



Enroll in ZSuite Under this Project Name: FOOD-FOOD SCIENCE-Lv 3: The Inner Mysteries of Fruits and Vegetables

Approved for 2024-25 Project Year

Project Description: Why do fruits and vegetables turn brown when they are cut? Learn the science behind this phenomenon and more in Unit 3 of the Food Science series. This curriculum is written for grades 6-9, but may be adapted for younger or older learners.

REQUIRED YOUTH CURRICULUM

[What's on Your Plate? Exploring Food Science Unit 3: The Inner Mysteries of Fruits and Vegetables Youth Science Journal \(01413Y\), 2014](#)

[ZSuite 4-H Involvement Report](#)

[ZSuite 4-H Project Record Book](#)

REQUIRED VOLUNTEER CLUB LEADER CURRICULUM

[What's on Your Plate? Exploring Food Science Unit 3: The Inner Mysteries of Fruits and Vegetables Facilitator's Guide \(01417F\), 2014](#)

SUPPLEMENTAL RESOURCES

none



PROJECT COMPLETION CHECKLIST

STATE REQUIREMENTS	
	Complete the three (3) activities and the three (3) Be a Food Scientist in the Youth Science Journal.
	Complete the 4-H Project Record Book for this project in your ZSuite Member Account
	Fill out your 4-H Involvement Report in your ZSuite Member Account
	Give an oral presentation (speech, demonstration, or illustrated talk) to your 4-H peers on a topic related to this project. Recommended guidelines for length of oral presentations are: <ul style="list-style-type: none"> • Junior: 5-8 minutes • Intermediate: 8-10 minutes • Senior: 10-12 minutes

ADDITIONAL LOCAL REQUIREMENTS	

FAIR EXHIBIT CHECKLIST	
	Completed Idaho 4-H Involvement Report (ZSuite)
	Completed Idaho 4-H Project Record Book for this project (ZSuite)
	Your completed What's On Your Plate? Exploring Food Science Unit 3: The Inner Mysteries of Fruits and Vegetables Youth Science Journal
	A poster (14" x 22") or display illustrating something you learned in this project year.