

Healthy Living

EXPLORING FOOD SCIENCE UNIT 2

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Rev. 09-20

| Projects & Materials | Requirements | Exhibit Requirements |
|--|---|--|
| <p>Youth Materials:</p> <ul style="list-style-type: none"> • National 4-H Curriculum <i>Exploring Food Science, the Power of Protein Chemistry</i> (#01412Y) 📖 2014 • <i>ZSuites 4-H Involvement Report</i> • <i>ZSuites 4-H Project Record Book</i> <p>Volunteer Materials:</p> <ul style="list-style-type: none"> • National 4-H Curriculum <i>What's On Your Plate?, Exploring Food Science, the Power of Protein Chemistry Facilitator Guide</i> (#01416F) 📖 2014 | <p>About the Project:</p> <ul style="list-style-type: none"> • What's on your plate is the food science and food technology behind every bite. The Power of Protein Chemistry explores the basic building blocks of protein in the kitchen laboratory, looking at cooking and using eggs and making fresh cheese. It is the second book in the Food Science series and includes the Youth Science Journal to record your food science experiments. The Power of Protein Chemistry is for youth grades 6-9 but maybe adapted for younger and older learners. <p>Requirements:</p> <ul style="list-style-type: none"> • 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. <p>Complete the following:</p> <ul style="list-style-type: none"> • <i>ZSuites 4-H Involvement Report</i> • <i>ZSuites 4-H Project Record Book</i> | <ul style="list-style-type: none"> • ZSuites 4-H Project Record Book • ZSuites 4-H Involvement Report • <i>Exploring Food Science, The Power of Protein Chemistry</i> Youth Science Journal • A poster (14"x22") or display illustrating what you learned in this project this year. |
| <p>County Requirements: Check with your County Extension office for more information.</p> | | |
| <p>Support Materials: Idaho 4-H What's On Your Plate? page: https://www.uidaho.edu/extension/4h/projects/plate To order National 4-H Curriculum visit: https://shop4-h.org/products/whats-on-your-plate-curriculum-unit-2 To order National 4-H Curriculum Volunteer Guide: https://shop4-h.org/products/whats-on-your-plate-curriculum-unit-2-facilitators-guide</p> | | |
| <p>Optional Support Materials: <i>Exploring Food Science, The Power of Protein Chemistry:</i> http://4-h.org/parents/curriculum/food-science/#!protein-chemistry</p> | | |