

CRANE 4-H



# 4-H Foods & Nutrition

2016

## What is 4-H Foods and Nutrition?

4-H club leaders and parents help interested club members complete six hours of 4-H foods and nutrition project experiences. The experiences prepare the 4-H members for the County Food Show as well as provide ideas and information for the Foods and Nutrition Educational Activity at Roundup Contests and 4-H Record Book Competition.

In this project you can do fun experiments, prepare recipes, and go on fact-finding missions. You'll have fun learning about food ingredients, food characteristics, nutrition and food safety.

- Understand how nutrition affects health, fitness, and your appearance
- Learn to prepare and store foods safely
- Learn about the science of nutrition
- Learn skills in planning, purchasing, preparing and serving tasty and nutritious meals



## About this Project...

This project is open to all 4-H members in the 3rd grade and older. Activities vary depending on age and years of experience.

This is an excellent project if you are interested in cooking,

healthy eating, and planning meals.

Contact the county extension office for information on when practices will be held!

**Add us on REMIND!!!**

Just text @crane4 to 81010! Receive information, ask questions, and stay up to date on everything in Crane 4-H

**Like us on FACEBOOK!!!**

<https://www.facebook.com/cranecounty4H>

For more information, contact the county extension agent at (432)558-3522 or at [lyndi.owensby@ag.tamu.edu](mailto:lyndi.owensby@ag.tamu.edu)