



Making the Character Connection with...

Foods/Nutrition

Breads
Cake Decorating
Dairy Foods
Food Preservation
Foods
International Foods
Meats

Being a person of good character means you follow the Six Pillars of CharacterSM every day. In your Foods/Nutrition projects you will learn about making healthy foods, choosing the right foods from your grocery store and how you can make special treats for your friends and family.

It may seem like cooking and learning about nutrition doesn't have much to do with being a person of character, but think of some of the ways they might be related. Every time you bake or cook a snack for a friend you are showing them you care.

Learning about what foods are best for your body helps you to take care of yourself and live a healthy life (Responsibility and Respect). You can also use your newly learned skills to provide food for local fundraisers and organizational meetings (Trustworthiness). Every time you learn something new about nutrition think about how being a person of good character relates to what you have learned.

Projects in this Connection have been grouped because they have related information. There may not be an activity for every project listed however at least one of the activities can be adapted for each project. Be creative; let this be a stepping stone for many ways of teaching character.

This Character Connection contains:

- **Explanation of the Six Pillars of Character.**
- **Explanation of how the Six Pillars of Character relate to your Foods/Nutrition project.**
- **Activities on how you can demonstrate good character while practicing your food skills.**
- **Questions to help you think of ways to demonstrate good character every day.**

Character Connection: Foods/Nutrition

Trustworthiness	Responsibility	Caring
<ul style="list-style-type: none"> ✓Tell the truth, take credit for the foods you make ✓Always deliver foods you've promised to someone on time ✓Follow recipes and remember that it's ok to start over if you make a mistake 	<ul style="list-style-type: none"> ✓Learn about ways you can keep your body healthy ✓Understand the importance of following recipes and measuring correctly ✓Don't rush- give yourself plenty of time to make your exhibits 	<ul style="list-style-type: none"> ✓Accept judges' decisions at art shows and fairs ✓Share your goods with others ✓Show others you are concerned with their health and nutrition
Respect	Fairness	Citizenship
<ul style="list-style-type: none"> ✓Be accountable to your project group, leader and self ✓Look at your recipes and change them if you are cooking for someone with food allergies ✓Always try to better your skills- try new things! ✓Try foods from different cultures, even if they are not something you would usually eat 	<ul style="list-style-type: none"> ✓Allow everyone time to use materials and workspaces ✓Don't judge people based on their products, only judge them on their character ✓Be tolerant if something doesn't turn out the way you expected 	<ul style="list-style-type: none"> ✓Volunteer to donate your skills and products to community functions ✓Plan events that showcase your talents and provide treats to others ✓Learn about poverty and how you can impact others

Character Connection: Foods/Nutrition

Activity: Sugar High

You have learned about sugar and how it doesn't give us much nutrition when we eat it. Becoming overweight from eating a lot of sugar and fat is a problem that can keep us from being able to do activities we like. Being overweight can also make us very unhealthy. We are responsible for our bodies and must make the right choices about what we eat and how we live. Cutting down on sugar and fat is one way to not gain weight; exercise and physical activity are other great ways.

DO:

With your family, decide upon a family activity timeline showing the different activities you can do over a month. Use a calendar page for the current month so you can start on your exercise plan right away! Be sure your plan covers at least 30 days, so you may need two calendar pages depending on when you start. Allow each family member to name their top two favorite forms of physical activity. (Remember, video games and watching TV are not physical activities.) Be sure you include each person's favorite activity at least once per month. Plan an activity for a minimum of three to four days per week.

Share your plan with other members of your Nutrition project. Talk about what activities you chose and why you think they are healthy options.

Put your plan into action! Each day your family succeeds in its activity plan, mark the day with a star. Keep your plans going throughout the year and think of ways you can improve your performance over time.

REFLECT:

1. How did you decide what activities to add to your plan?
2. Do you prefer doing the same activities each week, or adding new different things into your plan? Why?
3. How do you think your family feels about you changing your physical activity plan?
4. Do you feel like you are healthier now that you are using your plan?

APPLY:

Respecting our bodies and caring about our families is a way we can make sure we can stay healthy and happy for many years. Though it doesn't always seem like you are showing respect just by doing something healthy, remember that others will see that we care about friends and families and want to be healthy for them too. The healthier you are, the more likely you will be able to enjoy family functions and time you spend with friends. Each time you see someone doing something that makes them healthier, make sure you congratulate them and thank them for taking care of their bodies.



Character Connection: Foods/Nutrition

Activity: Cultural Cuisine

DO:

Americans love to eat food from different cultures. You have learned about different cultures and their cuisine. Think of your favorite foods that have their origins from different areas of the world. Share these with other project members. Chart the similarities and differences between the countries you have learned about and other countries from which your favorite foods come.

Now that you understand some of the similarities and differences between different cultures cuisines, pick a country to learn more about. Pretend you are going to live in this country for a short time. Make a list of things you find that you do like and don't like about your new country. Dress up in clothing from this country and share what you found with your 4-H club or classroom. Make sure you make a food from this country to share with the audience as well.

REFLECT:

1. What does your chart tell us about different cultures? How is the United States similar and different from these other countries?
2. How might you adjust the things you found that you don't like about other countries to make them things that you do like?
3. Do you think the things you don't like about other cultures are things you are afraid of? Why or Why not?
4. How does it make you feel to learn about how countries are all different?

APPLY:

Tolerance and acceptance are important traits to have, especially in the culturally diverse country we live in. Now that you know a little more about another country, think of other ways you can help people try new things and break down preconceptions they may have about another culture. Often we fear the things we don't know much about, but those fears go away when we understand why people and places are different from us and our communities. Next time you hear someone say something negative about another culture, remind them that everyone is different. Even though we don't always have to agree or like everything about each other, we should always be respectful and tolerant of others' viewpoints.



Character Connection: Foods/Nutrition

Activity: Caring Cookbook

DO:

In your project you have learned about planning meals that include a variety of different tastes, textures and colors. When we plan meals it is important to think about who we are cooking for. Thinking about others and what they like is very important. Have each person in your project group think of a food that they think everyone would like. Try to use some of the new cooking techniques you've learned and try to stay on a budget that everyone can afford. Once you have each decided on a food, type each recipe up just like it would be in a cookbook. Put all of your recipes together and create a 4-H project cookbook.

Once your cookbook is complete with all of your tasty recipes share your recipes with your community. Select one meal from the cookbook and assemble the required ingredients in a basket. Ask the director of the local food bank to locate a family in need to receive the basket and your cookbook.

REFLECT:

1. What does helping members in your community mean to you?
2. How do you think your gift will impact the family that receives your basket and cookbook?
3. How do you think little gestures like your basket can help change your community?
4. Think about other ways to show caring to others with your nutrition project.

APPLY:

Giving back to others who may be having a hard time shows that we are caring citizens who want to make others' days just a little brighter. By making your cookbook you were able to think about all of the skills you've learned and contribute to your community. There are a lot of other ways you can use what you do everyday, like cooking, to help others. As you go through your everyday routine, think of ways you can use your everyday activities to help others out.

Expand on this activity: Brighten the day of others who have helped you with your 4-H projects over the year. With your project group plan a meal from your cookbook to fix for your family and friends who support you. At the end of the Summer County 4-H Fair cook a feast for everyone to enjoy. Make sure everyone knows that you appreciate their help and are looking forward to another great 4-H year.



Character Connection: Foods/Nutrition

Activity: Fight BAC in your school kitchen

Visit: www.fightbac.org

DO:

It is the responsibility of a cook to ensure foods are properly prepared, cooked and served safely. Many times a cook has to ensure cooking temperatures are safe, surfaces are clean and foods are free from foodborne pathogens. Take a tour of your school's kitchen to see what the cooks there do to keep the food you eat every day safe. Make sure you look for signs reminding the staff to wash their hands to avoid cross-contamination. Visit the above website to get copies of experiments you can do in the kitchen. Make sure you take any suggestions you may have to increase safety and cleanliness to your school's principle.

REFLECT:

1. How do you think your school's kitchen staff feels about keeping your food safe?
2. Do you think your kitchen staff will appreciate your suggestions? Why or Why Not?
3. How does it make you feel to know what your school does to "Fight BAC"? Are you happy with what you saw?

APPLY:

Fighting against foodborne illness is just one of the many tasks your school's kitchen staff takes care of every day. They work to keep you safe and healthy because they care about your health and your future. Learning about bacteria in the kitchen helps you to take the information you've learned and ensure that all of the kitchens that prepare food for you are clean and safe. It is your responsibility to make sure your community is abiding by rules and regulations. If you don't act on what you see, you cannot change the way things work. Next time you see something you want to change, find a way to let someone in charge know that things could be just a little better for you and your peers.

