



**Enroll in ZSuite Under this Project Name:** FOOD-FOOD SCIENCE-Lv 2: The Power of Protein Chemistry

*Approved for 2024-25 Project Year*

**Project Description:** The Power of Protein Chemistry explores the basic building blocks of protein through delicious experiments like cooking eggs and making cheese. This project curriculum is written for youth in grades 6-9 but can be adapted for younger and older learners.

**REQUIRED YOUTH CURRICULUM**

[What's on Your Plate? Exploring Food Science Unit 2: The Power of Protein Chemistry Youth Science Journal \(01412Y\), 2014](#)

[ZSuite 4-H Involvement Report](#)

[ZSuite 4-H Project Record Book](#)

**REQUIRED VOLUNTEER CLUB LEADER CURRICULUM**

[What's on Your Plate? Exploring Food Science Unit 2: The Power of Protein Chemistry Facilitator Guide \(01416F\), 2014](#)

**SUPPLEMENTAL RESOURCES**

none



## PROJECT COMPLETION CHECKLIST

STATE REQUIREMENTS	
	Complete the three (3) activities and the three (3) Be a Food Scientist in the Youth Science Journal.
	Complete the 4-H Project Record Book for this project in your ZSuite Member Account
	Fill out your 4-H Involvement Report in your ZSuite Member Account
	Give an oral presentation (speech, demonstration, or illustrated talk) to your 4-H peers on a topic related to this project. Recommended guidelines for length of oral presentations are: <ul style="list-style-type: none"> <li>• Junior: 5-8 minutes</li> <li>• Intermediate: 8-10 minutes</li> <li>• Senior: 10-12 minutes</li> </ul>

ADDITIONAL LOCAL REQUIREMENTS	

FAIR EXHIBIT CHECKLIST	
	Completed Idaho 4-H Involvement Report (ZSuite)
	Completed Idaho 4-H Project Record Book for this project (ZSuite)
	Your completed What's On Your Plate? Exploring Food Science Unit 2: The Power of Protein Chemistry Youth Science Journal
	A poster (14" x 22") or display illustrating something you learned in this project year.