

Food & Cooking Food Science

Lv 3-The Inner Mysteries of Fruits and Vegetables

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

Fruits and Vegetables

Approved for 2023-24 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

The University of Idaho has a policy of nondiscrimination on the basis of race, color, religion, national origin, sex, age, sexual orientation, gender identity/expression, disability, or status as a Vietnam-era veteran. This policy applies to all programs, services, and facilities and includes, but is not limited to, applications, admissions, access to programs and services, and employment. State 4-H scholarships for education or events are available to all 4-H participants. Persons with disabilities who wish to request reasonable accommodation may do so by filling out an online form here, or by requesting the accommodation form from their local Extension 4-H office.



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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:	
	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.	

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