

Nutrition for 4-H Foods Projects: MyPlate

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.

Good stopping points during the Nutrition Module:

- Slide 25: 11 minutes, 46 seconds
- Slide 52: 34 minutes, 7 seconds

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/>
- For specific information on whole grains (may be helpful for the pizza project): <http://wholegrainscouncil.org/>

A few other resources for really interested 4-H'ers:

- 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>