



4-H Food, Friends, and Fun- Greentop

400.E-94(R-18)



“Food, Friends, and Fun” is an advanced level project for members 14-18 years old. It provides experiences in planning, preparing and serving meals and snacks for informal parties as well as special occasions. The project may be repeated, although it is recommended that alternate menus be planned under each interest area to gain additional knowledge and skills. Members are reminded to check county project guidelines if they choose to exhibit projects at the county fair or 4-H Achievement Days.

4-H members will:

- Learn how to prepare a healthy “C’mon over Snack” for friends after the football game, play rehearsal or 4-H meeting, rather than hitting the local fast food restaurant.
- Learn to compare the cost in time and money for different types of pizza.
- Learn how to plan foods for a “Bountiful Buffet” and the proper way to set up a buffet table.
- Learn the difference between cooking outside and cooking inside through “Get out the Grill”.
- Learn how to plan a potluck meal or a special occasion menu.

To complete this project:

- Complete the “Planning Your Project” section.
- Explore all interest areas. Complete the menu and related activities in each area.
- Take part in at least two learning experiences.
- Become involved in at least two Leadership/Citizenship Activities.
- Evaluate your accomplishments by completing the blanks throughout the book.

Resources:

Food, Friends and Fun Project Book – 100.E-94

4-H Food Record – 300.A-20 (R-18)

Citizenship and Leadership Activities:

- Organize a potluck, bake sale or other food function.
- Arrange to have someone speak to your club on a topic related to food service, nutrition, food safety or entertaining.
- Help other members with their project.
- Prepare a special snack to serve to young children or senior citizens.
- Tour and/or eat in a restaurant.
- Prepare a talk, demonstration or display to tell others about something you learned in your project.
- Plan your own activity.

Beam, 2005