

Healthy Living

FOOD, CULTURE, READING

[Table of Contents](#)

Rev. 09-16

Projects & Materials	Requirements	Exhibit Requirements
Food, Culture, and Reading Youth Materials: <ul style="list-style-type: none"> National 4-H Curriculum <i>4-H Involvement Report (#91910)</i> <i>4-H Project Record Book (#91950)</i> Volunteer Materials: <ul style="list-style-type: none"> National 4-H Curriculum <i>Food, Culture, and Reading Facilitator's Guide(#08379)</i> <p>May be used multiple years.</p>	<p>About the Project:</p> <ul style="list-style-type: none"> <i>Food, Culture and Reading</i> is designed for 4th through 6th grade youth in all 4-H group settings. <i>Food, Culture and Reading</i> uses children's books to teach about food, nutrition, healthy living, and world cultures. Featured countries are United States, Mexico, Russia, Kenya, Greece, and Japan. Each of the six units includes five activities based on a single culture, a featured book, and a food group from ChooseMyPlate.gov. Each unit includes the following activities: reading, nutrition, cooking, physical activity, cultural experience and take-home activity. The Family Take-home sheet provides nutritional information, activities and recipes for families to do at home. Family Take-home sheets are also available in Spanish. Most books may be easily borrowed from a local library. Alternate books are suggested. The helper/adult Volunteer guides the youth through a minimum of 2 activities from each unit for a total of 12 activities. Give an oral presentation (speech, demonstration or illustrated talk) related to this project. <p>Complete the following:</p> <ul style="list-style-type: none"> <i>4-H Involvement Report (#91910)</i> <i>4-H Project Record Book (#91950)</i> 	<ul style="list-style-type: none"> 4-H Project Record Book (#91950) 4-H Involvement Report (#91910) A poster (14"x 22") featuring 3 of the countries, showing the activities you did. Photos, artwork and items may be used on the poster.
County Requirements: Check with your County Extension office for details.		
Support Materials: Idaho 4-H Food, Culture, Reading page: https://www.uidaho.edu/extension/4h/projects/food-culture-reading To order National 4-H Curriculum visit: http://www.4-hmall.org/Category/4-hcurriculum-food-culture-reading.aspx		
Optional Supporting Materials: <ul style="list-style-type: none"> Food, Culture, and Reading resources http://4-h.org/parents/curriculum/food-culture-reading/#!/resources A world map Other resources found at: www.choosemyplate.gov 		