health need.
- Work with your county health department on a local health issue, such as childhood obesity.

Leadership

- Plan and help prepare a healthy snack for a community club meeting.
- Suggest nutrition guidelines that will help your family eat healthier.
- Become a role model for others by taking the position of Junior or Teen Leader.

Resources

- Fantastic Foods  
  [Link]
- Fight BAC  
  [Link]
- California Beef Council  
  [Link]
- Spend Smart, Eat Smart  
  [Link]
- Agriculture in the Classroom  
  [Link]
- USDA MyPlate  
  [Link]
- Money Talks  
  [Link]
- Making Every Dollar Count  
  [Link]
- USDA Center for Nutrition  
  [Link]
- Kids a Cookin’  
  [Link]
- The Scrub Club  
  [Link]
- Fruit and Veggies Matter  
  [Link]
- Recipes for Healthy Kids  
  [Link]

The UC 4-H Youth Development Program does not endorse, warrant, or otherwise take responsibility for the contents of unofficial sites.

Connections & Events

Presentation Days – Share what you’ve learned with others through a presentation.

Field Days – At these events, 4-H members may participate in a variety of contests related to their project area.

Contact your UC Cooperative Extension Office to determine additional opportunities available, such as a field day.

Curriculum

- Cooking 101  
  [Link]
- Eatfit  
  [Link]
- Food and Fitness  
  [Link]
- Healthalicious Cooking  
  [Link]
- Consumer Savvy  
  [Link]

4-H Record Books give members an opportunity to record events and reflect on their experiences. For each project, members document their experiences, learning and development.

4-H Record Books also teach members record management skills and encourage them to set goals and develop a plan to meet those goals.

To access the 4-H Record Book online, visit  
[Link]

University of California Agriculture and Natural Resources

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[Link]
FOR FURTHER INFORMATION

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