

# 4-H Fun with Foods

## Level I



4-H Food & Nutrition

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4-H Fun with Foods is an update of Food & Nutrition Have Fun with Foods Phase 1  
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Utah State University Cooperative Extension, 2010

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With this lesson you will compare different products to get just what you want — unit pricing, labels, different types of flour, fruits and vegetables in season. This lesson will take you on a tour to learn some things to look for when becoming a good shopper. If your club is not too large, you may all go together with your leader to the grocery store. If your club is large, you may need to divide up and go in smaller groups. Shopping can be a real adventure. It is fun to compare different items so that you get just what you want. This is also a good time to purchase the supplies for your party.

Supermarkets are designed to encourage shoppers to spend a lot of time and money. (This is why basic foods such as milk and fresh fruits & vegetables can often be found on opposite sides of the store or in the back.) To prevent spending a lot of time and money, take a shopping list and stick to it!

## ***The Shopping Order***

To keep food fresh, shop in the following order:

1. Non-perishables
2. Fresh fruits & vegetables
3. Dairy products
4. Meat & eggs
5. Frozen foods

## ***Non-perishables***

- ✓ Non-perishables include canned, bottled, or boxed foods which are stored at room temperature at the grocery store.
- ✓ Notice the packaging of these foods in terms of marketing, food safety, & environmental friendliness. Often you have to pay more for a “prettier package.”

## ***Cereals***

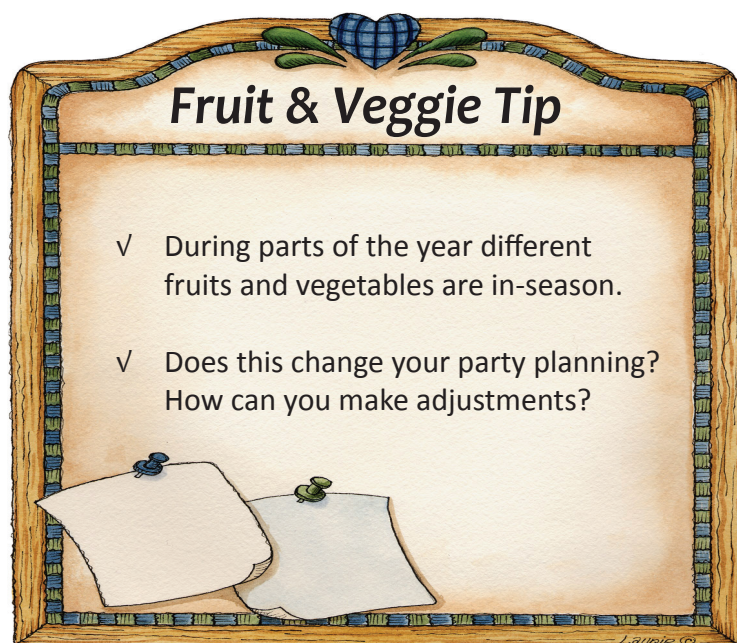
- ✓ When buying cereal look at the price per ounce.
- ✓ Select products made with whole grains.
- ✓ Nutritionally, the best choice contains less than or equal to 2 grams of fat, 10 grams of sugar, and 300 milligrams of sodium. It also contains greater than or equal to 2 grams of fiber.
- ✓ Kids’ cereals usually do not meet the “best choice” criteria. Supermarkets usually place these cereals on lower shelves where kids will see them and ask for them.

## Canned Foods

- ✓ Do not buy cans that bulge, show signs of rust, or are past their expiration. (If you dent a can, open it and put it in another container in the refrigerator, and use this in the next 2-3 days to avoid illness).
- ✓ Canned Vegetables: Choose vegetables with 2 grams of fat or less per serving and 400 milligrams or less of sodium.
- ✓ Canned Fruits: Choose fruits canned in water, juice, or extra light syrup.
- ✓ Juices: Select 100% juices to get more nutrients.

## Fresh Fruits and Vegetables

- ✓ Buy fresh fruits and vegetables in season to save money.
- ✓ **Citrus Fruits:** Pick the heaviest ones as they are the juiciest!
- ✓ **Apples:** Nutrition varies very little among different varieties, so pick the variety you like best or whatever is the cheapest. Make sure apples you select are firm to the touch & reasonably bruise free!
- ✓ **Berries:** Pick only an amount you will be able to eat quickly because berries have a short storage life.
- ✓ **Cucumbers:** Select the greenest cucumbers that are firm.
- ✓ **Lettuce:** Pick heads with a fresh appearance that are free from burned or rusty looking tips.
- ✓ **Carrots:** Whole carrots may be cheaper than baby carrots. However, if you are more likely to eat baby carrots before they go bad, then buy baby carrots!  
(With all fruits & vegetables, only buy what you will eat!)



## Dairy Products

- ✓ Dairy products include milk, cheese and yogurt. Because dairy products provide 75% of the calcium in diets it is a valued component of a healthy diet. Milk, cheese and yogurt come in a variety of fat content and you can choose skim/non-fat to full fat depending on your health needs.

## Butter and Margarine

- ✓ Spreadable butter or trans-fat free margarine usually have air and water added. This alters their use in the recipe. For best results in baking, use margarine, butter or stick spreads containing at least 70% vegetable oil (this will be indicated on the label).
- ✓ It is advisable to limit intake of foods containing saturated or trans fat, as part of a healthy diet.

## Meat

- ✓ Put raw meat, fish, & poultry in a plastic bag before putting it in the grocery cart so juices don't drip on other food.
- ✓ If you have adequate freezer space, stock up on meat when it's on sale!
- ✓ The "Nutrition Facts" for meat are available upon request.
- ✓ Safe handling instructions for meat can be found on packages of raw meat. Look for this information.

## Eggs

- ✓ Before buying eggs open the carton to make sure the eggs are not cracked.
- ✓ When buying eggs keep in mind how much refrigerator space you have & how many you will use before the expiration date (shell eggs can be stored for at least 4 weeks in the refrigerator).

## Activity 1: Go Shopping!

As a group, go to the local supermarket. You will be purchasing supplies for the upcoming party, as well as learning about shopping with the *Supermarket Tour Activity*. Don't forget to bring the shopping list you made in Lesson 8.

### Goal:

Learn how to comparison shop for food. Use this knowledge to assist you in purchasing items for the party.

You will be purchasing supplies for the upcoming party, as well as learning about shopping with the Supermarket Tour Activity. Clipboards may be handy for recording on these worksheets at the store. Things to remember throughout this experience:

1. Look at the packaging
2. Look at the price per ounce
3. Look at the label



**Consider these questions:**

How many guests will be attending?	
Does this include your 4-H Leader?	
What is your menu? (see next page)	
When and where will the party be held?	

**The Cost of Convenience**

1. Compare prices of different types of packaging in potatoes. Sometimes there is an additional markup for the cost of convenience.

Scalloped (packaged recipe)  
 Package Size: \_\_\_\_\_  
 Cost: \_\_\_\_\_  
 Unit Price: \_\_\_\_\_

Instant  
 Package Size: \_\_\_\_\_  
 Cost: \_\_\_\_\_  
 Unit Price: \_\_\_\_\_

Fresh  
 Package Size: \_\_\_\_\_  
 Cost: \_\_\_\_\_  
 Unit Price: \_\_\_\_\_

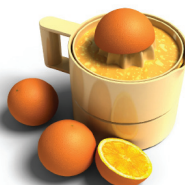


Frozen  
 Package Size: \_\_\_\_\_  
 Cost: \_\_\_\_\_  
 Unit Price: \_\_\_\_\_

2. Compare prices of different types of packaging of orange juice. Sometimes there is an additional markup for the cost of convenience.

Carton Name Brand Orange Juice  
 Package Size: \_\_\_\_\_  
 Cost: \_\_\_\_\_  
 Unit Price: \_\_\_\_\_

Carton Store Brand Orange Juice  
 Package Size: \_\_\_\_\_  
 Cost: \_\_\_\_\_  
 Unit Price: \_\_\_\_\_



Frozen Concentrate Name Brand  
 Package Size: \_\_\_\_\_  
 Cost: \_\_\_\_\_  
 Unit Price: \_\_\_\_\_

Frozen Concentrate Store Brand  
 Package Size: \_\_\_\_\_  
 Cost: \_\_\_\_\_  
 Unit Price: \_\_\_\_\_

## Fresh Produce

1. Calculate the total cost of three oranges by multiplying how much the oranges weigh by the cost per pound.

$$\underline{\hspace{2cm}} \times \underline{\hspace{2cm}} = \underline{\hspace{2cm}}$$

(Weight of 3 oranges)                      x                      (Cost per pound)                      =                      Total cost

2. Compare the cost per pound of a head of Lettuce and salad mix.

Head Lettuce		Salad Mix
Package Size or		Package size or
Weight: _____		Weight: _____
Cost: _____		Cost: _____
Cost/Pound: _____		Cost/Pound: _____

3. Compare the cost of baby carrots and whole carrots in different package sizes.

Baby Carrots		Whole Carrots
Package Size or		Package size or
Weight: _____		Weight: _____
Cost: _____		Cost: _____
Cost/Pound: _____		Cost/Pound: _____

\*Record the information for fresh potatoes under the Cost of Convenience section

## Canned Foods

1. Compare prices of a name brand & a store brand canned product.


Store Brand	Name Brand
Can Size: _____	Can Size: _____
Price: _____	Price: _____
Unit Price: _____	Unit Price: _____

2. Compare the "Nutrition Facts" labels on three different canned vegetables.

Vegetable #1: _____		Vegetable #2: _____
Grams of Fat: _____		Grams of Fat: _____
Grams of Sodium: _____		Grams of Sodium: _____
 Vegetable #3: _____		
Grams of Fat: _____		
Grams of Sodium: _____		

# Cereals

1. Compare prices of name brand & store brand cereals. Pay attention to package size. A bigger package size may or may not give you a price break!

Name Brand		Store Brand
Package Size: _____		Package Size: _____
Price: _____		Price: _____
Unit Price: _____		Unit Price: _____
Package Size: _____		Package Size: _____
Price: _____		Price: _____
Unit Price: _____		Unit Price: _____

2. Look at the “Nutrition Facts” label of three different cereals. (Make at least one of them a kids’ cereal). A nutritional best choice has less than or equal to 2 grams of fat, 10 grams of sugar, & 300 milligrams of sodium. It also has greater than or equal to 2 grams of fiber.

Cereal #1: \_\_\_\_\_  
 Serving Size: \_\_\_\_\_  
 Grams of Fat: \_\_\_\_\_  
 Grams of Sugar: \_\_\_\_\_  
 Grams of Sodium: \_\_\_\_\_  
 Grams of Fiber: \_\_\_\_\_

Cereal #2: \_\_\_\_\_  
 Serving Size: \_\_\_\_\_  
 Grams of Fat: \_\_\_\_\_  
 Grams of Sugar: \_\_\_\_\_  
 Grams of Sodium: \_\_\_\_\_  
 Grams of Fiber: \_\_\_\_\_

Cereal #3: \_\_\_\_\_  
 Serving Size: \_\_\_\_\_  
 Grams of Fat: \_\_\_\_\_  
 Grams of Sugar: \_\_\_\_\_  
 Grams of Sodium: \_\_\_\_\_  
 Grams of Fiber: \_\_\_\_\_





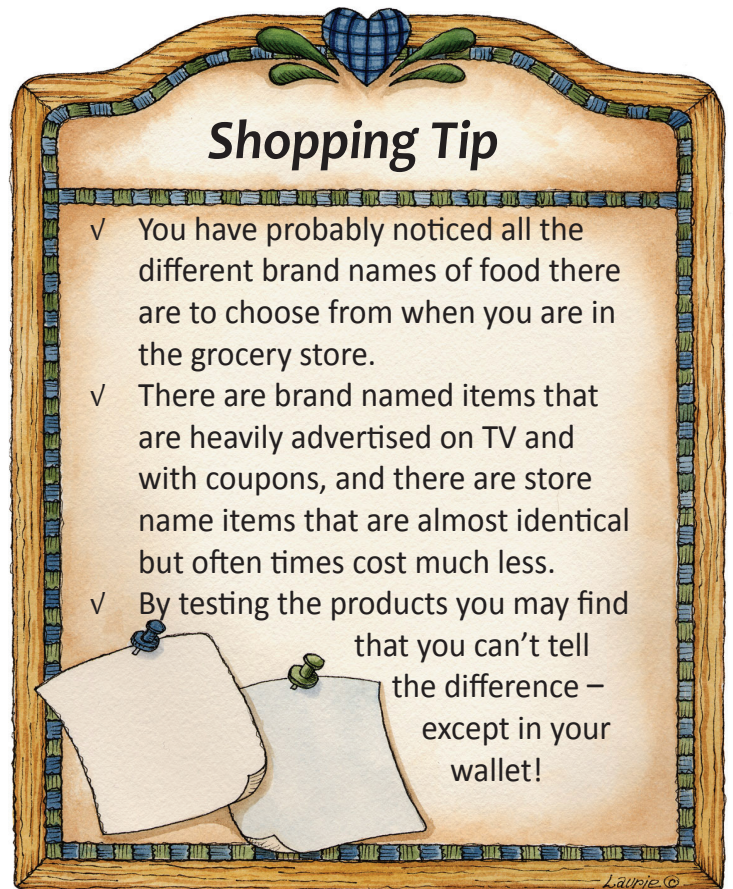
## Activity 2: Exploring Grocery Store Foods

### Goal:

Explore differences in price, taste, and overall value of brand name and store name foods.

### Directions:

1. Obtain brand name and store name of the same food product to be tested. Some ideas for items to test could be graham crackers, applesauce, popcorn, cereal, or soda (consider using at least one product you will be using at your party). Be sure to note the cost of the item.
2. Calculate the cost per ounce by taking the price of the product and dividing it by the number of ounces the package has listed on the label. Now you have a basis to compare different sized packages.
3. Have an adult or friend put the products to be tested in an unmarked bowl or plate (but have them keep track of which is which).
4. Compare the different products for how they taste and look. Can you tell a difference?
5. Have the adult or friend reveal which product is the name-brand and which is the store brand.
6. Based on the cost difference and your evaluation of their look and taste, which is the better value?



## **What have you learned?**

- ✓ What new ideas or thoughts came up as you shopped?
- ✓ Why do you think it may be important to spend time planning for your shopping trip?
- ✓ What do you think your shopping trip would be like if you didn't plan?
- ✓ What are other situations where you think planning would be very important?
- ✓ What was the biggest challenge?
- ✓ How would you prevent or make it work better next time?

## **References and Resources**

- ✓ Utah State University, *Food Sense*; Christina Sperry, Kristine Saunders, Georgia Lauritzen

# LESSON 9: FOR THE RECORD

## *Smart Shopping*

### MEETING

Date \_\_\_\_\_

Foods I shopped for \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

I demonstrated \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

This lesson taught me the following skills \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

Some of the activities I tried \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

Type of Food Prepared This Week	# Times Prepared	To Whom Served	Hours Spent	# Served	Cost



## **Goal:**

A party for parents or guests will give you an opportunity to show others what you have learned. You have learned to organize ingredients for your recipes, and you have developed the skill of knowing what equipment is necessary to prepare your items. Now it's time to have a party and demonstrate the skills that you have learned!

## **Party Day Prep:**

- ✓ Prepare the food and environment.
- ✓ Remember that the presentation of your refreshments is as important as the taste.
- ✓ Atmosphere and mood are created by the decorations and music. All of these things help to create an environment.

## **Have a Party:**

- ✓ Greet your guests to make them feel welcome.
- ✓ Have an icebreaker or game
- ✓ Example: Pin a name of a famous chef or cook to the back of each person. Then they ask questions of the other people to try to find out who they are.
- ✓ Serve the food you have prepared using your etiquette skills.
- ✓ Demonstrate some of the cooking skills learned this year.
- ✓ Thank your the guests for coming.
- ✓ Clean up.

## **What have you learned?**

- ✓ Were you prepared for the party?
- ✓ How did the party go? Were the guests comfortable? Did they enjoy the activities?
- ✓ Was the food served graciously? Did it taste good?
- ✓ Did you feel that the party was a success?
- ✓ Would you want to do this again? If yes, what new ideas do you have for next time?

## **References and Resources**

- ✓ Wasatch County Extension
- ✓ Uintah County Extension

# LESSON 10: FOR THE RECORD

## *Have a Party!*

Type of Food Prepared	# Times Prepared	To Whom Served	Hours Spent	# Served	Cost

### MEETING

Date \_\_\_\_\_

Foods I prepared or helped prepare \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

I demonstrated \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

This lesson taught me the following skills \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

Some of the activities I tried \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_



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<http://extension.usu.edu/beaver>

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01 South Main  
Brigham City, UT 84302  
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<http://extension.usu.edu/boxelder>

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Delta, UT 84624  
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<http://extension.usu.edu/millard>

Millard County (Fillmore)  
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Fillmore, UT 84631-0568  
435-743-5412  
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801-468-3170  
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151 N Main St  
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Uintah County  
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Vernal, UT 84078  
435-781-5452  
<http://extension.usu.edu/uintah>

Utah County  
100 E. Center St. Rm. L600 (L400 for 4-H)  
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<http://extension.usu.edu/utah>

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Wayne County  
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