

Nutrition for 4-H Foods Projects: Recipe Selection and Menus

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/>. There are plenty of recipes on this website and full cookbooks to choose from.
 - USDA Fruits and Veggies More Matters: <http://www.fruitsandveggiesmorematters.org/main-recipes>
 - Academy of Nutrition and Dietetics, KidsEatRight: <http://www.eatright.org/resources/kids-eat-right-listing>

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>