

FOOD AND NUTRITION GENERAL PROJECT INFORMATION

Food and Nutrition Key Leader, Roseann Harbage, 614-879-5716, roseannharbage@yahoo.com

ALL participants should bring the following to judging:

- One serving of a food item WITH recipe card. *Younger members please note:*** Recipes must come from your project books. **Older members** may progress away from project books to some extent. However, they should choose recipes based on the knowledge gained from doing the project recipes and related food experiences. Recipes should use similar techniques to those in project books. You are responsible for knowing the information in your project book.
- You will prepare for judging a complete day's menu that incorporates the food.** Please prepare your menu neatly on the form included with your project book. (Also attached in this document)
- A place setting and table cover** suitable for the menu for which the recipe was brought.
- A calculation of the cost of the food (sheet attached)** you brought broken down by food item used. You will figure the cost per serving. The purpose of this is to teach 4-H'ers how to calculate cost per serving and to encourage awareness of food costs. There may be differences in food costs among participants and the exact cost per serving does not factor into the judging, only knowledge of the process of calculating such cost. The following is an example of how cost per serving can be calculated. 4-H'ers should prepare and bring a similar calculation. A fair market value should be used for items which are home-raised or home-produced, but 4-H'ers may wish to indicate that they did not have to purchase these items from a grocery store.

Example of calculating cost per serving: Chile Con Carne - serves 6 (*name of dish and how many it serves*) * home grown

<u>Ingredient & Amount Used</u>	<u>Approx. Cost</u>	<u>Ingredient & Amount Used</u>	<u>Approx. Cost</u>
1 lb. ground chuck	\$1.30	1 can (15 oz.) Chile, kidney pinto beans	.45
1/4 cup chopped onions (small onion)	.05 *	1 can (1 lb. 12 oz.) tomatoes with juice	.60 *
1 tsp. chili powder seasonings		1/2 cup chopped green pepper (1/2 med. pepper)	.15
1 tsp. salt (<i>small quantities of seasonings do not need to be calculated</i>)			

Total recipe cost \$2.55

\$2.55 divided by 6 servings = \$0.425 or \$0.43 per serving

- The participant will be responsible for bringing a 3 pronged folder that includes 8 1/2" x 11" pages. The participant 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, no more than 7 pages total. 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. My Plate Activity** will be used in all foods and nutrition projects based on information received in the book or by visiting www.chosemyplate.gov



Tips for Nutrition Projects

- Know about the food item and recipe you are bringing to judging and be prepared to answer questions about the information in project book. Be sure to complete your activities and experiments and be able to tell the judge about them.
- Know the Food Pyramid and the amounts needed each day and also know about the five major nutrients and their functions in the body.
- Know about correct table service and why you used the place setting the way you did.
- Don't be afraid to try something different. Be creative but be reasonable for your age and family's budget.
- Your appearance and ability to tell the judge about your project are just as important as the items you prepare.
- Be sure and bring only what is required for judging for your project. Extra things don't count.
- Include a variety of textures, shapes, size, colors and flavors in the foods in your menus.
- Suitable wraps should be used on foods and be sure to store beverages in proper containers.
- Relax and smile! You'll learn with each new experience.

A Menu Plan for the Day Sheet and the Food Cost Calculation Sheet are attached below. You should bring both forms with you to judging



My Menu Plan for the Day

Note: Please bring this sheet with you to judging.

Name: _____ Age: _____ Club: _____

Project Name: _____

In the space provided, write a complete day's menu. Be sure to include any snacks you may eat. Write how much you would eat of each menu item and the food group(s) the menu item represents. Consider what a serving is and decide if you eat a portion of a serving or more than one serving when you list your food groups. Include in your list of items the food that you prepared for your judging. Does your menu have: variety, color, temperature, shape, texture, flavor, and appropriateness?

	Menu	Serving Size	Food Group(s)
B r e a k f a s t			
S n a c k			
L u n c h			
S n a c k			
D i n n e r			
E x a m p l e	<p><i>Orange Juice</i></p> <p><i>Whole Wheat Flakes Milk</i></p> <p><i>Banana</i></p>	<p><i>8 oz.</i></p> <p><i>1 cup, 1 cup</i></p> <p><i>1 medium</i></p>	<p><i>1 fruit</i></p> <p><i>1 breads, 1 milk</i></p> <p><i>1 fruit</i></p>



**FOOD COST CALCULATION SHEET**

Note: Please bring this sheet with you to judging. You should figure your cost per serving here.

Name _____ Age _____

Club _____

Ingredients for your food item:

Cost

1.	_____	\$ _____
2.	_____	\$ _____
3.	_____	\$ _____
4.	_____	\$ _____
5.	_____	\$ _____
6.	_____	\$ _____
7.	_____	\$ _____
8.	_____	\$ _____
9.	_____	\$ _____
10.	_____	\$ _____
11.	_____	\$ _____
12.	_____	\$ _____
13.	_____	\$ _____
14.	_____	\$ _____

Cost per serving: \$ _____

