

\* It is suggested that members keep all of their favorite 4-H recipes in a recipe file for future use as homemakers.

## Beginning Food & Nutrition Projects

*\*\*General Requirements for Beginning Food & Nutrition Projects\*\**

JUDGING: All beginning food and nutrition projects should follow the same basic judging and exhibit guidelines.

### Each beginning food & nutrition member should:

- Bring completed project book with records and results of the foods prepared.
- Bring a single serving of one recipe included in the project book. If the food is intended to be served hot or cold, it should be packed to maintain quality.
- Bring a balanced menu for one day's meals written appropriately, including the food prepared.
- Bring an appropriate table setting for the menu and an appropriate centerpiece.
- Bring a total cost analysis of the recipe, showing final cost per serving. (See General Requirements for All Food & Nutrition Projects).
- Be prepared to discuss what was learned in the project, including good nutrition.

FAIR: An educational nutrition exhibit for each food project or group of food projects may be displayed in member's 4-H club booth. No real or artificial food is to be displayed. Posters should be 14" x 22".

### All members enrolled in these projects should:

- Know the Food Guide Pyramid.
- Prepare one food from each of the groups.
- Learn to measure liquid and dry ingredients properly

### Senior division must also:

- Learn the essential nutrients.
- Learn about basic fitness.
- Prepare one additional food from each of the food groups.

## 014 Beginner Cake Decorating (County Project Only)

PROJECT: Learn the basics of cake decorating. THIS PROJECT IS NOT ELIGIBLE FOR STATE FAIR.

JUDGING: Make a decorated **rectangular** cake to bring to judging, using techniques learned in the project book. Also bring plate or cardboard, icing, and equipment to demonstrate techniques learned.

FAIR: Make a poster or display illustrating something you learned from this project.

## 459 I Spy In The Kitchen

PROJECT: Use kitchen basics including shopping for and measuring recipe ingredients to safely prepare and serve food. You will learn about the Food Guide Pyramid and the foods you need to eat each day to be healthy. You will also prepare simple recipes for your friends and family. (Ages 8-11)

JUDGING & FAIR: See General Requirements for Beginning Food & Nutrition Projects.

## 466 Mini Meal Magic

PROJECT: Prepare balanced meals, tasty snacks, yummy desserts and special treats that you, your family and friends will enjoy. Project Guidelines are found on page 3 of project book. (Ages 8-11)

JUDGING & FAIR: See General Requirements for Beginning Food & Nutrition Projects.

## 481 Food & Fitness for Fun

PROJECT: Learn to combine information, great recipes, and activities related to food and fitness with a goal for a healthier life. Project Guidelines are found on page 3 of project book. (Ages 8-11)

JUDGING & FAIR: See General Requirements for Beginning Food & Nutrition Projects.

## 487 Fast Break for Breakfast

PROJECT: Members learn the importance of eating breakfast. Menu planning, food safety and nutrition topics are included in this sport-themed project. Should take one other Beginner Level project before enrolling in this project. Project Guidelines are located on page 1 of project book. (Ages 10-11)

JUDGING & FAIR: See General Requirements for Beginning Food & Nutrition Projects.