



A Project Manual and Record Book For Early Teens



Name of 4-H Club Member

INTRODUCTION TO PROJECT

You, the youth, are our State's most valuable asset. Become a force for good. Develop traits of leadership and wisdom. You are a part of youth fitness and power.

Do you feel that it's too much to hope that all teen-agers in North Carolina will get to understand the important part food plays in their development. Will you do your best and direct your leadership abilities toward working together for nutritional fitness? This project gives you rich opportunities to try new things and to adventure beyond the ordinary.

Jo E. Gilmore
Extension Nutritionist

KEEPING RECORDS

The 4-H record is a measuring stick; its 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 of your 4-H Foods and Nutrition Leaders on the date she requests it. A record of the work you do should be kept accurately and neatly according to instructions.

AWARDS

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 food demonstrations in dairy foods or fruit-vegetable use or enter the North Carolina Junior Enriched Corn Meal Muffin activity.

PROJECT REQUIREMENTS

YOUR PROJECT PLANS—Are you—

- eating right for extra pep and energy?
- having fun cooking?
- helping your family?
- entertaining friends—with a flair, with a dash, with an easy touch?
- making yourself as attractive as possible?
- becoming tomorrow's homemaker?

Here are some suggested activities to help you learn the things about food and nutrition which will help you to grow into the person you'd like to be. With the help of your leader, develop goals of your own and plan your own project. You can use this suggested list of goals and the goals set up by your local club and county as guides. Select goals which come within your age range or ability.

For example, if you are 12 years old and have learned much at home and at school about food and nutrition, you may wish to take project 5 and omit project 4. On the other hand, if you have had very little experience and you are 14 years old, you may want to take the 4th project.

Select ONE project. 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.



Develop A Better Understanding of Yourself and How the Foods and Nutrition Project can Help You Become the Person You Want to Be.

DO THESE:

1. Decide what your abilities are. Select and develop goals for yourself in your project work.
2. Check your diet for a week to be sure you are eating foods for best of health.
3. Select church or school activities which will help you make new friends and help you grow mentally, physically and spiritually.

HERE'S HOW:

1. **Goals**—Seek guidance in setting up your goals. Plan a conference with your 4-H Foods-Nutrition leader.
- Review your *Adventures With Foods and Nutrition* Manual-record book. See how many of your goals you have reached and how many you still need to work on.
2. **Diet**—Read Chapter 7 — "Intelligence and Thinking" in your school health book called *Improving Your Health*.
3. **Activities**—Work with boys and girls your own age. Your church, school and 4-H Club provide opportunities for this. Other opportunities are given by FFA, FHA, boy & girl scouts and many other youth organizations.



Build a Healthy Body Through Practicing Good Nutrition

DO THESE:

1. Record what you eat for a week.
2. Eat a good breakfast every morning.
3. Keep a record of what you do for a week.

HERE'S HOW:

1. **Record**—Order these publications listed below to help you with No. 1 segment above:
Food for Fitness—L 424 from Office of Information, USDA, Washington 25, D. C.
4-H Guide in Health Improvement—N. C. State College.
Food and You—American Institute of Baking. You can get a copy by requesting it from Mr. William McIntire, Jr., Executive Secretary N. C. Bakers Council, Inc., 208-10 Stafford Arcade, Greensboro, N. C.
Right Eating Keeps You Swinging—Carnation Co., Dept. T: N., 360 Los Angeles 19, Calif.
Facts About Food—A Guide to Better Nutrition—H. J. Heinz Co., P. O. Box 57, Pittsburgh, Pa.
2. **Breakfast**—Order—*Eat a Good Breakfast to Start a Good Day*—L 268 from Office of Information, USDA, Washington 25, D. C.
3. **Activities**—Read Chapter 9 — "Food and Health" in your school health book called *Improving Your Health*.



Gain Some Understanding of the Science Whys in Food Preparation and to Develop Some Skill

Do THESE:

1. Learn the usual guides and scientific reasons we follow in cooking—
 - a. Milk dishes
 - b. Vegetables and fruits
 - c. Yeast breads
2. Cook 3 different meats. Use different methods for each.
Cook 3 different casserole dishes.
Prepare rolls at least 3 times (Use canned, brown & serve or mix your own)
Bake 3 different cakes
Bake 2 pies (fruit and cream)
Select 2 vegetables and prepare them.
3. Score your dishes.

HERE'S How:

1. **Learn**—Refer to section on Nutrition. Read Unit 10—"How Does Your Body Use Food?" in your school science textbook called *Science I—Observation and Experiment*. Order and use these: *Taking Milk Apart*, CB 311 (20¢), *Starring Cheese*, CB 72 (10¢), *Ice Cream, A Dish So Gay*, CB 24 (5¢), *Dairy Cook Book*, CB 42 (10¢), all 4 from the National Dairy Council, 111 North Canal Street, Chicago 6, Ill.
2. **Cook**—Use your cookbook for tested recipes to prepare the dishes required, plus other dishes which you wish to try. If you need a new cookbook, these are available:
Favorite Recipes of America from Home Economics Teachers—Meats Edition including Seafood & Poultry, being sold by F.H.A. chapters (\$2.95)



The General Foods Kitchens Cookbook—the cookbook you can live by in any meal situation (\$4.95)

Better Homes and Gardens New Cookbook

3. **Score**—Rate your food—blue, red or white.

Become a Better Planner and Hostess

Do THESE:

1. Plan menus for 7 days. Make a shopping list. Check with your mother or father, and buy necessary items. If possible, help prepare meals for a week. Do at least 3 on consecutive days.
2. Wash dishes once a day for 2 months.
3. Make a collection of recipes and articles on nutrition, foods and table setting.
4. Compare the cost of making rolls with those you can buy frozen, fresh or a mix.

HERE'S How:

1. **Plan**—Order and use this publication:
Family Fare—G-1 from Office of Information, USDA, Washington 25, D. C.
2. **Dishes**—Use recommended methods for washing dishes. You will find help in your home management project called *Streamline Your Dish Washing*.
3. **Recipes**—Start a collection of recipes which you have tried and like. Find articles on nutrition food and table setting in magazine. A good way to keep them is in a notebook or file box.
4. **Cost**—Check prices of rolls in the grocery store when you are shopping with your mother.



Become Aware of the "Big Worldness" of Food as the International Aspects Become Increasingly Important

Do THESE:

1. Plan, prepare and serve a meal of foreign food, or eat one in a restaurant.
2. Visit a good processing plant, a meat packing plant or a grocery warehouse.

HERE'S HOW:

1. **Foreign Food**—Read about some national group such as Mexican, Swedish, German, Chinese or Japanese. Learn all you can about their food habits. Check your local school library for references.

Order one of these from the National Dairy Council, 111 North Canal Street, Chicago 6, Ill.:

Hello U. S. A.—CB 223 (15¢)

Hello From Alaska—CB 132 (15¢)

Hello South America—CB 46 (15¢)

2. **Tour**—Your 4-H group could plan to visit the plant or warehouse as a group. Ask your leader to plan to have a guide for you.

Improve Your Ability to Give Talks and Demonstrations

Do THESE:

1. Prepare and give at least one talk at your local 4-H club meeting.

2. Prepare and give at least one foods demonstration at a 4-H club meeting.

HERE'S HOW:

1. **Talk**—You are your best resource! Learn all you can from a project in 4-H communications and apply the skills in your foods-nutrition project.

2. **Demonstrations**—Order and use these publications:

You and Your Dairy Foods Demonstration—National 4-H Service Committee, Inc., 59 East Van Buren St., Chicago, Ill.

How to Give a Food Demonstration—Home Economics Dept., Kellogg Co., Battle Creek, Michigan

When You Give a Demonstration—(Guide for Breads of Many Lands) National 4-H Service Committee, Inc., 59 East Van Buren St., Chicago, 5, Ill.

Using Evaporated Milk in a 4-H Dairy Foods Demonstration—Home Service Dept. Carnation Co., 5045 Wilshire Blvd., Los Angeles, Calif.

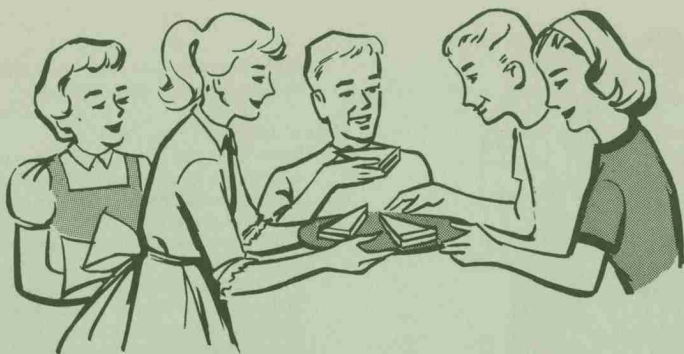
Finish This Foods and Nutrition Project

Do THESE:

1. Rate each segment of your project
2. Record your scores.
3. Write a story.

HERE'S HOW:

1. **Rate**—It is natural for you to perform each task in your own way. Your varied experiences, background, interest and abilities will influence the way standards or goals are met. Request help from your parents or leader.
2. **Record**—Remember to keep a record of all you do in this project. Use the sheet at the end of this book.
3. **Story**—Your story should tell what you have learned in this project. Attach it to your record sheet. Turn your record sheet and story in to your Foods-Nutrition leader.



Develop a Better Understanding of Yourself and How the Foods-Nutrition Project Can Help You Become the Person You Want to Be

DO THESE:

1. Think about your future and what you can do in this project to prepare for it.
2. Serve on food and nutrition Committees in the organization to which you belong.
3. Develop the ability to carry on a worthwhile conversation at mealtime.
4. Assume some responsibility for planning, preparing and serving nutritious snacks for your friends in your home.

HERE'S HOW:

1. **Think**—You will want to think about enrolling in related projects such as canning, freezing, gardening, dairy calf, poultry, better grooming, home management, and family life. Try to tie all of your project work into your health activity.
2. **Serve**—Apply what you have learned as you use your knowledge working with others on committees.
3. **Develop**—Read Chapter 1, "*Your Personality*" in your school health book called "*Today's Health*."

Order and Read:

How Am I Doing—CB 55 (10¢) or *My Reflections*, CB 146 (10¢) for girls.

Who-Me?—CB 224 (14¢) for boys from the National Dairy Council, 111 North Canal St., Chicago 6, Ill.

Build a Healthy Body Through Practicing Good Nutrition

DO THESE:

1. Check your own meals for 2 months.
2. Prepare a report for those of your own age on Food Fads.

HERE'S HOW:

1. **Check**—Are your meals low in any of the groups on a "Guide to Good Eating"? If so, correct your diet. Any of these publications will help you with this segment of your project:

Food Values in Common Portions—AB 36 Nutrition

Up to Date—Up to You GS 1

Shoppers Guide to U. S. Grades for Food—G-58 from the Office of Information. USDA, Washington 25, D. C.

Ventures, Voyages, Vitamins, CB 194 (12¢) National Dairy Council, 111 North Canal St., Chicago 6, Ill.

A Guide to Good Eating, CB 76 (4¢)

Your Guide to Good Eating and How to Use it (10¢)

All 3 from the National Dairy Council, 111 North Canal St., Chicago 6, Ill.

2. **Report**—When preparing reports on nutrition, delve deeply into the subject. Learn to use reliable references in your school library, such as home economics texts, science books and encyclopedias.

Read Chapter 5, "Food for Growth" in your school health textbook called *Today's Health*. Read Unit 10—"What are the Needs of the Human Body?" in your Science 2 textbook called *Experiment and Discovery*.



Gain Some Understanding of The "Science Whys" in Food Preparation and Develop Some Skill

DO THESE:

1. Make a Buddy Burner
2. List the different foods you have eaten for the past week. How many of them came directly from animals?
3. If you have a 4-H club livestock project, compare your diet with what you feed your animal.

HERE'S HOW:

1. **Buddy Burner**—Your leader will help you with instructions for making your Buddy Burner. These can be used for 4-H Club cook-outs.
- 2 & 3 **Animals**—Read unit 8—"What is the Importance of Animals?" in your Science 2 School text book called *Experiment and Discovery*.

Become a Planner and Hostess

DO THESE:

1. Plan, cook and serve 4 or more outdoor meals



2. Write on your record sheet at the back of this book your menus and the recipes collected for your 4 outdoor meals.

HERE'S HOW:

1. & 2. **Plan & Write**—Order and use any of these publications from N. C. State College *Outdoor Meals*—S. Virginia Wilson
Charcoal Broiling Steaks—John Christian
Enjoy Eating with Chicken or Turkey Bar-B-Q—W. C. Mills, Jr.
Outdoor Cookery—Charles C. Stott
Commercial aids:
American Dairy Assoc. of N. C., Box 3306, Greensboro: *Let's Eat Outdoors*
General Foods, 250 N. St., White Plains, N. Y.: *Your Ticket For Glamorous Picnics*
General Mills, Inc., 400 Second Ave., S. Minneapolis, Minn.: *Eat Under the Sky*
McCormick & Co., Inc., Baltimore 2, Maryland: *Outdoor Eating*
Reynolds Metals Co., General Sales Office, Louisville, 1, Ky.: *Fun With Foil Indoors and Out*
Swift and Co., Home Ec. Dept. Union Stock Yards, Chicago, Ill.: *Let's Eat Outdoors*
Wm. Underwood Co., 85 Walnut St. Watertown 72, Mass.: *Picnic Parties, Indoors & Out*
National Dairy Council, 111 North Canal St., Chicago 6, Ill.: *Nothing's More Fun Than Eating Outdoors*—CB 231 (10¢)
Picnic Fare for Anywhere—CB 5 (10¢)



Become Aware of the "Big Worldness" of Food as the International Aspects Become Increasingly Important

DO THESE:

1. Arrange natural fruits and vegetables for a centerpiece on the table.
2. Eat a foreign food in a public eating place.
3. Find out how many foreign foods are sold in a local grocery store.
4. Find out if people in other countries eat out of doors.

HERE'S HOW:

1. **Arrange**—Use foods for your centerpiece which are not highly perishable. Use your arrangements with your outdoor meals.
2. **Foreign Food**—Learn all you can about the country where the food you select originated. Use your school library for this.
3. **Grocery Store**—You could do your looking on a trip to the grocery store while your mother is shopping.
4. **Other Countries**—Read about the customs of people in another country.

Improve Your Ability to Give Talks and Demonstrations

1. Prepare and give at least one talk at your local 4-H Club meeting.
2. Prepare and give at least one foods demonstration or exhibit at a 4-H Club meeting.
3. Be a member of a team and give a demonstration at a county-wide meeting.



HERE'S HOW:

1. **Talks**—Your talk could be on any subject that you have found interesting about outdoor meals.
2. **Demonstration**—Your foods demonstration could be on using milk and/or dairy products out of doors or using fruits and/or vegetables.
3. **Team Demonstration**—Plan with a friend and work together on a demonstration.

Finish This "Foods and Nutrition" Project

DO THESE:

1. **Rate** each segment of your project.
2. **Record** your score on your record sheet at the end of this book.
3. **Write** a story of what you have done and what you have learned in this project. Attach it to your record sheet and turn these into your foods and nutrition leader when she asks for them.

FOOD FOR FITNESS

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 (Name) _____

Committees on which I served (Name) _____

Number of project meetings I attended (Name) _____

Places where I went on a tour (Name) _____

Description of the person I wish to be _____

My food record for one week. (Use extra paper.)

My activity record for one week. (Use extra paper.)

Science reasons which I have learned _____

I gave these scores to the dishes which I prepared:

MEAT: Kinds	Methods of Preparation Used	Blue	Red	White
1. _____	_____			
2. _____	_____			
3. _____	_____			
CASSEROLES: Kinds				
1. _____	_____			
2. _____	_____			
3. _____	_____			
YEAST BREADS: Kinds				
1. _____	_____			
2. _____	_____			
3. _____	_____			
4. _____	_____			
5. _____	_____			

CAKES: Type	Blue	Red	White
1. _____			
2. _____			
3. _____			
PIES: Kinds			
1. _____			
2. _____			
VEGETABLES: Type			
1. _____			
2. _____			
OTHER DISHES:			
1. _____			
2. _____			
3. _____			
TOTAL DISHES PREPARED:			

Menu	No. Served	How I Can Improve Next Time
Breakfast:		
Lunch:		
Dinner:		

Use extra paper for the other meals.

I found the following cost for rolls: _____

Total number of meals planned, prepared and served. _____ Average cost _____

Number of meals in which I used foreign dishes _____ was
the country I studied.

Name of talks given at local club meetings _____

Number who heard my talk _____

Name of foods demonstrations given _____

Total number seeing your demonstrations _____

FOOD OUTDOORS

Date Project Completed _____
(Month) (Day) (Year)

(Age)

(Community 4-H Club)

(County)

(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 (Name) _____

Committees on which I served (Name) _____

Number of workshops I attended (Name) _____

Places I saw on a tour (Name) _____

Description of the person I wish to be _____

My food record for 2 months. (Use extra paper.)

I made a Buddy Burner (Date) _____

Number of animal foods eaten in one week _____

The difference in my diet and that of my livestock is _____

List the 4 or more foods which you prepared out of doors:

(1) _____

(2) _____

(3) _____

(4) _____

(5) _____

(6) _____

List menus used for the meals which you served outdoors. _____

Describe your results. (Please attach extra paper to answer questions)

I like the meal because _____

I did not like the meal because _____

Suggestions for improving this meal _____

Describe your centerpiece of natural fruits and/or vegetables _____

Name the foreign food you ate in a public eating place _____

Number of foreign foods sold in a local grocery store _____

Food facts gathered about another country _____

Name of talk given _____

Name of demonstration given _____

Name of team demonstration given _____

The 4-H Club member will write a story "What I Have Done and What I Have Learned in this 4-H Project" and attach to the record.

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

Signature of 4-H Foods-Nutrition Leader

YOUTH TOGETHER FOR FITNESS

	Project No. 4	Project No. 5	Total Project Summary
Date project was completed			
Number of club members enrolled in the foods and nutrition project in my club this year			
Number of 4-H Club meetings I attended			
Number offices I held			
Number committees on which I served			
Number of workshops I attended			
Number of places I saw on tours			
Science reasons I learned			
Scores which I gave to dishes prepared. (Give number blue, red and white.)			
Total number meals planned			
Total number meals prepared			
Number of times I used foreign foods			
Countries studied			
Number talks given for local club			
Number who heard my talk			
Number foods demonstrations given			
Total number who saw my demonstration			
Number posters made			
Number exhibits shown			
Number health improvements made			
Story turned in to Foods & Nutrition Leader			

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

Federal—Dr. Evelyn B. Spindler
Mrs. Fern S. Kelley
State—Miss Virginia Wilson
Mrs. Rachel H. Ferguson
Mrs. Bessie B. Ramseur
Mrs. Mary Sue Moser
Mrs. Gwendolyn H. Blount
Mrs. Minnie M. Brown
Mrs. Myrle Swicewood

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

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

Published by

THE NORTH CAROLINA AGRICULTURAL EXTENSION SERVICE

North Carolina State of the University of North Carolina at Raleigh and the U. S. Department of Agriculture, Cooperating. State College Station, Raleigh, N. C., George Hyatt, Jr., Director. Distributed in furtherance of the Acts of Congress of May 8 and June 30, 1914.
