Lowcountry 4-H Food and Nutrition Project

GENERAL DATES:
September 1, 2020 – August 30, 2021: 4-H Year
June 2021: Achievement Day
August 7, 2021: Lowcountry Area Awards Banquet

About

The Lowcountry 4-H Food and Nutrition Project provides youth a fun and hands-on learning experience that develops life skills, as well as teaches valuable information about critical thinking.

Food and Nutrition is a process of obtaining nutritional information and providing your body with the necessary food for good health and proper growth. While engaging and participating in this project, the youth will prepare dishes and healthy snacks. Through the 4-H Food and Nutrition project, youth will gain knowledge of Kitchen basics, Cooking terms and Food safety then they will demonstrate their skills by creating healthy dishes and snacks.

Registered youth will receive a guided record book and be eligible to enter their project and completed record book as part of Lowcountry 4-H Project Achievement Day.

For registration or more information visit the website below or contact your local Clemson Extension Office.
County Website: https://www.clemson.edu/extension/beaufort/4h/index.html
Contact your local 4-H agent to register or with any questions.

Should you require special accommodations due to a disability, please notify our office ten days prior to the event.

Clemson University Cooperative Extension Service offers its programs to people of all ages, regardless of race, color, gender, religion, national origin, disability, political beliefs, sexual orientation, gender identity, marital or family status and is an equal opportunity employer.
Lowcountry 4-H Food and Nutrition Project

Participant Responsibilities and Details

Objectives
• The youth will be able to:
  • Identify and explain at least 10 of the 15 cooking terms.
  • Explain what is Kitchen Basics by writing a short summary of the term in their record book.
  • Demonstrate how to read and follow directions on a recipe card by preparing two of the food dishes and two snacks.
  • Give back to their communities through educational and service activities.
  • Demonstrate how to store and handle food properly by creating a short video.

Registration
• Participants must be members in good standing and register online.
• Registration website: http://lowcountry4H.eventbrite.com
• Participants between the ages 5-18 as of January 1, 2020, may register for the project.
• Registration closes April 30, 2020 to be eligible for year end awards.

Project Expectations
• Meet project objectives.
• Maintain accurate project records.
• Complete activities and attend events to learn more about the Food and Nutrition program.
• Create videos.
• Have fun and be creative!

Project Achievement Day
• Project achievement day is an opportunity for youth to present their project to the judges to be eligible for 4-H awards. Please bring the following with you to achievement day:
  • Completed record book
  • Completed prototype
    • Entry ideas for Cloverbuds: Fruit parfait, Black Beans salad, or etc.
    • Entry ideas for Juniors/Seniors: Red rice, Sesame chicken, or etc.