



FOODS AND NUTRITION SPECIALTY UNITS Family Consumer Science Projects

Foods and Nutrition Specialty Units 25 and 30 are for member's ages 8-18 years old. Passport to Foreign Cookery, Unit 35 is for members 11-18 years old.

Members will accomplish the following learning experiences:

Unit 25 Outdoor Cooking

- How to select and prepare healthy foods outdoor.
- Learn about food and fire safety.
- Study personal and environmental health.

Unit 30 Cultural Foods

- Learn dietary patterns of an ethnic or cultural group.
- Plan, prepare, and serve ethnic or cultural meals.
- Gain a broader understanding of an ethnic or cultural group.
- Share experience with others to promote greater understanding and appreciation of different cultures.

Unit 35 Passport to Foreign Cookery -FOR INT./SR. ONLY

- Study the dietary and cultural patterns of a foreign country or ethnic group.
- Plan, prepare, and serve foreign or ethnic meals.
- Research a country chosen for this project.

Food and Nutrition Food Exhibit Requirement per Unit (be sure to check current State Fair Exhibit Requirements for additional requirements):

Outdoor Cooking Unit 25

- Unit 25 --A box lunch of food safe products or a representative of the product (pictures of food) or one cup of instant drink mix, properly packaged, or a display illustrating (3'x4") what was learned about camp set-up or first aid.

Cultural Foods Unit 30

- A food product with recipe representing of the cultural or ethnic group within the United States that you selected.

Passport to Foreign Cookery Unit 35

- A food product with recipe that is representative of the selected country.

Resources

Outdoor Cooking, Unit 25, MJ1025

Cultural and Ethnic Foods, Manual, Unit 30 MJ1030

Passport to Foreign Cookery, Unit 35 MJ1035

Foods and Nutrition Tip Sheet

Foods and Nutrition e-record, Units Unit 25, Unit 30 & Unit 35

State Fair Exhibit Requirements