Welcome to your Food Project

**FOOD PROJECTS**

1. For judging, 4-H’ers need to ...........

   A. Know information presented in project book and bring completed project book to judging.
   B. Complete project guidelines as listed in the project book.
   C. Bring your completed menu planning worksheet using “My Plate” as a guide (found with this insert) along with a plan of food for one day written in menu form, including snacks.
   D. You do not need to bring a place setting! Instead you will be asked to complete an activity on “Basic Table Setting” (information on setting found in this packet).
   E. Bring your “Presentation Project”, (New in 2011), this is a project specific to the participant’s book (example on back of this page). The participant will be responsible for bringing a 3-pronged folder that includes 8-1/2 x 11 pages. The participants will create a maximum of one page (one-sided only) per “activity area” or “interest area as designated in the front of their project books. These pages could be in collage, journaling, timeline, photo, 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-H’er to reflect on their learning experience. **There will be no points for scrapbooking style.**
   F. Bring a serving of one food prepared from your menu. Make sure food is appropriate for your project level and maintained at the proper temperature.

2. At judging, 4-H’ers are expected to know about nutrition. As a general rule, 4-H’ers should know at least:

   **BEGINNING PROJECTS (B):** All the information on “My Plate” insert.

   **INTERMEDIATE (I) & ADVANCED (A) PROJECTS:** Same information as beginning projects 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.

3. All county fair display for food/nutrition projects will consist of a non-spoiling food item or an educational poster or display. (Presentation folder can be used as your fair display).

4. See additional requirement for specific projects in the member Handbook.

Revised: March 2012
TABLE SETTING

Paragraph 1) 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.

Paragraph 2) 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.

Paragraph 5) For 4-H judging you will use the dishes and silverware provided the day of judging.

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Place setting:
1. Napkin
2. Dinner fork
3. Dinner plate
4. Knife
5. Spoon
6. Water glass
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“The Presentation Project” Example
(Remember one-side of page only)

Example “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.
• 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)

<table>
<thead>
<tr>
<th>Breakfast</th>
<th>Lunch</th>
<th>Dinner</th>
<th>Snacks</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

### Your One Day of Food and Drink

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

(see examples on back)

Revised: January 2010
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

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 | Energy Use
--- | --- | ---

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

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

Example of One Day of Food and Drink

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

Example:
1/2 C grapes
1/2 banana
1 egg - scrambled
4 ozs. Low-fat Milk
1 Slice Whole Wheat Toast
1 tsp. grape jelly
1-1/2 Cups Lettuce Sliced tomatoes
1/2 orange
2 ozs. Grilled Mexican Chicken
8 ozs. Low-fat Milk
1 T. salad dressing
Green Beans
2 ozs. Pork Chop
8 ozs. Low-fat Milk
1 Small Whole Wheat Dinner Roll
1 tsp. Fat
1/2 tsp. butter
Carrot & Celery Stick
1/2 Apple
1 - 2” cookies or 10 ginger snap
Build a Strong Body!

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.

Riboflavin (B₂)
Keeps your eyes and skin healthy. Helps you have clear vision.

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

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

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

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

Thiamin (B₁)
Helps the body use carbohydrates. Promotes good appetite. Helps the nervous system function normally.

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

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

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

Revised May, 2005