



COLORADO STATE UNIVERSITY
EXTENSION

Foods and Nutrition

Project units 1-4 are designed for members 8-18 years old who are beginner cooks.

Units 1-4 - Cooking Series

Inspiring youth to:

- Learn kitchen and food safety
- Learn basic food preparation and nutrition
- Make yeast breads and shortened cakes
- Learn how to cook with herbs and spices
- Learn how to cook with slow cookers
- Have an in-depth exploration of outdoor cooking, party planning and ethnic foods

Project units 5, 6, and 7 are designed for members 8-18 years old who are interested specialty foods.

Unit 5, 6, and 7 - Specialty Foods

Inspiring youth to:

- Master cooking over an open fire
- Learn dietary patterns and cooking techniques of ethnic, cultural, and foreign countries



Food Preservation Units 1-3 are for all ages; Unit 4 is designed for older members who are interested in food preservation

Units 1-4 - Food Preservation

Inspiring youth to:

- Learn how to safely dry and freeze foods while maintaining top quality
- Learn how to safely preserve the following by boiling water canning
 - Fruits and fruit spreads, tomatoes, salsa, and pickles
- Learn how to safely preserve the following by pressure canning (Pressure Canning is for Intermediate and Senior ages only)
 - Tomato products
 - Vegetables
 - Meats



Foods and Nutrition

Food Preservation Tips:

- All foods must have been preserved since the last state fair by the 4-H member. All preserved foods must follow CSU Preserve Smart or USDA recommendations.
- Tested recipes must be used. Include the recipe for your exhibit item in your e-Record and cite the source where you got your recipe.
- Be sure to label each of your canned products with the correct information. Jars showing leakage or spoilage will not be judged.
- Standard jars with no chips or cracks must be used (either Barr or Kerr brand). All jars must have new two-piece lids. Re-useable lids and one-piece lids are not allowed.
- Loosened screw bands should be used during transit to/from fairs.
- Decorative storage containers which have a rubber seal are not acceptable for canning exhibits.
- High elevation adjustments must be made. Go to Preserve Smart to find recommendations for your elevation:
<https://apps.chhs.colostate.edu/preservesmart/>

Cooking Judging Criteria:

- Choose from a variety of classes depending on the skills learned in that unit
 - Unit 1: No bake bars and cookies, coffee cake, or traditional cookies
 - Unit 2: Quick breads, scones and muffins
 - Unit 3: Shortened cakes, yeast rolls, or creative yeast
 - Unit 4: Flatbread, double crust pie or celebration meals.

Resources:

- Exhibit & Judging Requirements
- Record Books
- Manual Information

Located at: Colorado4h.org



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Food & Nutrition Industry Careers



Chef

Prepare foods and pastries for consumption by others



Quality Control

Work with producers and manufacturers to ensure food safety and quality for consumers



Food Inspector

Inspect facilities for food safety violations, educate others to prevent foodborne illnesses



Retail/Marketing

Market and sell food or food-related products to producers and consumers



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Degrees/Certifications:

Dietician/Nutrition
Education
Culinary Arts
Tourism/Business
Meat/Food Science
Food Safety System Certifications
Hazard Analysis and Critical Control
Points (HACCP) Certification



Dietician/Educator

Educate others in food nutritional value, food preparation, preservation, safety, presentation, business and more



Supervision & Management

Provide oversight of food production facilities or restaurants



Advocacy

Provide information and resources for food security, production practices, and awareness



Food Scientist

Use chemistry, biology, and other sciences to research and develop new food products