# Healthy Living

## WHAT’S ON YOUR PLATE?

EXPLORE FOOD SCIENCE UNIT 3

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| **What’s On Your Plate?** | About the Project:  
- What’s on your plate delves into the causes and solutions to fruits and vegetable browning; and looks at preparing, preserving and cooking fruits and vegetables using science techniques. The Inner Mysteries of Fruits and Vegetables is the third book in the Food Science series and includes the Youth Science Journal to record your food science experiments. It is for youth grades 6-9 but maybe adapted for younger and older learners. |  
- 4-H Project Record Book (#91950)  
- 4-H Involvement Report (#91910)  
- *Exploring Food Science, The Power of Protein Chemistry* Youth Science Journal  
- A poster (14”x22”) or display illustrating what you learned in this project this year. |
| **Exploring Food Science Unit 3, The Inner Mysteries of Fruits and Vegetables** | Requirements:  
- 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. |  
- 4-H Involvement Report (#91910)  
- 4-H Project Record Book (#91950) |
| **Grades 6-8** | Complete the following:  
- 4-H Involvement Report (#91910)  
- 4-H Project Record Book (#91950) |  
- National 4-H Curriculum Exploring Food Science, The Inner Mysteries of Fruits and Vegetables  
- 4-H Involvement Report (#91910)  
- 4-H Project Record Book (#91950) |
| **Youth Materials:** |  
- National 4-H Curriculum Exploring Food Science, The Inner Mysteries of Fruits and Vegetables  
- 4-H Involvement Report (#91910)  
- 4-H Project Record Book (#91950) |  
- National 4-H Curriculum What’s On Your Plate?, Exploring Food Science, The Inner Mysteries of Fruits and Vegetables  
- 4-H Involvement Report (#91910)  
- 4-H Project Record Book (#91950) |
| **Volunteer Materials:** |  
- National 4-H Curriculum What’s On Your Plate?, Exploring Food Science, The Inner Mysteries of Fruits and Vegetables Facilitator Guide |  
- National 4-H Curriculum Exploring Food Science, The Inner Mysteries of Fruits and Vegetables Facilitator Guide |

**County Requirements:**
Check with your County Extension office for more information.

**Support Materials:**
Idaho 4-H What’s On Your Plate? page:  
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 Inner Mysteries of Fruits and Vegetables:* [http://4-h.org/parents.curriculum/food-science/#!/fruits-vegetables](http://4-h.org/parents.curriculum/food-science/#!/fruits-vegetables)