

# FOOD SCIENCE



## Did you know...

The Food Science project is for those who enjoy learning about food and food safety. In this project, you can learn how food goes from the farm to the table, how certain flavors create different tastes and how to safely handle and prepare food.

## What can I do...

- Give a demonstration to your club on creating a gluten-free recipe
- Join a 4-H Cooking Project Group
- Apply to serve as a Healthy Living Ambassador in your county
- Bake a dairy-free cake to enter in your county fair

## Check this out...

Compare the nutrition charts and determine which food would be better for someone who is trying to cut down on fat intake:

Fat in pretzels: \_\_\_\_\_

Fat in cereal bar: \_\_\_\_\_

Which is better for someone trying to cut down on fat?

### Nutrition Facts

12 servings per container	
<b>Serving size</b>	1 pretzel(77g)
<b>Amount per serving</b>	
<b>Calories</b>	<b>160</b>
	<b>% Daily Value*</b>
<b>Total Fat</b> 1g	1%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 15mg	5%
Sodium 200mg	9%
<b>Total Carbohydrate</b> 32g	<b>12%</b>
Dietary Fiber 2g	7%
Total Sugars 1g	
Includes 1g Added Sugars	2%
<b>Protein</b> 5g	
Vitamin D 0mcg	0%
Calcium 12mg	0%
Iron 2mg	10%
Potassium 81mg	2%

\*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

### Nutrition Facts

Serving Size		1 Bar (45g)	
<b>Amount Per Serving</b>			
<b>Calories</b> 180	Calories from Fat 70		
	<b>% Daily Value*</b>		
<b>Total Fat</b> 7g	<b>11%</b>		
Saturated Fat 2g	<b>10%</b>		
Trans Fat 0g			
Polyunsaturated Fat 1.5g			
Monounsaturated Fat 3g			
<b>Cholesterol</b> 5mg	<b>2%</b>		
<b>Sodium</b> 150mg	<b>6%</b>		
<b>Potassium</b> 125mg	<b>4%</b>		
<b>Total Carbohydrate</b> 22g	<b>7%</b>		
Dietary Fiber 5g	<b>20%</b>		
Sugars 10g			
<b>Protein</b> 8g	<b>13%</b>		
Vitamin A 20% • Vitamin C 20% • Calcium 25% • Iron 30%			
Vitamin D 25% • Vitamin E 30% • Vitamin K 10% • Thiamin 10%			
Riboflavin 40% • Niacin 40% • Vitamin B6 80% • Folic Acid 100%			
Vitamin B12 80% • Zinc 35%			
<small>*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:</small>			
	Calories	2,000	2,500
Total Fat	Less than	65g	80g
Saturated Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Potassium	Less than	3,500mg	3,500mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g
Protein		50g	65g



## *Future Thoughts...*

What kind of career would someone in the 4-H Food Science project pursue?

- Food Allergy Specialist
- Product Developer
- Toxicologist
- Food chemist

Do you know what all of these professions do in their job? If not, do some research and dig a little deeper.

## *Work on this...*

Go on a Food Science Scavenger Hunt! Select at least two careers that interest you in the Food Science area. Research each career and answer the questions below. Share the results with your family and friends.

- Job Title: \_\_\_\_\_
- College Degree Required: \_\_\_\_\_
- Colleges Offering this Field of Study: \_\_\_\_\_
- Starting Salary: \_\_\_\_\_
- Job Responsibilities: \_\_\_\_\_  
\_\_\_\_\_

## *What's Next?*

Contact your local 4-H Agent on other ways you can get involved with this project and with 4-H.

- Attend 4-H Academic Conference as a 6<sup>th</sup> to 8<sup>th</sup> grade member
- Becoming a Healthy Living Ambassador for your County
- Participate in the 4-H Grill Master Challenge contest
- Start preparing to submit a portfolio in this project area
- Begin taking action photos of you doing activities in this project area

