

OKLAHOMA 4-H FOOD SCIENCE PROJECT



4-H GROWN

LIFE SKILLS

- Use critical thinking about project management
- Explore healthy lifestyle choices
- Plan and organize meals for families and special events

LEADERSHIP

- Take responsibility for preparing one family meal each week
- Organize a charitable event, such as a food drive, revolving around food
- Encourage your club to have healthy snacks for club events and meetings
- Model healthy behavior

COMMUNICATION

- Share food safety knowledge with others through presentations
- Teach others how to make healthy snacks
- Conduct a food demonstration at county events
- Design a poster about kitchen safety

PROJECT OBJECTIVES

The food science project allows youth to learn basic food preparation and preservation skills. 4-H members enrolled in the food science project will learn about food ingredients, kitchen safety and how food transitions from farm to table.

- Explore the science behind preparing recipes
- Learn how to make healthy snacks
- Learn to modify recipes for a living healthy lifestyle
- Learn to incorporate food and kitchen safety into your daily routine

GROW IN YOUR FOOD SCIENCE PROJECT

The activities below are ideas to inspire project development. This is not a complete list.

BEGINNER

- Learn to read a recipe
- Learn to use measuring equipment
- Learn to read food labels on purchased food items
- Learn how to make healthy snacks
- Learn how to preserve foods through dehydration and hot water baths
- Explore why nutrition is important in our lives

INTERMEDIATE

- Learn how to plan and prepare a meal or event
- Explore low-fat alternatives in preparing recipes
- Learn about the science of baking with yeast
- Learn how to evaluate the food you prepare
- Make healthy fast food choices at home, school or while eating out

ADVANCED

- Demonstrate your knowledge of cooking/baking techniques
- Learn how to use spices and herbs
- Learn how to identify and use fruits and vegetables
- Learn advanced food preservation techniques with pickles and fruit
- Learn how to utilize a presser canner for advance food preservation

EXPAND YOUR EXPERIENCE

- Tour a professional kitchen
- Interview a registered dietitian about his/her career
- Job shadow a professional chef or a nutrition educator to explore careers that interest you



4-H GROWN

CITIZENSHIP

- Teach others how to prepare healthy meals for their families
- Present a program to your community about the importance of fresh fruits and vegetables
- Volunteer at a local food pantry

HEALTHY LIVING

- Learn to lead lives that balance nutritional needs and how a balanced diet affects overall health and wellness
- Create simple snacks at home that meet your nutritional needs
- Learn to read food labels

SCIENCE

- Demonstrate the effects of vitamins and minerals on various parts of the body
- Discover how different ingredients and different proportions of ingredients affect food quality
- Learn about food-borne illnesses and their effects on the body

RESOURCES

4-H CURRICULUM

- 4-H Foods: http://www.4-hmall.org/Category/4-hcurriculum-foods.aspx?_ga=1.164374527.1185683848.1367266127
- 4-H Food Science: <http://www.4-hmall.org/Category/food-sci.aspx>
- 4-H Cooking 101: <http://www.4-hmall.org/Category/all-cooking.aspx>
- 4-H Food Showdown: <http://oklahoma4h.okstate.edu/foodshowdown/>

OPPORTUNITIES

- County and state fairs
- Food Showdown contests
- Dutch Oven Showdown
- Public Speaking Contest/Food Demonstration
- FCS Field Day
- Community health fairs
- Local farmers markets

RESOURCES

- Choose MyPlate: <http://www.choosemyplate.gov/>
- National Center for Home Food Preservation: <http://nchfp.uga.edu/>
- USDA Team Nutrition: <http://www.fns.usda.gov/tn/team-nutrition>
- Oklahoma Community Nutrition Education Programs materials: <http://www.fcs.okstate.edu/cnep>

Learn more at:
contact your county Cooperative
Extension office.



Oklahoma 4-H is the youth development program of the Oklahoma Cooperative Extension Service and Oklahoma State University

Join Our 4-H Community:



Oklahoma 4-H Beef Hot Sheet authors:
Jessica Nickels, Garfield Co. Extension Educator; Karen Armbruster, retired Woods Co. Extension Educator;
Lauren Wren, Choctaw Co. Extension Educator; Barbara Elkins, Atoka Co. Extension Educator;
Kelsey Ratcliff, Coal Co. Extension Educator