



**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 in specialty foods.

### Unit 5, 6, and 7 - Specialty Foods

#### Inspiring youth to:

- Master cooking over an open fire
- Learn dietary patterns and cooking techniques from other cultures and regions of the world.



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



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## 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. Find safe, tested recipes at the National Center for Home Food Preservation.
- Tested recipes after 1994 must be used. Include the recipe for your exhibit item in your e-Record and cite the source of 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 Ball 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 and from fairs.
- No decorative storage containers which have a rubber seal will be accepted for canning exhibits.
- Bulging lids or leaking jars are a sign of spoilage for canned goods.

## 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 breads
  - Unit 4: Flatbread, double crust pie or celebration meals.

## Resources:

- Exhibit & Judging Requirements
- Record Books
- Manual Information

Located at: [Colorado4h.org](http://Colorado4h.org)



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## Food Safety

### FOOD SAFETY TIPS

When preparing food for your project, follow these tips to maintain food safety.

1. Do not prepare food while sick or ill.
2. Tie your hair back. Use a hair tie, hat, or bandana to keep hair from falling into food.
3. Wash hands in warm, soapy water before and after handling food.
4. Clean countertops and working surfaces before and after preparing food.
5. Do not lick fingers or utensils while preparing food.
6. Wash fruits and vegetables under running water before use.
7. Do not double-dip utensils by putting spoons or utensils back into food after using them for tasting.
8. Follow all instructions in recipe.

### Clean jars, lids, and screw bands before use.

- Wash jars, lids, and screw bands with warm, soapy water. No need to pre-heat canning jar lids.



### Adjust recipes for high elevation.

- Don't forget to adjust the recipe for high elevation. Use Preserve Smart to find processing adjustments for your elevation: <https://apps.chhs.colostate.edu/preservesmart/>

**Remember to use the proper equipment, the required processing time, and to follow the recipe.**

**If food looks spoiled, foams, or has an off odor, discard it.**







**Beyond  
Ready**

# 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