



## 4-H FOODS EVENTS

### RECOMMENDED LINKS FOR KITCHEN, COOKING PREP & FOOD SAFETY

The following links include resources that will help prepare you for your 4-H Foods Events experience. Kitchen safety including knife and food safety are important skills when creating a safe and healthy cooking environment. The USDA My Plate link will share many resources -- understanding the five food groups and the key messages to healthy eating will promote a solid understanding.

Other 4-H Healthy Living/Nutrition and Cooking resources are available through your UNH Cooperative Extension office. For additional information, please feel free to contact:

State 4-H Healthy Living Liaison Heidi Barker @ (603)788-4961 or email: [Heidi.barker@unh.edu](mailto:Heidi.barker@unh.edu)

#### Resources for My Plate/Healthy Eating

<https://extension.unh.edu/resource/youth-healthy-living-curriculum-resources-and-activities>

<https://www.choosemyplate.gov/MyPlate>

<https://www.midohiofoodbank.org/wordpress/wp-content/uploads/2016/08/Pantry-Panic-3-meal-sheet.pdf>

<https://www.nhlbi.nih.gov/health/educational/wecan/downloads/go-slow-whoa.pdf>

<http://www.eatright.org/>

<https://www.fruitsandveggiesmorematters.org/>

#### Food Safety: Fight BAC/Food Safety 4 Simple Steps to Food Safety

<https://unh.box.com/s/3sm1g0vzqqmn0uf4vszqaaksghqtd4u1> 4 Steps to Food Safety with Ann Hamilton Video

#### Cooking Skills: How to Measure Ingredients

<http://www.foodnetwork.com/videos/channels/how-to-measure-ingredients/#video-1>

#### Knife Skills: How to Slice, Chop & Mince

<https://localfood.ces.ncsu.edu/local-food-nutrition-health/cooking-local-foods/knife-skills/>

#### Kitchen Safety

<https://www.youtube.com/watch?v=xidDLFhiKVg>

#### Cutting Boards Safety

[https://www.fsis.usda.gov/wps/portal/fsis/topics/food-safety-education/get-answers/food-safety-fact-sheets/safe-food-handling/cutting-boards-and-food-safety/ct\\_index](https://www.fsis.usda.gov/wps/portal/fsis/topics/food-safety-education/get-answers/food-safety-fact-sheets/safe-food-handling/cutting-boards-and-food-safety/ct_index)

#### Slow Cooker Recipes

<https://unh.box.com/s/vq57i07o1m4tk5tqn41280gd84nowvys>