

What is the Food and Nutrition Project?

The Food and Nutrition Project, which is the most popular 4-H project, includes:

- nutrition,
- food choices,
- menu planning,
- buying,
- food preparation,
- food safety,
- careers, and
- cultural influences.



The Food and Nutrition Project consists of at least six learning experiences, which may include:

- project meetings,
- tours,
- workshops,
- exhibits,
- publication and Web site review,
- sharing of knowledge, and
- community service activities.



Suggested Learning Experiences

- Plan a menu for your family for one week; make the grocery list for these meals.
- Go on a grocery store scavenger hunt; compare prices of foods.
- Plan a label-reading party to explain how food labels can be used to select foods.
- Tour restaurants, school food-service operations, hospital kitchens, and senior citizen meal centers.
- Conduct interviews with chefs and dietitians.
- Learn about food safety; interview a public health inspector.
- Research a food-related topic such as special diets, weight management programs, infant nutrition, elderly nutrition, food hunger or insecurity, food fads and misinformation.
- Experiment with different recipes; change or modify recipes for special needs.
- Experiment with food photography.
- Learn to preserve food by freezing, canning, drying, and pickling.
- Volunteer your services to cook for a needy family, conduct a food drive, or help at Head Start, Meals on Wheels, or a food pantry.
- Become a Food and Nutrition Teen Leader -- teach younger 4-H'ers and other youth groups.
- Design and create an exhibit on a food-nutrition related topic for a health fair, or for a school or community event.



What are Food and Nutrition Project Events?

Food and Nutrition Project events give 4-H members the opportunity to share their knowledge and skills gained in project work. Major events are:

Roundup Contests

- The Food Show has three components:
 - preparing and presenting a dish,
 - participating in an interview, and
 - recording project experiences.
- The Food and Nutrition Quiz Bowl is a fun way to learn:
 - consumer information,
 - food and kitchen safety,
 - food preparation skills and storage,
 - basic nutrition, and
 - how nutrition affects health.
- Food and Nutrition Educational Activity
 - an illustrated talk or method demonstration, providing an opportunity to share knowledge and skills on any food-related subject

Record Books

Completing a 4-H Record Book provides the 4-H'er an opportunity to report project accomplishments.

- Food and Nutrition
- Bread
- Food Conservation, Preservation, and Safety
- Family and Consumer Sciences Achievement
- Other related areas include beef, dairy, goats, poultry, rabbit, sheep, and swine.

Get Involved with a 4-H'er

Volunteers provide guidance and support, which make the 4-H program possible. Volunteers are valuable, respected members of the 4-H team. Volunteer leadership is provided to 4-H members in a variety of ways, using many different methods. Roles for volunteers include:

- Club Manager
- Project Leader
- Record Book Leader
- Host
- Community Service Advisor
- Program Coordinator
- Instructor
- Tour Guide
- Host/Chauffeur
- Quiz Bowl Coach
- Method Demonstration/
Illustrated Talk Coach

Resources

These resources are available in the county Extension offices to assist leaders and 4-H'ers with project goals:

- The Food & Nutrition Links Units I, II, III
 - The Food Guide Pyramid
 - Dietary Guidelines for Americans
 - Six Easy Bites
 - Tasty Tidbits
 - You're the Chef
 - Foodworks
 - Extension Educational Resource Library
 - Extension publications
- <http://texaserc.tamu.edu>

- Extension specialists in subject matter areas
- Extension Family and Consumer Sciences Web site at <http://fcs.tamu.edu>
- Extension Teen Calcium Web site at <http://calcium.tamu.edu>



For more information on the Food and Nutrition Project, contact your county Extension office:

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Texas 4-H Opportunities



Food & Nutrition Project

Extension programs serve people of all ages regardless of socioeconomic level, race, color, sex, religion, disability or national origin.

The Texas A&M University System, U.S. Department of Agriculture,
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