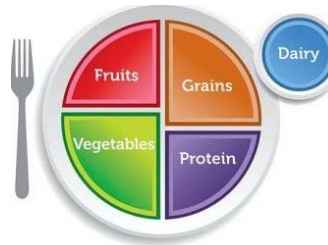




Food Science/ Healthy Living: Program Overview

Combining Food Science and Healthy Living is an excellent way to introduce youth to science and nutrition. Six lessons have been created to be used in conjunction with each other as they individually combine to cover each food group of MyPlate. Included you will find lessons featuring fruits, vegetables, grains, dairy, and proteins with a few fun extra bonus lessons if you have time!

Fruits – Apple varieties
Vegetables – Emulsions
Dairy – Ricotta cheese
Grains – Gluten in flour
Protein – Egg foam soufflés



Bonus materials:

Fruit roll-ups
Pavlova with lemon curd
Egg replacer

The lessons are intended to be hands-on, fun and interactive while allowing youth time to reflect and apply what they have learned. Each lesson includes a list of supplies, estimated time commitment, directions and background on the topic.

We hope you will share these lessons with 4-H clubs and use them to introduce new audiences to food science and healthy living via SPARK clubs. Please share your stories and experiences with us after you've completed the five core lessons. We'd love to hear from you!

Angie Frost and Rachael Smith