

Healthy Living

EXPLORING FOOD SCIENCE UNIT 3

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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 Inner Mysteries of Fruits and Vegetables</i> (#01413Y) 📖 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 Inner Mysteries of Fruits and Vegetables Facilitator Guide</i> (#01417F) 📖 2014 	<p>About the Project:</p> <ul style="list-style-type: none"> • 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. <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 Youth Science Journal</i> • 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-3 To order National 4-H Curriculum Volunteer Guide: https://shop4-h.org/products/whats-on-your-plate-curriculum-unit-3-facilitators-guide</p>		
<p>Optional Support Materials: <i>Exploring Food Science, The Inner Mysteries of Fruits and Vegetables</i>: http://4-h.org/parents/curriculum/food-science/#!/fruits-vegetables</p>		