



THE UNIVERSITY OF GEORGIA
COOPERATIVE EXTENSION
College of Agricultural and Environmental Sciences & Family and Consumer Sciences



Georgia 4-H Base Programming

Peanutrition Contest

Description of Learning Experience:

Peanutrition is a food and nutrition activity for Cloverleaf and 4-H'ers sponsored by the Georgia Peanut Commission. 4-H'ers develop skills in using peanuts creatively and in food preparation. They learn about the nutritional value of peanuts and the variety and versatility of peanut products. The Peanutrition Contest has two separate categories for Cloverleaves and Juniors, and awards are provided to each age group at the county level.

Learning Outcomes:

- Develop skills for utilizing peanut products creatively.
- Acquire knowledge of nutritional value and versatility of peanut products.

Georgia Performance Standards:

Elementary School: **HE5.1:** Students will comprehend concepts related to health promotion and disease prevention to enhance health; **HE5.5:** Students will demonstrate the ability to use decision-making skills to enhance health.

Middle School: **HE6.1:** Students will comprehend concepts related to health promotion and disease prevention to enhance health; **HE6.6:** Students will demonstrate the ability to use goal-setting skills to enhance health.

Essential Elements:

Primary: Mastery; Secondary: Independence/Belonging

Mission Mandates:

Healthy Living, Science, Engineering and Technology; Citizenship

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4-H helps young people experience: An increased desire to make a difference in their communities - High levels of leadership, self esteem, public speaking, communication and planning skills - Improved School Performance - Motivation to help others - Overall improvement in civic identity and civic engagement.