

FOOD & NUTRITION

OBJECTIVES

To give food & nutrition project members the opportunity to:

1. Develop cooking skills of increasing difficulty.
2. To learn nutrition and the various foods necessary for a well-balanced day's menu.
3. Develop creativity in cooking and presentation of food.

RULES AND REQUIREMENTS FOR EXHIBITION

1. All foods must be prepared by the 4-H member. No mixes, ready cut or prepared unless otherwise stated. No adult help.
2. Recipes must accompany all food entries.
 - Recipes should be neatly written, printed from computer or photocopied.
 - Recipes will be judged along with the food entry for complete ingredients and clear directions.
 - Recipes should include the numbers of servings provided and the approximate preparation and cooking time.
3. Presentation and garnishing will be part of the score on all items where it is indicated on the score sheet.
4. Club members may prepare one or more of the five items listed in the unit in which they are enrolled.
5. Club members may exhibit in only one unit per year.
6. Member should dress appropriately for a presentation.
7. To compete for a "Best of Class" award member must complete the entire unit.
8. 4-H Record Book must be turned in at the time of judging.
9. Any menu may be done in creatively in any media.
10. Entries will be judged at the 4-H Center on a designated day prior to the fair. Pre-register with your club leader.
11. All entrants will be placed into the following three classes:
 - Novice Class
All first time entrants regardless of age.
No rosette for this category
 - Junior Class
All entrants in grades 5-8
Members will progress through Units 2-5 consecutively until they enter 9th grade
 - Senior Class
All members in their at least their second year of competition and in grades 9-13
All members are in the graduate unit

UNITS

Unit 1

Bar/Drop Cookie
School Lunch
Smoothie/Shake (Min 5 ingredients)

Unit 2

4 Muffins
Cooked Vegetable dish (minimum three ingredients)
Fruit Cobbler/crisp
Salad with dressing (combined scoring)
Poster of a nutritious breakfast – including how it fits into My Plate

Unit 3

One day's menu of three meals from any specific geographic region/culture – including how it fits into MyPlate

Starch dish from that menu

Protein dish from that menu

Vegetable dish from that menu

Dessert from that menu

Unit 4

Soup (hot or cold)

Sandwich

Two-crust pie

Quick bread – sweet or savory

Recipe, altered for a special diet (gluten/lactose free, diabetic, low sodium) – must have “normal” recipe and altered recipe to show comparisons. Compare cost

Unit 5

Hot or cold appetizer suitable for passing (minimum three ingredients)

Loaf of yeast bread or six rolls

Beverage (non-smoothie/shake) with three or more ingredients

Dinner (protein, starch, vegetable) for 1 less than \$10 – include proof of the cost of main ingredients

Menu for 4-course meal and an actual appropriate place setting (don't have to make the food)

Graduate Unit

Member will prepare a 4-course meal for two judges. Members will be judged on their dishes and presentation. The four courses will be judged separately and a fifth category will encompass presentation and printed menu. A beverage must be served, but will not be judged. The main course must include a serving each of starch/grain, protein and vegetable. They can be served separately or combined. Members will be required to serve one specific course as outlined in the chart below. The remaining two courses may be chosen from any of those below.

Required Courses

1st Year Graduate: Dessert

2nd Year Graduate: Loaf of yeast bread or dinner rolls

3rd Year Graduate: Hot or Cold Soup

4th Year Graduate: Hot or cold appetizer

5th Year Graduate: Salad and Dressing

Members will need to schedule an individual judging time, between June 1 and July 15, with the 4-H office. Members are advised to bring another 4-H member (not necessarily from their club) as a bus person/wait staff. Members should also prepare as much of the meal as they can before they come to judging. The serving time for the meal should not exceed 90 minutes. It is also recommended that the member arrive at the 4-H Center early enough to prepare the room for the judges.

AWARDS

All entries will receive Danish ribbons.

Best in Class and Second in Class will receive Rosettes (requires a score of 90 or above for all five entries)