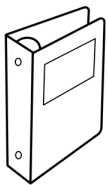


Food Project Requirements!!

- A. For judging, each participant needs to
1. Know the information presented in the project book and insert and bring completed project book to judging.
 2. Complete project per guidelines as listed in the project book.
 3. Bring completed menu planning worksheet (included in packet or online at go.osu.edu/menuworksheet) using “My Plate” as a guide (www.choosemyplate.gov or in your book insert).
 4. No place setting needed! Each participant will be asked to complete an activity on “Basic Table Setting”. (information on table setting is found below).
 5. Bring a “Presentation Portfolio” specific to the project book. Each participant will be responsible for bringing a small binder or three pronged folder that includes 8½” x 11” pages. The participant creates a maximum of one page (one-sided only) per “activity area” or “interest area” of the project book. Interest area suggestions can be found at <https://ohio4h.org/nonlivestockguidebook>, Food & Nutrition Days. Ideas for these pages include collage, journaling, a timeline, and photos taken during the project, or any other format that would illustrate the work and knowledge of the participant. Each page could be different or could be a combination of styles allowing the 4-Her to reflect on their learning experience. There will be no points for scrapbooking style. In addition, participant needs to include a page with pictures of a featured food item made using a recipe in the book. Be prepared to discuss this recipe during judging.
- B. At judging, 4-H'ers are expected to know nutrition guidelines. As a general rule, 4-H'ers should know at least the following:
- BEGINNING PROJECTS : All the Information on “My Plate” insert.
- INTERMEDIATE & ADVANCED PROJECTS: All the Information on “My Plate” insert, plus where nutrients, vitamins and minerals are found, and their functions in the body.
- Members are strongly encouraged to take projects that are designed for their age and developmental skill level.
- C. All county fair displays for food/nutrition projects will consist of an educational poster or display. (Presentation portfolio can be used as a fair display)
- D. See additional requirements for specific projects in the Member Handbook and/or Project Guidelines.



“The Presentation Portfolio” Example

(use a small binder or 3-prong folder)
(Remember one-side of page only)

“Racing the Clock to Awesome Meals”
Project Book

Page 1 Collage of pictures of teaching your 4-H club members how many fruit and vegetables servings they should eat each day.

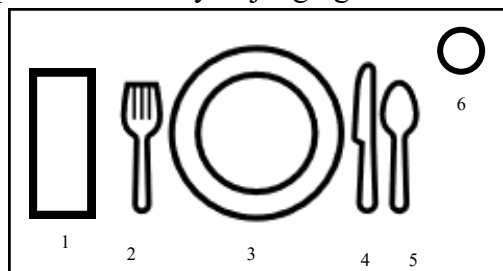
Page 2 Timeline of safe handling of hot soup: preparation, cooking, cooling and refrigeration.

Page 3 Journal about attending camp and what you learned about physical activity and nutrition.

Page 4 “Featured” food item.

TABLE SETTING

- A neat, attractive table setting adds to the enjoyment of any meal and is part of your 4-H Food and Nutrition project. Correct table setting involves placing dishes and flatware where they may be used easily. A knowledge of table setting prepares you to set the table AND to use the proper fork at the right time during the meal.
- Before you begin setting a table you MUST know the menu. Plan your place setting so that it is appropriate for the menu and the occasion.
- For 4-H judging you will use the dishes and silverware provided the day of judging.



Place setting:
1. Napkin
2. Dinner fork
3. Diner plate
4. Knife
5. Spoon
6. Water Glass



Build a Strong Body!

RIBOFLAVIN (B2)

Keeps your eyes and skin healthy. Helps you have clear vision.

PROTEIN

Supplies 4 calories per gram. Makes up part of every cell in the body. From your hair to your toes, you're made of protein.

NIACIN

Helps you digest food and helps give you a good appetite.

VITAMIN A

Helps you keep from getting infections. Helps your eyes see better in dim light.

IRON

Forms hemoglobin which carries oxygen through the blood to the body. Prevents anemia that can cause you to be tired.

CALCIUM

Helps give your bones and teeth their structure and strength. Helps your blood clot.

CARBOHYDRATE

Supplies energy - 4 calories per gram. Some carbohydrates provide fiber which helps in the elimination of waste from your body.

THIAMIN (B1)

Helps the body use carbohydrates. Promotes good appetite. Helps the nervous system function normally.

VITAMIN C

Forms collagen that holds our cells together, speeds of healing of wounds and bones.

FAT

Supplies energy - 9 calories per gram. Makes up part of every cell. Helps your body carry vitamins A, D, E, and K.



Menu Planning Worksheet

Name _____

Club _____

Project _____

- Plan meals for one day including snack in the menu table.
- Transfer all foods written in the menu, into “one day of foods and drinks”.
- Calculate number of servings put in “# of servings per day”.
- Check to see if your menu is balanced with the suggested number of servings each day.

Your menu for one day (include items bringing to judging)

Breakfast	Lunch	Dinner	Snacks

Your One Day of Food and Drink

Number of servings a day	Vegetable 2-1/2 cups	Fruit 1-1/2 cups	Meat 5-1/2 ounces	Milk 3 cups	Grains 6 ounces	Fats & sugar & others
Example:		1/2 c grapes		1/2 c low-fat milk 1 string cheese	1 c cooked oatmeal	1/2 tsp fat
Breakfast						
Lunch						
Dinner						
Snacks						
# of serving for day						

(see examples on back)

MENU WRITING

Your menu must include.....

✿ Foods from “My Plate” Guidelines

✿ Be practical for your project

✿ Have meal appeal

✿ Be written in menu form

“My Plate” - attached or visit www.choosemyplate.gov

MEAL APPEAL

Color - Avoid clashing or unpleasant or all of the same color

Flavor - Sweet, sour, tart or salty

Texture - Include soft, crisp or crunchy, chewy, hard or smooth

Shape & Size - Avoid too many of the same or similar shape or size

PRACTICALITY

Preparation Time

Cost Per Serving

Family Likes & Dislikes

Cost Per Serving

Energy Use

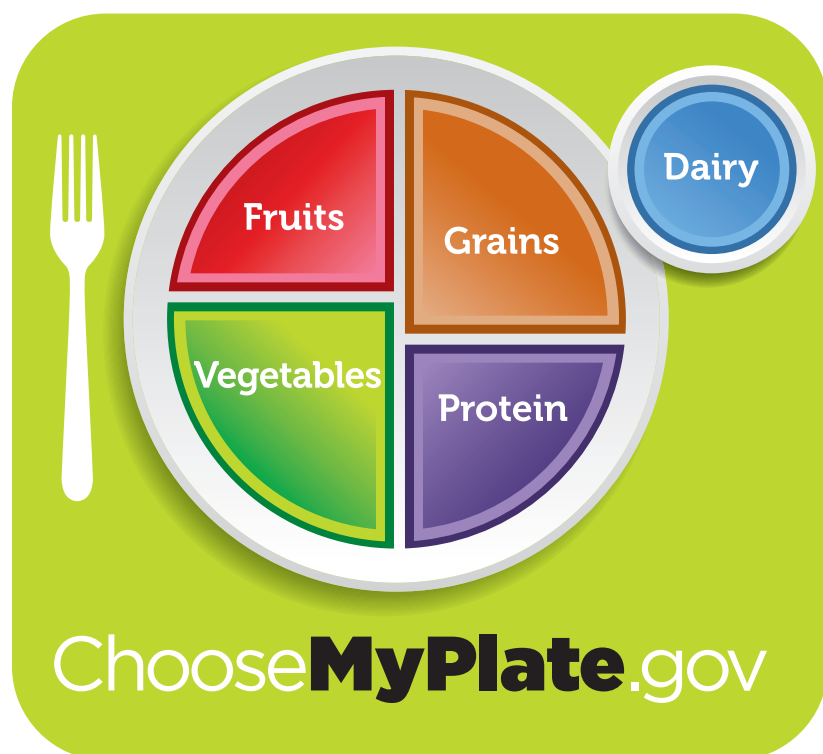
An example of a menu for one day (include items bringing to judging)

Breakfast	Lunch	Dinner	Snacks
Oatmeal with Low-fat Milk 1/2 Cup Grapes 1 String Cheese	Mixed Greens Salad with Tomatoes Salad Dressing Grilled Mexican Chicken 1/2 orange 8 ozs. Low-fat milk	Grilled Pork Chops Baked Potato Steamed Green Beans Small Whole Wheat Dinner Roll Butter 8 ozs. Low-fat milk	Carrots Celery Sticks Cookie Apple, Grapes, Pears String Cheese

Example of One Day of Food and Drink

Number of servings per day	Vegetable 2-1/2 cups	Fruit 1-1/2 cups	Meat 5-1/2 ounces	Milk 3 cups	Grains 6 ounces	Fats & sugar & others
Example:		1/2 C grapes		1/2 C. Low-fat milk 1 string cheese	oatmeal	1/2 tsp fat
Breakfast		1/2 banana	1 egg - scrambled	4 ozs. Low-fat Milk	1 Slice Whole Wheat Toast	1 tsp. grape jelly
Lunch	1-1/2 Cups Lettuce Sliced tomatoes	1/2 orange	2 ozs. Grilled Mexican Chicken	8 ozs. Low-fat Milk		1 T. salad dressing
Dinner	Green Beans Baked Potato		2 ozs. Pork Chop	8 ozs. Low-fat Milk Non Fat Sour Cream	1 Small Whole Wheat Dinner Roll	1 tsp. Fat 1/2 tsp. butter
Snacks	Carrot & Celery Stick	1/2 Apple				1 - 2” cookies or 10 ginger snap
# of serving for day	2 - 1/2 Cups	2 Cups	5 ozs.	3 cups	6 ozs.	3 T.

What's on your plate?



Before you eat, think about what and how much food goes on your plate or in your cup or bowl.

Over the day, include foods from all food groups: vegetables, fruits, whole grains, low-fat dairy products, and lean protein foods.

Grains

Make at least half your grains whole.

Vegetables

Eat more red, orange and dark green vegetables.

Fruits

Make half your plate fruits and vegetables.

Dairy

Switch to skim or 1% milk.

Protein

Vary your protein food choices.

Exercise

Get 60 minutes or more of physical activity each day.

Where is MyPyramid? The MyPlate symbol and food guide system, released by USDA in 2011, replaces MyPyramid, but is based on the same food groups and recommendations. Information about what and how much to eat has not changed.

The Ohio State University is an Affirmative Action/Equal Opportunity Institution. For more information: go.osu.edu/cfaesdiversity.



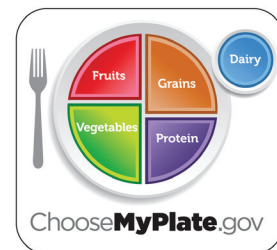
THE OHIO STATE UNIVERSITY

COLLEGE OF FOOD, AGRICULTURAL,
AND ENVIRONMENTAL SCIENCES



choose MyPlate

10 tips to a great plate



Making food choices for a healthy lifestyle can be as simple as using these 10 Tips.

Use the ideas in this list to *balance your calories*, to choose foods to *eat more often*, and to cut back on foods to *eat less often*.

1 balance calories

Find out how many calories YOU need for a day as a first step in managing your weight. Go to www.ChooseMyPlate.gov to find your calorie level. Being physically active also helps you balance calories.

2 enjoy your food, but eat less

Take the time to fully enjoy your food as you eat it. Eating too fast or when your attention is elsewhere may lead to eating too many calories. Pay attention to hunger and fullness cues before, during, and after meals. Use them to recognize when to eat and when you've had enough.



3 avoid oversized portions

Use a smaller plate, bowl, and glass. Portion out foods before you eat. When eating out, choose a smaller size option, share a dish, or take home part of your meal.

4 foods to eat more often

Eat more vegetables, fruits, whole grains, and fat-free or 1% milk and dairy products. These foods have the nutrients you need for health—including potassium, calcium, vitamin D, and fiber. Make them the basis for meals and snacks.



5 make half your plate fruits and vegetables

Choose red, orange, and dark-green vegetables like tomatoes, sweet potatoes, and broccoli, along with other vegetables for your meals. Add fruit to meals as part of main or side dishes or as dessert.

6 switch to fat-free or low-fat (1%) milk

They have the same amount of calcium and other essential nutrients as whole milk, but fewer calories and less saturated fat.



7 make half your grains whole grains

To eat more whole grains, substitute a whole-grain product for a refined product—such as eating whole-wheat bread instead of white bread or brown rice instead of white rice.

8 foods to eat less often

Cut back on foods high in solid fats, added sugars, and salt. They include cakes, cookies, ice cream, candies, sweetened drinks, pizza, and fatty meats like ribs, sausages, bacon, and hot dogs. Use these foods as occasional treats, not everyday foods.

9 compare sodium in foods

Use the Nutrition Facts label to choose lower sodium versions of foods like soup, bread, and frozen meals. Select canned foods labeled "low sodium," "reduced sodium," or "no salt added."



10 drink water instead of sugary drinks

Cut calories by drinking water or unsweetened beverages. Soda, energy drinks, and sports drinks are a major source of added sugar, and calories, in American diets.