In this project, youth learn about foods by partnering with adults in the kitchen to plan and cook food. Explore the science, nutrition and history of cooking while promoting healthy eating and resource management.

- Learn how to select, prepare and store cooked food items.
- Explore the many methods of cooking, which include roasting, stir frying, grilling, barbecuing, smoking, boiling, steaming, braising and microwaving.
- Use USDA’s MyPlate to plan meals and make balanced food choices.

The activities above are ideas to inspire further project development. This is not a complete list.
Expand Your Experiences!

Healthy Living

- Learn how to read nutrition labels. Use this information to select the most healthy options.
- Visit several grocery stores and compare the cost of similar foods.

Science, Technology, Engineering, and Mathematics

- Research differences between proteins in plant and animal-based foods. Plan a vegetarian diet that includes all the essential amino acids.
- Develop a snack product as if you were a food scientist developing a new food.

Citizenship

- Develop an understanding and appreciation for a variety of cultures by learning to cook traditional foods from different countries.
- Volunteer to cook a meal at a community food kitchen or low income housing

Leadership

- Plan and cater a countywide 4-H event or fundraiser.
- Organize an “Iron Chef” competition featuring activities, cooking lessons and exhibits.

Resources

- Book: *Kids Cook! Fabulous Food for the Whole Family* by Sarah and Zackary Williamson
- Kids A Cookin’ [www.kidsacookin.org](http://www.kidsacookin.org)
- MyPlate [www.myplate.gov](http://www.myplate.gov)
- Eating Well [www.eatingwell.com](http://www.eatingwell.com)
- Rachael Ray Yum-O Foundation [www.yum-o.org](http://www.yum-o.org)
- Movie: *Food, Inc.* Magnolia Pictures
- Movie: *Ratatouille* Disney
- Multicultural Cooking Network [multiculturalcookingnetwork.com](http://multiculturalcookingnetwork.com)
- CHEFS Catalog

Connections & Events

<table>
<thead>
<tr>
<th><strong>Presentation Days</strong></th>
<th><strong>Curriculum</strong></th>
<th><strong>4-H Record Book</strong></th>
</tr>
</thead>
<tbody>
<tr>
<td>Presentation Days – Share what you’ve learned with others through a presentation.</td>
<td>• Healthalicious Cooking <a href="http://anrcatalog.ucdavis.edu/Items/8450.aspx">anrcatalog.ucdavis.edu/Items/8450.aspx</a></td>
<td>4-H Record Books give members an opportunity to record events and reflect on their experiences. For each project, members document their experiences, learning and development.</td>
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<td><strong>Field Days</strong> – At these events, 4-H members may participate in a variety of contests related to their project area.</td>
<td>• Fantastic Foods <a href="http://www.4-hmall.org/Category/4-hcurriculum-foods.aspx">www.4-hmall.org/Category/4-hcurriculum-foods.aspx</a></td>
<td>4-H Record Books also teach members record management skills and encourage them to set goals and develop a plan to meet those goals.</td>
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<td>Contact your county 4-H office to determine additional opportunities available, such as a field day.</td>
<td>• Fast Foods <a href="http://4hcurriculum.unl.edu/catalog/healthy/fastfoods.html">4hcurriculum.unl.edu/catalog/healthy/fastfoods.html</a></td>
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<td>• Cooking Matters <a href="http://ccetompkins.org/nutrition/cooking-">ccetompkins.org/nutrition/cooking-</a></td>
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University of California Agriculture and Natural Resources

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