

# Food & Cooking Food Science

### Lv 3 - The Inner Mysteries of Fruits and Vegetables

**Enroll in ZSuite Under this Project Name:** FOOD-FOOD SCIENCE-Lv 3: The Inner Mysteries of

Fruits and Vegetables

Approved for 2024-25 Project Year

**Project Description:** Why do fruits and vegetables turn brown when they are cut? Learn the science behind

this phenomenon and more in Unit 3 of the Food Science series. This curriculum is

written for grades 6-9, but may be adapted for younger or older learners.

#### **REQUIRED YOUTH CURRICULUM**

What's on Your Plate? Exploring Food Science Unit 3: The Inner Mysteries of Fruits and Vegetables Youth Science Journal (01413Y), 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 3: The Inner Mysteries of Fruits and Vegetables Facilitator's Guide (01417F), 2014

#### **SUPPLEMENTAL RESOURCES**

none



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### 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:	
	Junior: 5-8 minutes	
	Intermediate: 8-10 minutes	
	Senior: 10-12 minutes	

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 3: The Inner Mysteries of Fruits and
	Vegetables Youth Science Journal
	A poster (14" x 22") or display illustrating something you learned in this project year.

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