



Attention!! Please Read!! For All Food Projects

Welcome to your Food Project

FOOD PROJECTS

1. For judging, 4-H'ers need to
 - A. Know information presented in project book and project book insert 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 (<http://www.choosemyplate.gov/>) (found in your book 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 your book insert packet).
 - E. Bring your "Presentation Project" specific to the participant's book. The participant will be responsible for bringing a three pronged folder that includes 8½" x 11" pages. The participants will create a maximum of one page (one-sided only) per "activity area" or "interest area" of your project book. **Note:** A list of interest areas is posted on our web site. (click on 4-H page, then Advisor's Red Book, then July). 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-Her to reflect on their learning experience. There will be no points for scrapbooking style.
 - F. **Bring a sample serving of food you prepared (typically from your project book) for display only. Food will not be tasted this year with one exception: If you wish to be considered for 'Outstanding Use of Beef or Pork Awards', *food must be maintained at safe temperatures.***
2. At judging, 4-H'ers are expected to know about nutrition. As a general rule, 4-H'ers should know at least the following:

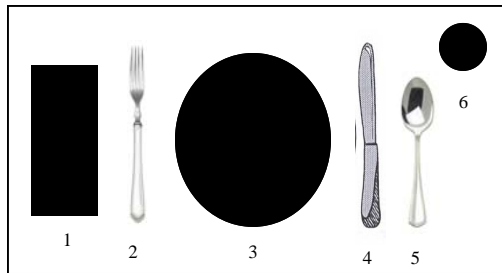
BEGINNING PROJECTS : All the Information on "My Plate" insert.

INTERMEDIATE & ADVANCED PROJECTS: 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 displays for food/nutrition projects will consist of an educational poster or display. (Presentation folder can be used as your fair display)
4. See additional requirements for specific projects in the Member Handbook.

Additional opportunities at the County level are "Outstanding Use of Pork" (incorporate pork into the food item you bring to judging) and "Outstanding Use of Beef" (incorporate beef into the food item you bring to judging).

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 | 4. Knife |
| 2. Dinner fork | 5. Spoon |
| 3. Diner plate | 6. Water Glass |

“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.

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 <u>menu</u> 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

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

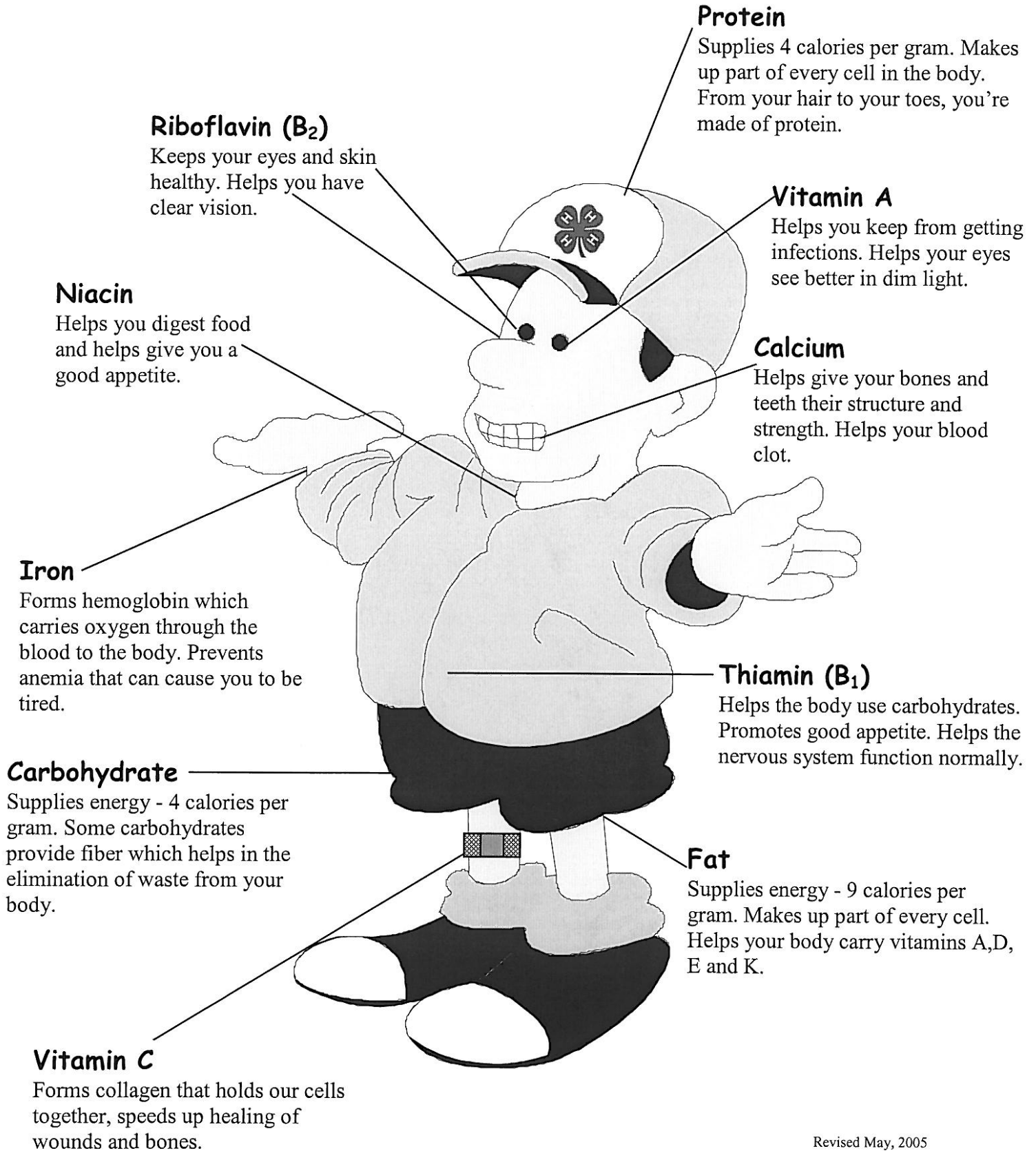
An example of a menu for one day (include items bringing to judging)

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.

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.