



## Foods Project Brief

### Learning Objectives

- Practice the life skills of decision making, communicating with others, leading self and others, planning and organizing and learning to learn.
- Understand food preservation
- Make healthy lifestyle choices
- Handling and preparing food in a safe manner
- Understand food nutrients and how those can be gained through food servings

### Fair Projects (building)

- Poster explaining food pyramid
- Display a food dish you have prepared
- Food preparation safety checklist
- Educational poster on healthy fast food choices
- Chart explaining how long leftovers should be left in refrigerators
- Educational poster on eating disorders
- Display a nutritional menu for a meal
- Information on how to make a meal look attractive
- Recipe for a meal/snack you have created
- Gift basket

### Demonstration Ideas

- How to read a food label
- How to make chocolate chip cookies
- How to preserve food
- How to select fruits at a grocery store
- How to set the table correctly
- How to make a casserole
- How to make homemade pizza
- How to plan a balanced meal for your family

### Field Trips

- Visit a restaurant
- Visit a grocery store
- Job shadow a professional chef
- Visit a food bank
- Visit a farmers market

### Ideas for Speech Topics

- Eating disorders
- Food safety
- Food preserving
- Healthy lifestyles

### Critical Thinking

- How many servings of vegetables do we need a day? Name four vegetables.
- Name one nutrient and explain it.
- How long should raw meat and poultry thaw before cooking and where should it thaw at?
- How long is it safe to freeze cookies?
- In what conditions does mold grow the fastest in? Why?
- How long is it safe to leave leftover cooked meat in the refrigerator? Why?
- What is one eating disorder and how does it occur?
- For hamburger to be fully cooked what temperature does it need to be?

### Community Service

- Volunteer at a restaurant
- Prepare a dish for a family or community event
- Host a dinner party for friends
- Make a meal for a neighbor or friend
- Volunteer at a grocery store
- Volunteer at food bank
- Organize a food drive

### Science & Technology

How have you used science and technology in this project?

Examples:

- Understanding how to preserve foods
- Gather information on how the human digestive system works
- Explain how food sours and spoils
- Identify how bacterial soaps work

## Show Me Character

**Trustworthiness** - includes honesty, promise keeping and loyalty.

- 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

**Respect** - includes courtesy and proper treatment of people and things.

- 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

**Responsibility** - includes the pursuit of excellence, accountability and perseverance.

- 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

**Fairness** - involves consistently applying rules and standards appropriately for different age groups and ability levels.

- 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

**Caring** - promoting the well being of people and things in a young person's world. It denotes action and not just feelings.

- Accept judges' decisions at art shows and fairs
- Share your goods with others
- Show others you are concerned with their health and nutrition

**Citizenship** - includes making the home community and county a better place to live for themselves and others.

- 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

## Show Me Standards

Missouri 4-H members will acquire the knowledge and skills to gather, analyze and apply information and ideas, communicate effectively, recognize and solve problems, make decisions and act as responsible members of society.

4-H members will acquire a solid foundation which includes knowledge of:

- **Health/Physical Education** – Principles and practices of physical and mental health (such as personal health habits, nutrition, stress management) and consumer health issues (such as the effects of mass media and technologies on safety and health)
- **Science** – Impact of science, technology and human activity on resources and the environment

## Resources

### 551 Foods A

Y5510 Six Easy Bites

### 552 Foods B

Y5520 Tasty Tidbits

### 553 Foods C

Y5530 You're the Chef

### 554 Foods D

Y5540 Foodworks

### 555 Dairy Foods

Y5550 Join the Fitness Team

### 557 International Foods Unit 1

Y5570 Exploring our Food Heritage

LG5570 Exploring our Food Heritage

Leader's Guide

### 558 International Foods Unit 2

Y5580 Global Gourmet

### 561 Microwave Magic A Unit 1

Y5610 Bag of Tricks

### 562 Microwave Magic B Unit 2

Y5620 Micro Magicians

### 563 Microwave Magic C Unit 3

Y5630 Amazing Rays

### 564 Microwave Magic D Unit 4

Y5640 Presto Meals

### 571 Food Preservation

Y5800 4-H Quality for Keeps: Food Preservation

### All Units

Y620 4-H Project Record used in all 8 units

LG5500 Food Helper's Activity Guide used in Foods A-D

LG5600 Microwave Magic Helper's Guide used in Microwave Magic Units 1-4

Ideas for judging classes use LG307 Family Consumer Science Judging Guide & LG730 Judging: A 4-H Teaching Technique

## To Order

Extension Publications online at <http://extension.missouri.edu/explore/shop/> or by phone at 1-800-292-0969

For additional resources check with your local University of Missouri Extension Center or [www.4-hmall.org/](http://www.4-hmall.org/)