

4-H I Spy in the Kitchen project Outline

Session 1: Food guide pyramid

- Hand out the food items from the Food Guide Pyramid (kit) Have students place items on the pyramid and discuss the food guide pyramid.
- Have youth answer questions and complete charts (I Spy in the Kitchen pg. 5-7)
- Complete "Getting to Know Fruit" (worksheet)
- Play Food Guide Bingo (Included in kit)
- Pyramid Relay Game (Activities to Support Nutrition Education)
- Sing Foods to Grow song

Session 2: Cooking Terms

- Print off some recipes and bring them to class
- Allow youth to look at recipes and discuss measurements and Cooking words (I Spy in the Kitchen pg 8-9)
- Play Food Guide Pyramid Dominoes
- Watch "Food Preparation Video Flash Card" video (included in kit)

Session 3: Intro to Measuring

- Bring in some kitchen tools from your home, pass them around and describe what they are used for (list pg 10).
- Break youth into 3 groups and allow them to practice measuring ingredients with items from the kit. (I Spy in the Kitchen pgs 11-12)
- Discuss meat group (pg 13)
- Complete "Getting to Know Meat" (worksheet)

Session 4: Food Preparation

- Separate youth into 3 groups; allow them to complete the recipe. (I Spy in the Kitchen pg.14)
- Read "Mr. Sugar Came to Town"
- Play "Who Wants to be a Veggie-naire?" (worksheet)

Session 5: Milk group recipes

- Discuss milk group (I Spy in the Kitchen pg. 16)
- Complete a recipe (I Spy in the Kitchen pgs. 18-19)
- Compete "Getting to Know Cheese" (worksheet)
- Take photos of kids with milk mustaches and post on bulletin board.

Session 6: Super sleuth snacks

- Complete the rate your snacks charts and questions(I spy in the Kitchen pgs. 22& 23)
- Prepare the trail mix (I Spy in the Kitchen pg. 23)
- Compete "Solving the Mysteries Experiment" (I Spy in the Kitchen pg. 25)
- Feely Cups Activity (Activities to support Nutrition Education)

- Hop to it activity (Activities to support Nutrition Education)

Session 7: Vegetables

- Review vegetable group (I Spy in the Kitchen pg. 26)
- Complete “Getting to Know Vegetables” (worksheet)
- Have youth make spy bugs (I Spy in the Kitchen pg. 28)
- Read “Gregory the Terrible Eater” Discuss
- Play “Pass the Potato” (Activities to support Nutrition Education)

Session 8: Food dip

- Have youth complete recipes (I spy in the Kitchen pgs.31-33)
- Complete rate your fruit snacks (I Spy in the Kitchen pg. 35)
- Complete solving the mystery (I Spy in the Kitchen pg. 37)

Session 9: Eggs

- Allow students to practice breaking eggs for recipes (I spy in the kitchen Pg 39)
- Hard-boil enough eggs that the students can each have 2 allow them to open one and examine and eat. The other students can color and decorate.
- Discuss the different ways to eat eggs and different recipes eggs are in.
- Play food pyramid relay (worksheet)

Session 10: Wrap up

- Have students practice setting a proper table setting (I spy in the Kitchen pg 44)
- Discuss table time tips (I spy in the Kitchen pg. 45)
- Have students practice properly cutting food at the table.
- Getting to know breads and cereals (worksheet)
- Give each student 2 pieces of brown paper on the paper have them draw items for a healthy sandwich, the brow paper represents the bread.
- Table setting relay activity (Activities to support Nutrition Education)