

# Healthy Living

## EXPLORING FOOD SCIENCE UNIT 4

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Rev. 09-20

Projects & Materials	Requirements	Exhibit Requirements
<p><b>Youth Materials:</b></p> <ul style="list-style-type: none"> <li>• <b>National 4-H Curriculum</b> <i>Exploring Food Science, Be a Food Scientist! (#01414Y)</i> 📖 2014</li> <li>• <i>ZSuites 4-H Involvement Report</i></li> <li>• <i>ZSuites 4-H Project Record Book</i></li> </ul> <p><b>Volunteer Materials:</b></p> <ul style="list-style-type: none"> <li>• <b>National 4-H Curriculum</b> <i>What's On Your Plate? Exploring Food Science, Be a Food Scientist! Facilitator Guide (#01418F)</i> 📖 2014</li> </ul>	<p>About the Project:</p> <ul style="list-style-type: none"> <li>• What's on your plate, Be a Food Scientist lets you explore being a food scientist, make a new beverage, and experiment with sugar. It is the fourth 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.</li> </ul> <p>Requirements:</p> <ul style="list-style-type: none"> <li>• Complete the three (3) activities and the three (3) Be a Food Scientist in the Youth Science Journal.</li> <li>• Give an oral presentation (speech, demonstration or illustrated talk) on a topic related to this project.</li> </ul> <p>Complete the following:</p> <ul style="list-style-type: none"> <li>• <i>ZSuites 4-H Involvement Report</i></li> <li>• <i>ZSuites 4-H Project Record Book</i></li> </ul>	<ul style="list-style-type: none"> <li>• ZSuites 4-H Project Record Book</li> <li>• ZSuites 4-H Involvement Report</li> <li>• <i>Exploring Food Science, Be a Food Scientist!</i> Youth Science Journal</li> <li>• A poster (14"x22") or display illustrating what you learned in this project this year.</li> </ul>
<p><b>County Requirements:</b> Check with your County Extension office for more information.</p>		
<p><b>Support Materials:</b> Idaho 4-H What's On Your Plate? page: <a href="https://www.uidaho.edu/extension/4h/projects/plate">https://www.uidaho.edu/extension/4h/projects/plate</a> To order National 4-H Curriculum visit: <a href="https://shop4-h.org/products/whats-on-your-plate-curriculum-unit-4">https://shop4-h.org/products/whats-on-your-plate-curriculum-unit-4</a> To order National 4-H Curriculum Volunteer Guide: <a href="https://shop4-h.org/products/whats-on-your-plate-curriculum-unit-4-facilitators-guide">https://shop4-h.org/products/whats-on-your-plate-curriculum-unit-4-facilitators-guide</a></p>		
<p><b>Optional Support Materials:</b> <i>Exploring Food Science, Be a Food Scientist!:</i> <a href="http://4-h.org/parents/curriculum/food-science/#!/food-scientist">http://4-h.org/parents/curriculum/food-science/#!/food-scientist</a></p>		