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 website. (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).*

Revised: February 2017
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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.

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**Place setting:**

1. Napkin  
2. Dinner fork  
3. Diner 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.
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.

<table>
<thead>
<tr>
<th>Your menu for one day (include items bringing to judging)</th>
</tr>
</thead>
<tbody>
<tr>
<td>Breakfast</td>
</tr>
<tr>
<td>------------</td>
</tr>
<tr>
<td></td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Your One Day of Food and Drink</th>
</tr>
</thead>
<tbody>
<tr>
<td>Number of servings a day</td>
</tr>
<tr>
<td>---------------------------</td>
</tr>
<tr>
<td>Example:</td>
</tr>
<tr>
<td>Breakfast</td>
</tr>
<tr>
<td>Lunch</td>
</tr>
<tr>
<td>Dinner</td>
</tr>
<tr>
<td>Snacks</td>
</tr>
<tr>
<td># of serving for day</td>
</tr>
</tbody>
</table>

(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
Cost Per Serving | Energy Use
Family Likes & Dislikes

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

Example of One Day of Food and Drink

<table>
<thead>
<tr>
<th>Number of servings per</th>
<th>Vegetable</th>
<th>Fruit</th>
<th>Meat</th>
<th>Milk</th>
<th>Grains</th>
<th>Fats &amp; sugar &amp; others</th>
</tr>
</thead>
<tbody>
<tr>
<td>Example:</td>
<td>2-1/2 cups</td>
<td>1/2 C grapes</td>
<td>1/2 C. Low-fat milk</td>
<td>oatmeal</td>
<td>1/2 tsp fat</td>
<td></td>
</tr>
<tr>
<td>Breakfast</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 tsp. grape jelly</td>
<td></td>
</tr>
<tr>
<td>Lunch</td>
<td>1-1/2 Cups Sliced tomatoes</td>
<td>1/2 orange</td>
<td>2 ozs. Grilled Mexican Chicken</td>
<td>8 ozs. Low-fat Milk</td>
<td>1 T. salad dressing</td>
<td></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>1 tsp. Fat 1/2 tsp. butter</td>
<td></td>
</tr>
<tr>
<td>Snacks</td>
<td>Carrot &amp; Celery Stick</td>
<td>1/2 Apple</td>
<td>8 ozs. Low-fat Milk</td>
<td>1 - 2” cookies or 10 ginger snap</td>
<td></td>
<td></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>

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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.