# Healthy Living

## WHAT’S ON YOUR PLATE? 
### EXPLORING FOOD SCIENCE

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| **What’s On Your Plate?**<br>Exploring Food Science, The Secrets of Baking<br>Grades 6-8 | About the Project:<br>• What’s on your plate is a mixture of chemistry, biology, and physics exploration while baking. It is the first in the Food Science series and includes the Youth Science Journal to record your food science experiments. The Secrets of Baking is for youth grades 6-9 but maybe adapted for younger and older learners.  
Requirements:<br>• Complete the three (3) activities and the three (3) Be a Food Scientist in the Youth Science Journal.  
Give an oral presentation (speech, demonstration or illustrated talk) on a topic related to this project.  
Complete the following:<br>• 4-H Involvement Report (#91910)<br>• 4-H Project Record Book (#91950) | • 4-H Project Record Book (#91950)<br>• 4-H Involvement Report (#91910)<br>• *Exploring Food Science, The Secrets of Baking* Youth Science Journal<br>• A poster (14”x22”) or display illustrating what you learned in this project this year. |
| Youth Materials:  
• National 4-H Curriculum<br>*Exploring Food Science, The Secrets of Baking*<br>• 4-H Involvement Report (#91910)<br>• 4-H Project Record Book (#91950) |  
Volunteer Materials:  
• National 4-H Curriculum<br>*What’s On Your Plate?, Exploring Food Science, The Secrets of Baking* Facilitator Guide |  
| County Requirements:  
Check with your County Extension office for more information.  
Support Materials:  
Idaho 4-H What’s On Your Plate? page: [http://www.4-hmall.org/Category/whats-on-your-plate.aspx](http://www.4-hmall.org/Category/whats-on-your-plate.aspx)  
To order National 4-H Curriculum visit: [http://www.4-hmall.org/Category/whats-on-your-plate.aspx](http://www.4-hmall.org/Category/whats-on-your-plate.aspx)  
Optional Support Materials:  
*Exploring Food Science, The Secrets of Baking*: [http://4-h.org/parents/curriculum/food-science/](http://4-h.org/parents/curriculum/food-science/) |