

## FOOD & NUTRITION PROJECTS 2008

### READ THIS INFO BEFORE CHOOSING/STARTING

#### THE FOLLOWING ITEMS ARE REQUIRED FOR EVALUATION/JUDGING:

Prepared food as listed here in judging requirements.  
Completed project book  
Menu for one day which includes the food you have prepared (Use Daily Food Guide Pyramid)  
Recipe for food, if not in project book  
Cost of prepared food per serving

Judges will be looking for knowledge and skills learned. Members are expected to know and discuss basic nutrition and food preparation principles including food groups, daily servings per group, and some of the common vitamins and minerals in each group. The more experienced members are expected to have more knowledge and skills.

**MEMBERS WILL BE PROVIDED WITH TABLE SERVICE TO DEMONSTRATE A PLACE SETTING APPROPRIATE FOR MEAL IN WHICH EVALUATED FOOD IS SERVED. DO NOT BRING A PLACE SETTING OR CENTERPIECE TO JUDGING.** Members will not be allowed to use either.

The above is not required for 490 Science Fun With Dairy Foods - see project requirements for that project at end of Foods listing.

#### County Fair Exhibit for all Food & Nutrition projects:

A display or poster showing what you have done or learned in your project. Table settings may be displayed only if they also show some aspect of nutrition or food preparation that reflects what was learned. Premiums will not be awarded for plain place settings or a place setting that represents more than one food & nutrition project. Each member must have his/her own display.

#### UNDERLINED DENOTES ELIGIBILITY FOR STATE FAIR

##### 459 I SPY IN THE KITCHEN

Beginning level project is a one-time experience for members 9-11 years old (or older youth having no experience with cooking). Members learn about the Food An advanced-level project for members who have completed projects at the beginning and the intermediate

Guide Pyramid, how to fit foods into a healthy lifestyle, to

follow recipes and kitchen safety rules, and about food shopping.

#### Judging Requirements

Bring one snack you prepared. Member should be prepared to explain how to prepare at least one drink. Complete all written records.

##### 461 LET'S BAKE QUICK BREADS

An intermediate level project for 11-13 year olds. It is designed to promote eating quick breads as part of a healthy diet and lifestyle. Learn the nutritional role breads play in our diet and the principles of quick bread preparation.

#### Judging Requirements

Complete project guidelines as listed on page 4 of the project book. Bring one loaf of bread or muffins, biscuits, etc that you prepared in your project.

##### 462 YEAST BREADS ON THE RISE

An advanced project for 14-18 year olds, designed to promote yeast breads as part of a healthy diet. Learn about various methods of mixing yeast including the bread machine if available. This project may be taken two years; the second year requires more skill in preparation of breads.

#### Judging Requirements

Complete project guidelines as listed on page 5 of the project book. Bring one loaf of bread or other item that you prepared.

##### 466 MINI MEAL MAGIC

A one-time, beginning level project for 4-H members 8-11 years old. Older youth with a limited knowledge of foods may also begin with this project. Prepare balanced meals, tasty snacks, yummy desserts and special treats.

#### Judging Requirements

Follow project guidelines on page 3 of the project book including completion of project record on page 65. Bring one food you prepared.

##### 467 YOU'RE THE CHEF

Advanced project for members 14 and older. Focuses on meals prepared in the oven, the range top, the microwave, slow cooker, and stir-fried foods. It includes vegetarian foods and selecting foods at the deli. Plan 3 to 6 months to complete. May be repeated, but with alternative menus.

levels. It is a comprehensive project that explores a variety of new experiences to gain a basic understanding of

#### Judging Requirements

Complete project guidelines on page 3 of project book. Bring the main dish from your menu.

##### 468 MEALS IN MINUTES

An intermediate level project for 4-H members age 11 through 13 years old. Today's busy lifestyles require new ways to prepare nutritionally-balanced meals. In this project you will learn to plan, cook and serve a variety of meals in only minutes!

#### Judging Requirements

Follow project guidelines in front of project book. Bring one food you prepared. Write a one-page report (or record an audio or video tape report) telling what you did and learned through this project. Include a paragraph about career opportunities that would require learning more about food and nutrition.

##### 469 THE GLOBAL GOURMET

Advanced level project is designed as a one-time experience for members 14 years of age and older with three or more years experience in the foods and nutrition area. Study traditional foods of seven countries. Prepare at least 2 foods for each country.

#### Judging Requirements

Complete project guidelines listed on page 2. Bring one or more foods you prepared.

##### 472 THE OUTDOOR CHEF

Intermediate level project for member 12-14. Provides experiences in planning, preparing and serving meals that involve safely preparing, holding and eating foods outdoors. Plan to spend 4 to 12 weeks on this project.

#### Judging Requirements

Complete project guidelines on page 1 of the project book. Bring one food you prepared.

##### 475 STAR SPANGLED FOODS

Intermediate-level project designed for 12 to 14 years old members. Members will learn customs and traditions that have influenced favorite American regional foods.

#### Judging Requirements

Complete project requirements listed on page 2. Bring one food you prepared.

##### 476 PATHWAYS TO CULINARY SUCCESS

culinary arts. Included are: basic equipment, meal planning, meats, stocks and sauces, pies and pastries,

career exploration, advanced recipes and activities and keeping a journal throughout the project.

**Judging Requirements**

Complete project guidelines as listed on page 1 of the project book. Journal must be completed. Prepare and bring one main dish meat recipe. Be prepared to demonstrate a table arrangement for a buffet (judge's choice of style).

**481 FOOD & FITNESS FOR FUN**

This beginner-level project is designed for members 9-11 years of age and fits together cooking, nutrition, food and equipment safety, consumer and management skills, and fitness.

**Judging Requirements**

Complete project guidelines as listed on page 3 of project book. Bring one food you prepared.

**482 FOODS & FITNESS CHOICES FOR YOU**

An intermediate level project for 12-14 year olds. Provides experiences in nutrition, food preparation, managing food and resources, and fitness.

**Judging Requirements**

Complete project guidelines on page 2 of the project book. Bring one food you prepared.

**487 FAST BREAK FOR BREAKFAST**

This project is designed for 10-12 year olds who have completed one nutrition project. Member will learn why breakfast is important, key nutrients in breakfast foods, food preparation, and label-reading while completing the activities and puzzles in the book.

**Judging Requirements**

Complete project guidelines listed on page 1 of the project book. Bring one of the breakfast foods you prepared.

**FOOD SCIENCE**

**490 SCIENCE FUN WITH DAIRY FOODS**

This is an advanced level self-study project for the 14 to 19 year old. Younger members may take only with willing adults guidance. Members explore the science behind the production of dairy foods through experiments. Should take between 3 to 4 months to complete and may be repeated.

**Judging Requirements**

Follow project guidelines on page 2 of project book. Make poster or display that describes one or more of your learning experiences.

**County Fair Exhibit**

Above poster or display.

**365 SELF-DETERMINED PROJECT**

Advanced project. Member should expand on existing project or develop a project idea not currently offered. (Example: recipe development, use of special equipment in cooking ie: food processor.)

**Judging Requirements**

Follow through and complete the plan you developed in self-determined project book. (Consult with your advisor). Bring book, food, place setting, menus, etc.

**County Fair Exhibit**

Display to represent what you have done in this project.