

Food & Nutrition Guidelines

- ❖ **Project Book:** Bring completed project book with documentation of recipes prepared, experiments conducted and activities completed.
- ❖ **Food Item Photo Story & Recipe:** Bring PHOTO STORY (album, scrapbook, collage, binder, portfolio, display board, etc.) of prepared food item(s) and the recipe for the prepared food. Recipes may be from the project book or a recipe that fits the project.
- ❖ **Calculation of Cost Per Serving:** Bring a calculation of the approximate cost per serving of one food item exhibited at the fair. An up-to-date 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.
- ❖ **Balanced Menu:** Written on an index card or paper, bring a balanced menu for one day, including food item from photo story.
- ❖ **My Plate:** Will be used in all foods and nutrition projects based on information received in the book, by visiting <http://www.choosemyplate.gov/>, or contacting the Extension Office for handouts.
- ❖ **Table Setting (excludes Dashboard Dining):** Display and use proper table setting for the food(s) exhibited. Tablecloth or placemat and centerpiece are strongly encouraged. Display should include ONE place-setting.
- ❖ **Project Interview:** Answer questions about your project experience including general 4-H knowledge, project book & nutritional knowledge & activities, prepared food item & recipe.

EXAMPLE OF CALCULATING COST PER SERVINGS:

CHILI CON CARNE - Serves 6

1 lb. ground beef \$2.50
 ¼ cup chopped onions (1 small onion) .05*
 ½ cup chopped green pepper (½ medium pepper)
 .15
 1 can (15 oz.) chili, kidney pinto beans .45
 1 can (1 lb. 12 oz.) tomatoes with juice .60*
 1 tsp. salt ‡ --
 1 tsp. chili powder ‡ --

TOTAL RECIPE COST \$3.75
 \$ 3.75 divided by 6 servings = \$0.625 per serving
 * home-grown
 ‡ (small quantities of seasonings do not need to be calculated)

Additional Project Specific Guidelines:

- **PARTY PLANNER** – Be prepared to explain why the food item fits the theme/size/environment of the “party” it was prepared for. Table setting should match the theme.
- **DASHBOARD DINING** – Bring a picture collage representing a meal of healthy fast food items and a similar meal of not-so-healthy fast food items. This should include a calorie breakdown comparing the two meals. ***No photo story for food item required. No table setting required.*
- **THE GLOBAL GOURMET** – Plan table settings and service to create the atmosphere of the country being studied.