

# ADVENTURES WITH FOODS AND NUTRITION



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A Project Manual and Record Book For Pre-Teens (9-12)



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Name of 4-H Club Member

## **Let's Get Acquainted**

*The fascinating story of food and nutrition is a never ending one. Each year we can look forward to many new developments which will make our living easier and will contribute to better health. May your eyes be opened to this exciting world of food and nutrition.—Jo E. Gilmore & S. Va. Wilson  
Extension Nutritionists*

## **Things For You To Do**

Select ONE project. Each project has 5 parts. Complete as many of the suggestions as you can, plus any additional ones which you would like. Complete the record sheet at the end of this book. Write your story and turn it in to your 4-H Foods and Nutrition Leader when she asks for it.

## **Keeping Up With Your Work**

The 4-H record is a measuring stick. It's facts and figures keep you, your parents and 4-H leaders informed of your progress. When you have completed your record, submit it and the story to your 4-H Foods and Nutrition Leader on the date she requests it. A record of the work you do should be kept accurately and neatly according to instructions.

## **Rewards For Good Work**

Awards are offered to encourage you to make greater effort. In the Foods and Nutrition project a certificate is awarded to you for completing the project. County, district and state winners will receive a certificate for the best project summary record. You may also want to enter junior food demonstration contests in dairy foods or fruit-vegetable use or try your skill in the N. C. junior enriched corn meal muffin activity.

# Fun With Food You Like

## Project No. 1 in 4-H Foods and Nutrition

### Build a Health Body by Practicing Good Nutrition



#### Do THIS:

1. Learn *why* the body needs food. Write sentences telling what food does for your body.

#### HERE'S HOW:

Order and read this bulletin:

#### FOOD TO GROW ON

You can get a copy by sending a postal card addressed to: Mr. W. B. Austin, Jr., Executive Secretary, N. C. Cattlemen's Association, Box 2954, 210 New Bern Avenue, Raleigh, N. C. Be sure and give him the name of the publication and your name and address. Your mother or leader will help you.

#### Do THIS:

2. Learn the *kinds* of foods in each of the four groups of the *Daily Food Guide*. Make a list of these foods for your record.

#### HERE'S HOW:

2. Read Chapter 8—*The Foods You Eat*—pages 118-131, and Chapter 9—*How Food Helps You*—pages 135-147, in your school textbook called *Building For Health*.

#### Do THIS:

3. Each day use the *Daily Food Guide* when choosing the food you eat.

#### HERE'S HOW:

3. Put what you have learned to use every-day.



### Know What Happens to Food and How to Prepare It

#### Do THIS:

1. Select and buy a standard cookbook.

#### HERE'S HOW:

Any of the following cookbooks will be helpful to you in your project work. Your leader may suggest others.

*Betty Crocker's Cookbook for Boys and Girls Better Homes & Gardens Junior Cookbook Cookbook for Girls & Boys*—Irma S. Hambauer  
*Teach Me to Cook*—Alice D. Marton  
*Cooking is Fun*—National Dairy Council

#### Do THIS:

2. Use recipes from your cookbook or mixes to prepare: 3 desserts 3 breads 3 drinks  
2 salads 2 sandwiches

**HERE'S HOW:**

2. Look up desserts, drinks, salads, breads and sandwiches in the index of your cookbook. Select the ones that you want to learn to make. Read directions and follow safety rules. Your mother and leader will help you.

**DO THIS:**

3. Judge each food you prepare and keep a record of all the food you prepare.

**HERE'S HOW:**

3. Rate your food *blue* (excellent); *red* (good); or *white* (fair) and list on your record.

**DO THIS:**

4. Look up these scientific reasons to learn more about the foods you prepare.

**Desserts**—Gelatin gels.

What happens when you add too much water?

What happens when you don't add enough water?

**Drinks**—Why does milk sour?

What happens when orange juice gets old?

**Salads**—Why does an apple or banana turn dark when peeled?

**Bread**—What happens when bread molds?

**HERE'S HOW:**

4. You can find your reasons in your school science book named *Science Discoveries* and in an encyclopedia.

## Entertaining

**DO THIS:**

1. Make a list of foods that you think would make a good snack. Prepare this snack.

**HERE'S HOW:**

1. Serve one of the desserts you have tried with a drink which you have made for a snack.

**DO THIS:**

2. Clean up after you prepare and serve your snack.

Clean up is a part of any work that you do in foods and nutrition.

**DO THIS:**

3. List the foods, prepare and serve refresh-



ments at a 4-H Club meeting.

**HERE'S HOW:**

3. For your 4-H Club refreshments you could serve one of your sandwiches or a salad and a drink.



## Let Others Know What You Have Done

**DO THESE:**

There are 5 parts to your project.

1. Judge yourself on each part of your project. Your mother and leader will help you.

2. Record what you have done on the record sheet at the end of this book.

3. Show or exhibit one of the foods you have prepared at a 4-H Club meeting, to your grade at school, at the county fair or other public

place where people can see it.

4. Write a letter about what you have done and what you have learned in this project. Describe a work meeting you attended or a tour your group took. Attach your letter to the record sheet for project number 1 at the end of this book.

5. Turn in your record sheet to your 4-H foods and nutrition leader. Be sure your leader

## Show and Tell Others

### Do THESE:

1. Give a "show how" demonstration by preparing a snack while your family watches. You might like to show your friends also.

### HERE'S HOW:

1. Learn all you can about snack foods.
  - What food value they contain
  - How to care for them
  - How you can use them in your diet.

To do this, read good books. Ask your Mother, 4-H Club foods leader, 4-H club junior leader or your Home Agent to help you find some. Use ideas you hear on the radio, see them on television, in newspapers and magazines.

Next, prepare your snack at home. Ask Mother to help select one to try. When you have prepared simple ones, you can try those that require more skill.

When you have learned about snacks and how to prepare some, show your family how it is done. You might like to show your friends also.

### Do THIS:

2. Make a poster on the use of snacks. You could use your poster to help you give your demonstration.

### Do THIS:

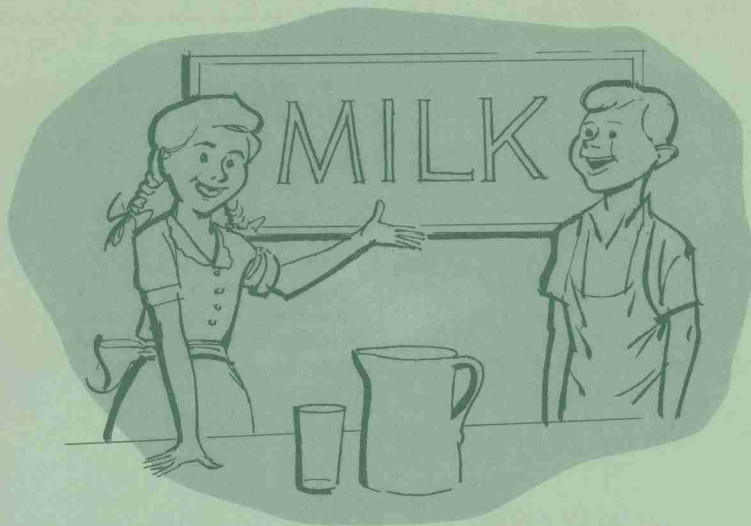
3. Write and tell how snacks have helped you have a better diet. You are beginning to give talks on what you have learned.





# Food for Meals and Snacks

## Project No. 2 in 4-H Foods and Nutrition



### Build A Healthy Body by Practicing Good Nutrition

#### DO THESE:

1. List 3 reasons why the body needs food.
2. Write in your record 6 nutrients and tell how they serve your body.
3. Eat proper amounts of food from each of the Daily Food Groups. Keep a record of the food you eat for one week.
4. Check your record to see if you ate the 4 Food Groups each day.

#### HERE'S HOW:

Read Chapter 7—*The Food You Eat*—and Chapter 8—*How Food Becomes Body Fuel*—in your school textbook called *Your Health*. You will find answers also in your science book called *Singer Science Experiments*. Use the index to locate each experiment.

### Know What Happens to Food and How to Prepare It

#### DO THIS:

1. Look up scientific reasons why:  
Food is changes physically and chemically  
Meat spoils  
Water and minerals are important to the body.

#### HERE'S HOW:

Find your scientific reasons in your school science book named *Singer Science Experiments* and in an encyclopedia.

#### DO THESE:

2. When you help with meals, use recipes from your cookbook and prepare: Enriched cornbread 6 times, 3 simple desserts, 6 different salads, 6 different sandwiches, 3 different soups. You may want to use mixes for your desserts, mixtures for your salads and hamburgers for

on sandwich. Soup can be served hot or cold.

Record the number prepared in your record at the back of this book.

Do THIS:

3. Judge your food.

HERE'S HOW:

Rate each food which you prepare *blue* (excellent); *red* (good); or *white* (fair). Keep your rate or score on your record sheet at the end of this book.

## Plan and Help with Meals

Do THIS:

1. Write a day's menus including breakfast, lunch and dinner, which, if followed, would provide you with the nutrients your body needs each day.

HERE'S HOW:

1. You may wish to order a copy of these free bulletins to help you with your meal planning. *Meal Planning* from General Foods Kitchen Corporation, 250 N. Street, White Plains, N. Y. *Meal Planning Guide* from Pet Milk Company, Home Economics Dept., St. Louis 1, Missouri.

Do THIS:

2. Set the table correctly at least one meal a day for one month.

HERE'S HOW:

2. Ask your leader for a copy of *Table Manners Drill*.

Do THIS:

3. Wash dishes after at least one meal a day for one month.

HERE'S HOW:

3. Refer to your Home Management project for information on how to wash dishes correctly.

Do THIS:

4. Select at the grocery store, your garden or pantry shelf, items to make a salad.

HERE'S HOW:

Refer to Chapter 7—*The Food You Eat* in your Health Book

Do THIS:

5. Plan, prepare and serve party refreshments.

HERE'S HOW:

Order and use these:

*Party Recipes Starring Corn* from The American Can Company, 100 Park Ave., New York 1, N. Y.



*Party Recipes Made With Starlac* from Borden Company, 350 Madison Ave., New York, 17, N. Y.

*Betty Crocker's Party Calendar and Party Sandwiches* from General Mills, Betty Crocker Dept., 400 2nd Ave., South Minneapolis 1,

## Show and Tell Others

Do THIS:

1. Prepare a simple report to read to your club.

HERE'S HOW:

1. Your report could be on what doctors have to say about soft drinks and why they discourage growing boys and girls from drinking them. You might rather report on the need for roughage in your diet as an aid to digestion. Your leader may have other suggestions for ways that you can take part in the club program.

Do THIS:

3. Make a poster for your demonstration. Your poster could show how to use milk, fruits, vegetables or enriched corn meal. You could make a drawing of the alimentary canal and label the different parts.

Do THIS:

4. Prepare an exhibit.

Exhibit something you have done in this project. It might be a food which you have prepared or your record book. You can show

your exhibit at a club meeting, at school, a fair or other public place where people can see it. Check with your leader before you show it.

Do THIS:

2. Make up and give at least one foods demonstration at a local 4-H Club meeting. Enter local contests.

Your foods demonstration could be a show-how to use milk, fruits, vegetables or enriched corn meal.

Do THIS:

5. Save some of your money and pay for your cook book.

HERE'S HOW:

You can make money doing odd jobs around the house. Earn with a purpose in mind.

## Let Others Know What You Have Done

Do THESE:

1. Judge yourself on each part of your project. Mark your score on your record sheet at the end of this book.

2. Write a story of what you have done and what you have learned in this project. Attach it to the record sheet which you have filled out at the end of this book. Tell about any work meeting or tours your group took. Turn these in to your foods and nutrition leader.



# Wonder of Food

## Project No. 3 in 4-H Foods and Nutrition



### Build A Healthy Body by Practicing Good Nutrition

#### Do THESE:

1. List 4 reasons why your body needs water.

2. Make a list of all the different kinds of food you eat during a week. Classify them in three groups—carbohydrates, fats and proteins.

#### HERE'S HOW:

Read Chapter 4—*Foods and Food Value*—Chapter 5—*Growth and Energy From Foods* and Chapter 6—*Minerals and Vitamins from your school health book called *Growing in Health*. You may wish to order a copy of *How Your Body Uses Food* from the National Dairy Council, 111 North Canal Street, Chicago 6, Ill. (Cost 20¢)*



### Know What Happens to Food and How to Prepare It

#### Do THESE:

1. Look at the labels on boxes of dry cereal. Observe the different mineral they contain. Compare the minerals in 2 or more dry cereals.

2. Test 3 different foods for starch.

To test for starch, put a few drops of iodine on the food. Those containing starch will turn dark blue, black or purple.

3. Test 3 different foods for fat.

To test for fat, crush food on brown wrapping paper. You will see grease spots.

4. Prepare meals including the following kinds of food:

3 different kinds of vegetables

2 different kinds of fruits

1 recipe of Biscuit Mix with variations

2 cooked cereals

3 meat alternates or substitutes

3 ways with eggs

other dishes

Look up recipes in the index of your cook book. Collect additional recipes. Meat alternates are protein rich foods used in the place of meat. These include cheese, dried beans and peas and peanut dishes.

5. Judge your food.

Rate it *blue* (excellent); *red* (good); or *white* (fair). Mark your score on your record sheet at the end of this book.

## Plan and Prepare

### DO THIS:

1. Plan 3 breakfasts for yourself, include foods that supply protein, fat and carbohydrates.

### HERE'S HOW:

1. Breakfast:

Prepare the 3 breakfasts following your plans made in 1 above.

Serve them efficiently and graciously.

Clean up after your meals.

Store the leftovers correctly.

Order these booklets and read them:

*Eat a Good Breakfast to Start a Good Day*—L268—Office of Information, U. S. Dept. of Agriculture, Washington 25, D. C.

*It's Always Breakfast Time Somewhere* (20¢) Order from The National Dairy Council, 111 North Canal Street, Chicago 6, Ill.

### DO THIS:

2. Make up balanced menus for a good lunch.

### HERE'S HOW:

2. Order *School Lunch* (7¢) from the National Dairy Council.

### DO THIS:

3. Make a list of foods that could be taken on a weekend camping trip to assure a balanced diet.

### HERE'S HOW:

3. Order and read these:

*A round-up of Menus and Recipes for Girl Scout Occasions*—from Campbell Soup Co., Camden 1, New Jersey.

*Let's Eat Outdoors*—American Dairy Assoc. of N. C., Homer A. Sink, State Manager, PO Box 3306, Greensboro.

## Show and Tell Others

### DO THIS:

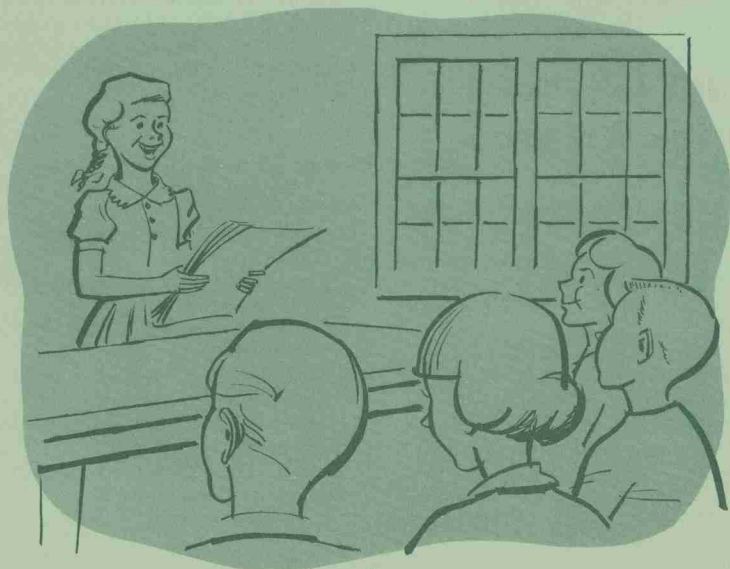
1. Report to your club something that you have found out.

### HERE'S HOW:

1. You could find out something about the work of a nutritionist, what her work consists of and what educational training she needs. Report your learnings to your club.

### DO THIS:

2. Prepare and give at least one foods



demonstration at a local club meeting.

HERE'S HOW:

2. Order and read *How to Give a Room Demonstration*, Home Economics Dept., Kellogg Co., Battle Creek, Mich.

DO THIS:

3. Make a poster.

HERE'S HOW:

3. Your poster could show the main sources of Vitamins A, B, C, or D. You may wish to make a poster with pictures of foods that are the main source of minerals.

DO THIS:

4. Prepare an exhibit.

HERE'S HOW:

4. Your exhibit could be on one of your science whys or a food which you have prepared.

DO THIS:

5. Add a set of standard measuring cups

and spoons and a liquid cup measure to your equipment. Use money you have earned.

## Let Others Know What You Have Done

DO THESE:

1. Judge yourself on each part of your project. Mark your score on your record sheet.

2. Write a story of what you have done and what you have learned in this project. Tell of your successes and difficulties overcome. Describe any work meetings or tours your group took. Attach it to the record sheet which you have filled out at the end of this book. Turn these in to your foods and nutrition leader.

# Fun With Food You Like

Date Project Completed \_\_\_\_\_  
(Month) (Day) (Year)

\_\_\_\_\_  
(Name of Club Member) (Age) (Community 4-H Club)

\_\_\_\_\_  
(Address) (County)

\_\_\_\_\_  
(Name of Parents) (Years in Club Work)

Number of club members enrolled in the Foods and Nutrition project in my club this year \_\_\_\_\_

Number of club meetings I attended \_\_\_\_\_

Office I held \_\_\_\_\_

Committees on which I served \_\_\_\_\_

Number of foods and nutrition workshops attended \_\_\_\_\_

Places I went on tour \_\_\_\_\_

My sentences telling what food does for my body \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

My list of the four groups of the Daily Food Guide \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

The name of the cookbook I bought \_\_\_\_\_

I gave these scores to my:

	Name	Blue (excellent)	Red (good)	White (fair)		Name	Blue (excellent)	Red (good)	White (fair)
Desserts	1 _____				Salads	1 _____			
	2 _____					2 _____			
	3 _____					3 _____			
Drinks	1 _____				Breads	1 _____			
	2 _____					2 _____			
	3 _____					3 _____			
Sandwiches	1 _____				Sandwiches	2 _____			
Other food	1 _____				Other food	2 _____			

Reasons why:

1. Gelatin gels \_\_\_\_\_

2. Milk sours \_\_\_\_\_

3. Orange juice ferments \_\_\_\_\_

Show-How dem. I gave

Where	Title	Times given	No. of People who saw dem.

Posters I made

Title	No. of People who saw my poster

Talks I wrote and gave

Where	Title	Times given	Number who heard it

My Exhibits

Where	Number of entries	Article	Blue excellent	Placing Red good	White fair

I completed and turned in my health improvement record. Yes \_\_\_\_\_ No \_\_\_\_\_

I made \_\_\_\_\_ health improvements.

Write a letter to your 4-H Club Foods and Nutrition Leader describing what you have done in this project. Tell of your successes and difficulties overcome. Describe how you plan to use this information in the future. Tell her what you liked best. Attach it to this record sheet and turn it in to her.

I have checked this record and found it to be satisfactorily completed.

I have read the story.

\_\_\_\_\_  
Signature of 4-H Food and Nutrition Leader



## Food For Meals and Snacks

Date Project Completed \_\_\_\_\_  
(Month) (Day) (Year)

(Name of Club Member)

(Age)

(Community 4-H Club)

(Address)

(County)

(Name of Parents)

(Years in Club Work)

Number of club members enrolled in the Foods and Nutrition Project in my club this year \_\_\_\_\_

Number of club meetings I attended \_\_\_\_\_

Office I held \_\_\_\_\_

Committee on which I served \_\_\_\_\_

Number of workshops I attended \_\_\_\_\_

Where I went on a tour \_\_\_\_\_

3 reasons why the body needs food—1. \_\_\_\_\_

2. \_\_\_\_\_

3. \_\_\_\_\_

6 nutrients and ways they serve your body \_\_\_\_\_

*My food record for one week.* (Use additional paper for this.)

The name of the cookbook which I selected is \_\_\_\_\_

Scientific reasons I learned \_\_\_\_\_

I gave these scores to the dishes which I prepared:

	Blue (excellent)	Red (good)	White (fair)		Blue (excellent)	Red (good)	White (fair)
Enriched corn bread				6 different sandwiches			
3 simple desserts							
6 different salads							
				3 different soups			
				Other dishes			

My menu includes: \_\_\_\_\_  
 \_\_\_\_\_  
 \_\_\_\_\_

I served party refreshments \_\_\_\_\_ times.

I set the table correctly \_\_\_\_\_ times.

I washed dishes by recommended methods \_\_\_\_\_ times.

Foods Demonstrations I gave

Where	Title	Times given	No. of people who saw my dem.

Posters I made

Title	No. of people who saw my poster

Talks I gave

Where	Title	Times given	No. of people who heard my talk

My Exhibits

Where	Number of entries	Article	Blue (excellent)	Placing Red (good)	White (fair)

I completed and turned in my health improvement record. Yes \_\_\_\_\_, No \_\_\_\_\_ I made \_\_\_\_\_ health improvements.

Write a story of what you have done and what you have learned in this project. Attach it to this record sheet and turn it in to your 4-H Foods and Nutrition Leader.

\_\_\_\_\_

I have checked this record and found it to be satisfactorily completed. I have read the story.

\_\_\_\_\_  
 Signature of 4-H Foods and Nutrition Leader

## Wonders Of Food

Date Project Completed \_\_\_\_\_  
(Month) (Day) (Year)\_\_\_\_\_  
(Name of Club Member) (Age) (Community 4-H Club)\_\_\_\_\_  
(Address) (County)\_\_\_\_\_  
(Name of Parents) (Years in Club Work)

Number of club members enrolled in the Foods and Nutrition project in my club this year \_\_\_\_\_

Number of club meetings I attended \_\_\_\_\_

Office I held \_\_\_\_\_

Committee on which I served \_\_\_\_\_

Number of workshops I attended \_\_\_\_\_

Where I went on a tour \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

4 reasons why your body needs water \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

I gave these scores to the dishes which I prepared:

	Blue (excellent)	Red (good)	White (fair)		Blue (excellent)	Red (good)	White (fair)
3 different vegetables				Cooked cereals			
				3 Meat alternates			
2 different fruits				Eggs—3 ways			
Biscuit Mix							
				Other dishes			

I planned, prepared and served \_\_\_\_\_ breakfasts and \_\_\_\_\_ lunches and \_\_\_\_\_ company meals.

Food Demonstrations I gave

Where	Title	Times given	No. of people who saw my dem.

Posters I made

Title	No. of people who saw my poster

Talks I gave

Where	Title	Times given	Number who heard it

My Exhibits

Where	Number of entries	Article	Blue (excellent)	Placing Red (good)	White (fair)

I completed and turned in my health improvement record. Yes \_\_\_\_\_ No \_\_\_\_\_ I made \_\_\_\_\_ health improvements.

Write a story of what you have done and what you have learned in this project. Attach it to this record sheet and turn it in to your 4-H Foods and Nutrition Leader.

\_\_\_\_\_

I have checked this record and found it to be satisfactorily completed.

I have read the story.

\_\_\_\_\_  
Signature of 4-H Subject Matter Leader.

## Adventures With Foods And Nutrition

### 4-H FOODS AND NUTRITION PROJECT SUMMARY

(Club member at the end of each project completion will transfer from "tear out" record certain information to this page.)

	Project No. 1	Project No. 2	Project No. 3	Total Project Summary
Date project completed				
Number conferences with Foods & Nutrition leader				
Number 4-H Club meetings attended				
Club offices held (name)				
Committees worked on (name)				
Number Workshops attended				
Tours taken (name)				
Eat breakfast every day				
Number experiments completed				
Number dishes prepared				
Can name the 4 food groups in the Daily Food Guide				
Number meals planned				
Number meals prepared				
Number people served				
Number times set the table				
Number times washed dishes				
Number Show-Hows or Demonstrations given				
Number posters made				
Number exhibits shown				
Number talks made				
Number health improvements made				
Story turned in to leader (check in column)				



*This publication is being field tested by members of the 4-H Foods Nutrition Project Developmental Committee:*

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State—Miss Virginia Wilson  
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Mrs. Bessie B. Ramseur  
Miss Mary Sue Moser  
Mrs. Gwendolyn H. Blount (N)  
Mrs. Minnie M. Brown (N)  
Mrs. Myrle Swicegood

County—Mrs. Lottie S. Hairston—Forsyth (N)  
Mrs. Natalie Wimberley—Wake (N)  
Miss Rachel C. Davis—Jones (N)  
Mrs. Mary F. Ray—Buncombe  
Miss Cloise Williams—Union  
Miss Sallie M. Whitaker—Davidson  
Mrs. Barbara Morris—Wake  
Miss Mary Estelle Doyle—Lee  
Mrs. Paytie C. Gray—Jones

#### THE 4-H CLUB PLEDGE

I Pledge:

My Head to clearer thinking;  
My Heart to greater loyalty;  
My Hands to larger service; and  
My Health to better living for  
My Club, my Community, and my Country.

#### THE 4-H CLUB MOTTO

"To Make the Best Better."

#### THE 4-H CLUB COLORS

Green and White