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4-H FOOD AND NUTRITION ENRICHMENT GUIDE

PNW 327 • July 1988

A Note to Leaders and Parents

The *4-H Food and Nutrition Enrichment Guide* is a series of activities to support the learning experience, with phases appropriate to the age and skill development of 4-H members. With your help, the 4-H member chooses activities he or she wants to complete in each phase. If your 4-H member has a different idea for an activity appropriate for the learning area, he or she can write this activity in the blank space provided. As he or she completes the activity, the leader or parent can initial the effort.

The guide consists of nine phases with activities in five learning areas: individual development/leadership service, food preparation, management, nutrition/fitness, and consumerism. These are areas identified as part of the National 4-H Food and Nutrition Program Components.

Although 4-H members aren't required to complete phases from the enrichment guide sequentially, the phases have been created with a developing skill level in mind. The phases progress from Phase 1 (beginning) to Phase 9 (advanced). Members can enter the enrichment phases at any time; however, they will want to choose one appropriate for their age and skill level.

The *4-H Food and Nutrition Enrichment Guide* is valuable to youth in the following ways:

- Members are asked to make choices, which helps them develop decision-making skills.
- Members select learning activities in all five areas to expand their interests and develop inquiring minds.
- Members and their parents know what is involved in the project and can assess their learning.
- Members complete activities to enrich their learning and give them a sense of accomplishment.
- Leaders use the enrichment guide as a tool to enhance 4-H food and nutrition projects.
- This *4-H Enrichment Guide* is just that—a guide that enriches the 4-H Food and Nutrition experience for young people. It is designed to supplement the 4-H Food and Nutrition project, not replace it. It is an optional program.

Prepared by Barbara Boltes, Extension specialist, 4-H and youth development, with the help of the Tri-State Food/Nutrition Curriculum Committee.

4-H Food and Nutrition Enrichment Guide

You are unique! You have interests and goals that are unique only to you. We want you to follow those interests and reach those goals so that your 4-H experience is the best it can be—for you. The *4-H Food and Nutrition Enrichment Guide* will help you do this.

Do you love to try new recipes? Is it important to you to share what you know with others? Do you like to think of ways you can do something a little better? Or would you rather take your time and “investigate” an idea you are curious about? Do you love to shop for food and discover the best deals in town? Or are you trying to learn some new skills that will help you find a job? The *4-H Food and Nutrition Enrichment Guide* will help you do all these things.

You will have a chance to choose activities that interest you. You can even develop activities on your own. After you complete the activities in one phase, you can go on to the next.

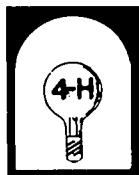
The *4-H Food and Nutrition Enrichment Guide* is an important part of your foods and nutrition project, but it does not replace your project work. It is optional and is designed to help you learn about food/nutrition topics at your own pace. If you need some help choosing activities, ask your leader or parents for help.

Instructions for all phases

This is the first step in the food and nutrition enrichment program. Read through all the activities. With your leader and/or parents, plan which activities you will do.

Choose activities in each section (individual development, food preparation, management, nutrition/fitness, consumerism) as indicated. You may also make up your own activity if there is a blank space.

Ask your leader or parent to initial each item as it is done and note the date. When you have completed all of your activities, review other phases with your leader. Decide what you will do next.



Individual Development

Choose number 1 and one more other options

1. Select two or more individual options from the back page of this guide. Write them below.

2. Teach a club member the 4-H creed.

3. Make a food item to donate to a community organization or give the food to a friend.

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Food Preparation

Choose two or more options.

1. Prepare baked potatoes in the oven and in the microwave. Compare cooking times and texture.

2. Prepare vegetables for a salad bar and show that you know how to use knives safely.

3. Talk about ways to prevent kitchen accidents and injuries while cooking.

4. Prepare a nutritious snack at a 4-H club meeting.

5. Serve pancakes with fresh fruit or applesauce.

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Management

Choose two or more options.

1. Begin a "favorite" recipe file. For each, put down the source so you can give credit when you share it.

2. Wash dishes for a week.

3. Clean the silverware drawer.

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Management (continued)

4. Help with meal preparation at home for a week.
5. Fill an empty margarine tub with ice and use it with a sack lunch.
6. Check the potholders in your kitchen and replace if necessary. Why?
7. Observe picnic food safety. Are hot foods kept hot and cold foods cold?

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Nutrition/Health

Choose two or more options.

1. Make a collage or poster that shows the four food groups.
2. Share a new food item with your 4-H club members. Tell which food group it belongs to.
3. Talk about the nutrients in your favorite snack.
4. Learn to take your pulse.
5. Exercise for at least 20 minutes (continuously) 3 times a week for 2 weeks. What did you do?

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Consumerism

Choose two or more options.

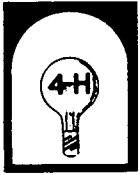
1. Talk about the reasons why some breakfast cereals contain small games and toys inside the box.
2. Clip coupons to help your family reduce the cost of an often purchased food item.
3. Count the leftovers in your refrigerator, every Monday, for a month.
4. Help put away canned goods in their proper location.
5. Find the "best buy" in the newspaper for a food your family eats.
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Individual Development

Choose number 1 and one or more other options.

1. Select two or more individual options from the back page.
Write them below.
2. Keep the *4-H Foods Record* and *Permanent 4-H Record* up to date.
3. Make a table decoration and share it with a nursing or convalescent home.
4. Tell a friend about 4-H.
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Food Preparation

Choose two or more options.

1. Check the number of appliances plugged into outlets in your kitchen. Discuss electrical safety with your parents and/or 4-H club leader.
2. Make a quick bread for your family.
3. Plan a snack-tasting party. Prepare, taste, and vote on best looking, most nutritious, best tasting, most unusual.
4. Try making crackers as a nutritious snack.
5. Demonstrate the difference between the terms "beating" and "whipping."
6. Learn 20 basic cooking terms.

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Management

Choose two or more options.

1. Collect five favorite recipes from an older relative.
2. Help clean the refrigerator.
3. Make a new garnish to serve with your family's meal.
4. Serve a family style meal from foods in the kitchen.

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Management (continued)

5. Check cupboards for swollen cans. Explain why the food might be unsafe to eat.
6. Talk to a 4-H leader about what equipment is most needed in the kitchen.
7. Arrange food attractively on a serving plate.



Nutrition/Health

Choose two or more options.

1. Count the number of cereal commercials on Saturday morning TV and tell your club about what you saw.
2. Change a cookie recipe so it is more nutritious. Make and bake a nutritious version.
3. Try a new vegetable.
4. Tell your 4-H club how to store vegetables to preserve best nutritive value.
5. List the opportunities you have for exercise at school.



Consumerism

Choose two or more options.

1. List four different ways you can purchase tomatoes, beef, and apples.
2. Grow a pumpkin from seed. Share or sell the pumpkins you produce.
3. Compare cost of in-season and out-of-season fresh strawberries.
4. Select and buy fresh fruit for your family for a week.
5. Explain why famous people are often in food advertisements.
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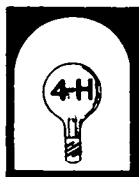
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Individual Development

Choose number 1 and one or more other options.

1. Select two or more individual options from the back page. Write them below.
2. Help your club plan an outing to a restaurant.
3. Test two or more recipes and add to your "favorite recipe" file.
4. Read the food section in the newspaper. Tell your 4-H club what they would find in this part of the paper.
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Food Preparation

Choose two or more options.

1. Prepare a cake without using a commercial mix.
2. Show your 4-H club members how to judge baked products.
3. Explain why cooking or serving spoons should not be used for tasting.
4. Select two vegetables and learn to prepare them in a microwave.
5. Grow sprouts and eat them on a sandwich.
6. Prepare fruit leather from excess fruit.

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Management

Choose two or more options.

1. Record how much time it takes to make a cake from "scratch" (start to finish).
2. Find out about different kinds of apples. Choose some that suit your family's needs and tastes.
3. Test a recipe for your "favorite recipe" file.

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Management(continued)

Choose two or more options.

4. Set a table for a special occasion, i.e., a birthday or anniversary.
5. Put refrigerated food away promptly after shopping.
6. With permission, reorganize the food storage cupboard that contains cereals, rice, beans, sugars, pasta.
7. Chill salad plates for serving a special salad.
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Nutrition/Health

Choose two or more options.

1. Taste all food items prepared in your home for one week.
2. Keep a record of what you eat for snacks for 1 week and discuss with a parent.
3. Identify three low-cost snacks that are also nutritious.
4. Drink water or fruit juice instead of pop for 1 week.
5. Make a poster showing foods rich in vitamin A. Display it or show it to club members.
6. Use a computer to play a game related to food, nutrition, or exercise, or analyze a diet on a computer.
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Consumerism

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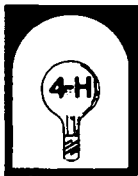
1. Compare two or more fast food restaurants for flavor and price per ounce of a popular food item.
2. Help with the grocery shopping for your family at least three times.
3. Look at advertisements of fast food restaurants. Why are they appealing?
4. Choose and buy snack foods for a slumber party.
5. Make a "coupon organizer."
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Individual Development

Choose number 1 and one or more other options.

1. Select three or more individual options from the back page. Write them below.
2. Collect and donate canned food for a food drive.
3. Invite someone from another country to a 4-H club meeting. Ask your guest to tell about their food and serving customs.
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Food Preparation

Choose two or more options.

1. Make a pudding for your family.
2. Examine the many varieties of beans, peas, and lentils and the role they play in the diet. Explore various ways of serving beans.
3. Make chicken stock from "scratch" and freeze for later use.
4. Test a yeast bread recipe from a magazine.
5. Shape yeast rolls three or more ways.
6. Prepare a fresh, frozen, or canned vegetable three new ways.
7. Thaw a frozen piece of meat properly.

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Management

Choose two or more options.

1. Help plan dinner menus for 1 week.
2. Inventory items in the cupboard or pantry. Plan new ways to use those foods that have been there for some time.
3. Discuss family food traditions, i.e., holidays, picnics, and everyday.

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Management (continued)

4. Observe food photography in monthly food magazines. Look for color, texture, and design.
5. Make a simple meal that will take 30 minutes or less from beginning to serving time.
6. Plan a well-balanced meal using leftovers.
7. Observe your family's lifestyle and relate it to food waste in your household.
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Nutrition/Health

Choose two or more options.

1. Find a nutrition label with three or more forms of sugar listed.
2. Do 20 sit-ups. Drink the amount of fruit juice necessary to replace the calories you used in the exercise.
3. Organize a poster display or contest on nutrition at school.
4. Teach a nutrition snack lesson to a 4-H club with younger members.
5. Keep track of how much time you spend sitting for a day.
6. Find out which sports provide the most exercise in a 30-minute period.

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Consumerism

Choose two or more options.

1. Talk with school lunch cooks and suggest a new menu item for your school lunch menu.
2. Compare nutritional information, cost per ounce, and calorie content of three different breakfast cereals.
3. Observe three or more food advertisements that make misleading claims.
4. Keep track of all snacks you purchased for 1 week and record all costs.
5. Purchase cheese for enchiladas. Compare price of grated and block cheese.

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Individual Development

Choose number 1 and one or more other options.

1. Select three or more individual options from back page. Write them below.
2. Invent and play a food/nutrition game with other club members.
3. Grow a window box or flower pot of herbs for use in the kitchen.
4. Help serve at a nutrition site for the elderly.
5. Plan and give a team demonstration.
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Food Preparation

Choose two or more options.

1. Make pizza dough using whole wheat flour.
2. Fix a nutritious snack for a 2-year-old.
3. Use a marinade in meat cookery.
4. Make a breakfast that includes a quick bread for a friend or your family.
5. Prepare a baby food at home for a baby, i.e., peaches, bananas.
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Management

Choose two or more options.

1. Make sandwiches for a week and freeze (they will thaw by lunchtime).
2. Find three ways your family could eat together on busy days.
3. Observe the food waste in hot lunches at your school.
4. Use good supermarket manners (i.e., return unneeded food to its proper place; be considerate of other shoppers, return shopping cart).

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Management (continued)

5. Test two salad recipes and add to your "favorite recipe" file.
6. Tell others about safety precautions when stuffing a chicken or turkey.
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Nutrition/Health

Choose two or more options.

1. Invite a dentist to discuss dental decay and its relationship to food choices.
2. Find your resting heart rate, exercise, and record your heart rate after 10 minutes and after 20 minutes of exercise.
3. Try three food items you haven't eaten for breakfast before.
4. Run with a dog three times a week.
5. Adjust and prepare a main dish recipe so it contains less fat.
6. Plan and serve a Make-Your-Own Taco Party.
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Consumerism

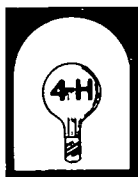
Choose two or more options.

1. Count the number of fast food restaurant advertisements in a Sunday newspaper.
2. Visit a specialty grocery store or health food store. Purchase something new and sample with your 4-H club.
3. Invite someone from an agricultural commodity group to speak at your 4-H club meeting.
4. Compare costs of five non-food items at a food store and a "quick stop" store.
5. Compare the cost of purchased baby food and the same food prepared at home.
6. Watch five favorite TV programs and observe the fast food advertisements. Does the viewing audience match the kind of product they are selling?

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Individual Development

Choose number 1 and one or more other options.

1. Choose three or more individual options from the back page. Write them below.
2. Volunteer to work at a 4-H food booth or concession stand.
3. Pack a special birthday picnic lunch for a good friend to help him or her celebrate.
4. List five prejudices you have about foods and describe why you feel this way.
5. Make puppets and write a script about nutrition to present to younger children.
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Food Preparation

Choose two or more options.

1. Prepare a meal based on a protein food traditionally eaten in another country.
2. Prepare a main dish salad using seafood.
3. Test an international yeast bread recipe.
4. Describe the functions of each ingredient in a baked product.
5. Compare the cost, quality, and time it takes to prepare potatoes a variety of ways (i.e., hashbrowns from fresh, frozen, and dried potatoes).
6. Prepare a vegetable using an ethnic recipe.
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Management

Choose two or more options.

1. Prepare an emergency meal without using electricity.
2. Plan a menu to include your guests in the food preparation.
3. Plan party foods that can be prepared in advance.

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Management (continued)

4. Test two ethnic recipes and add to your "favorite recipe" file.
5. Talk with someone who does catering from his or her home.
6. Explain the statement: "When you buy convenient, ready-to-eat foods you are buying time."
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Nutrition/Health

Choose two or more options.

1. Reorganize (with permission) a designated storage area, such as mix center, pantry, dish storage, or pan storage.
2. Compare a diabetic dessert to a similar recipe.
3. Explain the typical foods found in each food group for different cultures.
4. Keep a personal diet record for 3 days. Analyze for nutrient content.
5. Learn to find your heart rate. Take your pulse and find out your heart rate after 20 minutes of exercise. Compare how two different exercises affect your heart rate.
6. Observe three or more food advertisements that promise to cure or prevent health problems.
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Consumerism

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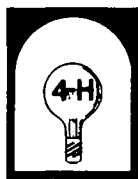
1. Learn how to make a consumer complaint effectively.
2. Shop at a roadside fruit and vegetable market. Compare the prices, varieties, flavor, and ripeness to those in produce from a supermarket.
3. Compare cost and preparation time of a frozen meal from the grocery store and a similar one you prepare at home.
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Individual Development

Choose number 1 and one or more other options.

1. Choose four individual options from the back page. Write them below.
2. Volunteer to help at a food bank.
3. Find out about a career in foods or nutrition.
4. Working with a nutritionist as a resource person, study the value of nutrition labeling on food products.
5. Try food photography for use in your 4-H records or otherwise.

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Food Preparation

Choose two or more options.

1. Make frozen yogurt. Make a chart showing the nutrients in frozen yogurt.
2. Try some recipes for low-fat food gifts.
3. Prepare fresh fish for a family meal.
4. Demonstrate how and when to use a meat thermometer.
5. Invent a sandwich that has a food from each of the following groups: Meat, poultry, fish, eggs, vegetables, milk/cheese, fruit, and bread. Name your sandwich.
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Management

Choose two or more options.

1. Make hot spiced cider in a crock pot or percolator.
2. Prepare three menus for company meals that are attractive, inexpensive, and easy to prepare.

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Management (continued)

3. Plan five summer picnics, each with a theme that features a different bread product. Here's a few combinations to get you thinking!

Southern Fish Fry Hush Puppies
 Cracked Crab Lunch Sourdough Bread
 Indian Summer Brunch Blueberry Muffins
 Mardi Gras Feast French Bread
 Middle East Picnic Pita (Pocket) Bread

4. Describe the symptoms of food poisoning.

5. _____



Nutrition/Health

Choose two or more options.

1. Discuss the role of dairy foods in the diet and the nutritive contribution of cheese. Also discuss sodium and fat content of different cheeses.

2. Exercise with toddlers.

3. Maintain a regular exercise program for a month. Keep a record of what you do.

4. Make a list of foods that contain caffeine.

5. Sugared drinks attract and hold water in the intestines. Caffeine increases fluid loss and possible dehydration. Make a poster that shows how these facts can affect athletes.

6. _____



Consumerism

Choose two or more options.

1. Prepare a shopping list for five items and compare prices at a food store and a "quick" stop store.

2. Discuss unit pricing for generic, in-store, and major brands of a product.

3. Do the grocery shopping for your family at least three times.

4. Find out how food stamps work and which items cannot be purchased with them.

5. Clip out four ads for diets. Rate from best to worst. Tell why.

6. _____

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Individual Development

Choose number 1 and one or more other options.

1. Choose four individual options from the back page. Write them below.
2. Offer to help at an educational program or event sponsored by a commodity group.
3. Interview the person responsible for the fitness program in a company that has fitness facilities or provides an incentive for employee fitness.
4. Explore the concept of mealtime as a celebration.
5. Volunteer to help serve at a nutrition site.
6. _____

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Food Preparation

Choose two or more options.

1. Make pasta from "scratch."
2. Try preparing a dinner using a fire pit for a camp-out.
3. Make a meal using only the leftovers in the refrigerator.
4. Make a gluten ball and tell what it is.
5. Compare pie crusts that use lard, shortening, and oil.
6. _____

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Management

Choose two or more options.

1. Identify perishable foods that could cause food poisoning if improperly handled.
2. Use a convection oven to bake a product.
3. Clean the refrigerator before adding new groceries.

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Management (continued)

4. Help an adult friend serve a large dinner party.
5. Plan and prepare an elegant prom or special evening dinner for your brother, sister, or special friend.
6. Test three pasta recipes for your favorite recipe file.
7. _____

Plan to
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Nutrition/Health

Choose two or more options.

1. Prepare brown rice for a meal.
2. Plan a high protein meal without using meat.
3. Compare the cholesterol content of fish, beef, and chicken.
4. Compare the vitamin B complex of fish, beef, and chicken.
5. Help plan a complete menu for a person with special needs (i.e., a pregnant woman, an infant, a shut-in).
6. Make an educational display showing the main protein foods for various countries (i.e., China, Russia, Mexico, India, Israel, Nigeria, Chile).
7. _____

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Consumerism

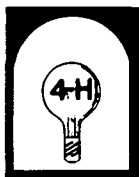
Choose two or more options.

1. Talk with a manager of a 24-hour grocery store about buying patterns.
2. Make a consumer complaint about an inferior product.
3. Visit small claims court.
4. Talk about why certain advertisements make you feel like buying a specific product.
5. After one of your big grocery shopping trips add the amount of money you spent on non-food items. What percent of the total shopping dollar did you spend on these items?

Plan to
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Individual Development

Choose number 1 and one or more other options.

1. Select four individual options from the back page.
2. Enter a baking or cooking contest with a recipe you have developed.
3. Volunteer to help a family friend with a holiday open house.
4. Visit a hospital food service manager and learn about careers and opportunities in foods and nutrition.
5. Plan a field trip for your group to a local producer or processor, such as a local family farm, dairy farm, orchard, grain farmer, local garden, grist mill, or local bakery.
6. Volunteer to help prepare and serve a meal at a day care center. Observe their menu and preparation.
7. _____

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Food Preparation

Choose two or more options.

1. Prepare meat using a variety of cooking methods. Compare the difference in tenderness.
2. Prepare three meals typical of other countries.
3. Explore how herbs are used as seasonings and how they can be used to replace salt in cooking.
4. Make a gift basket for a special occasion using foods you have made.
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Management

Choose two or more options.

1. Explain how a recipe is developed.
2. Plan a menu for two days for someone on a limited income.

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Management (continued)

3. Plan and purchase food items to have on hand for nutritionally balanced emergency meals. Store recipe and menus with each.
4. Visit a test kitchen.
5. Make an emergency kit to keep in the kitchen in case of accidents.
6. _____

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Nutrition/Health

Choose two or more options.

1. Take a fitness test graded for your age. How did you rate?
2. Compare two weight loss diet plans for nutritional balance. Report to your club or health class.
3. Explain the difference between direct and indirect food additives.
4. Learn the difference in aerobic and anaerobic exercise. What are the advantages and disadvantages of each?
5. Volunteer to help at a local health fair.
6. _____

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Consumerism

Choose two or more options.

1. Visit with a state senator or representative about bills related to food or agriculture being considered.
2. Write a letter to a representative or a senator about legislation on food and nutrition.
3. Follow a bill related to food, nutrition, or health through the legislative process.
4. Find out about "carbonated milk" products and share your information with someone who might be interested.
5. _____

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Individual Development Options

1. Exhibit a food and nutrition related item at the 4-H Fair.
2. Participate in a club or county Foods/Nutrition event or activity.
3. Participate in the county 4-H Foods/Nutrition Judging Contest.
4. Develop an educational poster or display related to your Foods/Nutrition project.
5. Lead the Pledge of Allegiance or the 4-H Pledge at a 4-H meeting.
6. Lead singing or recreation at a 4-H meeting.
7. Serve as a host or hostess for a 4-H meeting. See that everyone is welcomed and made to feel comfortable.
8. Serve as an officer of your 4-H club.
9. Write a news story about your 4-H activities for a local paper.
10. Participate in a radio or television program by telling or showing something you are learning in 4-H.
11. Give a presentation (demonstration or talk) to your 4-H club.
12. Give a presentation (demonstration or talk) about your 4-H activities to a group other than your 4-H club.
13. Participate in a community service project.
14. Serve as chairperson of a 4-H club committee.
15. Attend 4-H camp or 4-H outdoor education program.

A Pacific Northwest Extension Publication
Oregon • Washington • Idaho

Published and distributed in furtherance of the Acts of Congress of May 8 and June 30, 1914, by the Oregon State University Extension Service, O.E. Smith, director; Washington State University Cooperative Extension, F.L. Poston, director; the University of Idaho Cooperative Extension Service, H.R. Guenther, director; and the U.S. Department of Agriculture cooperating.

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