



Foods and Nutrition Starter Guide.



Overview: <https://co4h.colostate.edu/projects/pages/Foods-Nutrition-PT.pdf>

This project educates on the basic knowledge of foods and nutrition. You must complete a cooking project or food preservation project according to state fair requirements along with a completed record book.



Requirements:

<https://co4h.colostate.edu/projects/erecords/foodsandnutritionerecord.pdf>

<https://co4h.colostate.edu/projects/erecords/foodpreservationerecord.pdf>

((Attend 2 projects meeting))

Record book in a 3-ring folder will need to accompany your project.

Units Food and Preservation

- 101
- 201
- 301
- 401
- Outdoor Cooking & Living
- Cultural and Ethnic Foods
- Passport to Foreign Cookery

Food Preservation

- Freezing
- Drying
- Boiling Water Canning
- Pressure Canning



Cost of this Project:

Manuals for units 1-4 can be purchased from shop 4-H or SLV Extension for \$10.50 to \$12.50

Outdoor, Cultural and Passport and Preservation manuals can be printed off from Colorado 4-H or purchased from SLV Extension for \$3.00 to \$7.95

Matters to complete a Foods and Nutrition project can range from \$5 to \$25

<https://co4h.colostate.edu/statefair/StateFairExhibitReq.pdf>

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