

Nutrition for 4-H Foods Projects: Dairy Foods Projects

Additional Resources

All information in the Nutrition for 4-H Foods Projects Modules comes from www.choosemyplate.gov. We recommend that in addition to watching the modules and reviewing the accompanying slides and script that you explore the www.choosemyplate.gov website.

Please view these additional resources for more information:

- Please start with www.choosemyplate.gov for all of your nutrition research. There is more information on this site than what was reviewed in the power point presentation.
- For recipes: USDA What's Cooking, USDA Mixing Bowl: <http://www.whatscooking.fns.usda.gov/>

A few other resources for really interested 4-Hers:

- General Nutrition Information, UGA FACS Extension:
 - <http://www.fcs.uga.edu/extension/food-select-and-prepare-healthier-food>
 - <http://www.fcs.uga.edu/extension/food-eat-right>

Additional math resources:

- <http://www.aaamath.com/> - free, no registration required and sorted by subject (can select "fractions") & complete practice problems
- <http://www.mathsisfun.com/> - free, no registration required and sorted by subject (select "numbers", then "fractions menu") & explore activities and examples
- <http://www.mathabc.com/> - free, no registration required and sorted by grade level (4th, 5th, and 6th have fractions problems)
- <http://www.xtramath.org> – free, but parent registration is required
- <https://www.khanacademy.org/> - free, but parent registration is required