



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

Approved for 2023-24 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"> • 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 2: The Power of Protein Chemistry Youth Science Journal
	A poster (14" x 22") or display illustrating something you learned in this project year.