

FOOD NUTRITION PROJECT SUPPLEMENT

Food and Nutrition Guidelines

1. Check the suggested age level below to be sure member meets recommended guidelines to qualify for Ohio State Fair competition.
2. Be sure to check to see that all project requirements have been met. Requirements are listed in the Williams County 4-H Family Handbook and in each project book.
3. Food projects will be evaluated using the score sheet attached. The judge may taste the participants' food.
4. Centerpieces are required.
5. All food projects are required to have a completed Food Prepared Record Sheet. This form is available in this packet or at <http://williams.osu.edu> website.
6. At all levels members will do their own set-up. Food Board members are available to assist in carrying supplies.
7. Participants are *encouraged to visit the web site ChooseMyPlate.gov and become familiar with their own plan.*
8. Scores will be given on the points basis of: 20 Food, 30 Member, 30 Menu, 10 Table Setting, 10 Completed Project Book, 15 Skill Station, and 15 Project Presentation.
9. All participants should bring their "Project Presentation" and/or portfolio.
10. To receive premiums for projects you must exhibit at the Williams County Fair. Exhibit requirements for the fair may be planned as an individual or club exhibit. Exhibits may include poster, pictures, scrapbooks, display, etc., that tell the public about what was learned in the project. Do not use actual food.

Recipe Substitutions: If substituting for recipes in the project book "similar" means the same food item as in the project book but a different recipe. Other substitutions are not acceptable. Example: "Mom's Meat Loaf" IS an acceptable substitute for "Tangy Meat Loaf". "Peanut Butter Cookies" IS NOT an acceptable substitute for "Snickerdoodles."

County Food & Nutrition project selection should be based on member's level of cooking experience.

Beginner Level – for youth of any age with little to no experience in food preparation and nutrition

Intermediate Level – for youth of any age with some food preparation and nutrition experience

Advance Level – for youth of any age with substantial experience with food preparation and nutrition

State Fair selection Beginner and Intermediate levels will be combined into Junior (age 8-13) and Senior (age 14 and up) divisions for state fair selection. State Fair Classes follow project title below.

Beginning Level

- 459 Let's Start Cooking J-22 Jr., J-23 Sr.
- 481 Everyday Food and Fitness J-26 Jr., J-27 Sr.
- 484 Snack Attack! J-20 Jr., J-21 Sr.
- 487 Take a Break for Breakfast J-24 Jr., J-25 Sr.

Advanced Level

- 462 Yeast Breads on the Rise J-1
- 467 You're the Chef J-2
- 469 Global Gourmet J-3
- 474 Beyond the Grill J-5
- 476 Kitchen Boss J-4

Intermediate Level

- 461 Let's Bake Quick Breads J-6 Jr., J-7 Sr.
- 463 Sports Nutrition: Ready, Set, Go! J-14 Jr., J-15 Sr.
- 472 Grill Master J-10 Jr., J-11, Sr.
- 475 Star Spangled Foods J-12 Jr., J-13 Sr.
- 477 Party Planner J-16 Jr., J-17 Sr.
- 485 Racing the Clock to Awesome Meals J-8 Jr., J-9 Sr.
- 486 Dashboard Dining J-18 Jr., J-19 Sr.

FOOD AND NUTRITION PROJECT JUDGING PROCEDURES

ATTENTION: If a member is unable to attend regularly scheduled judging, the member can be judged by an advisor. Please notify the OSU Extension office if you CANNOT attend regular county judging. You will not be able to participate in the Ohio State Fair Selection if you miss the regularly scheduled judging.

1. Judging will take place on one day.
2. There will be at least three judges.
3. Parents are encouraged to bring their own children to prevent the advisor and other members from waiting.
4. Judging will be done by project. All members enrolled in a project will set up at the same time with two per table.
5. A Food Board member will be assigned to each judge to see that the member is ready to be judged.
6. As members arrive they must register.
7. All food project participants wishing to be eligible as a county winner or state fair participant will participate in a hands-on skill test.
8. The judge will tell the member the grade given: A, B or C. Honor, County & State selections will be announced once all project judging and skills tests for that project are completed.
9. The "Project Presentation" is a project specific to the participant's book and is evaluated pass/fail.
 - a. The participant will be responsible for bringing a 3-pronged folder that includes 8-1/2" x 11" pages.
 - b. The participants 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.
 - c. These pages could be in collage, journaling, timeline, photo, or any other format that would illustrate the work and knowledge of the participant.
 - d. Each page could be different or could be a combination of styles allowing the 4-H'er to reflect on their learning experience.
 - e. There will be not points added for scrapbooking style. The portfolios will be judged on the inclusion of information about the interest or activity areas listed in the front of each book, the organization of the materials, verbal presentation, and communication with the judge regarding their portfolio.
10. Ten percent of the number enrolled in a project are eligible to be County Winners (example: 20 enrolled in project equals 2 County Winners.) So, the two 4-H'ers with the highest score in that project may be County Winners. State Fair participants are chosen from the top scores. There is no set number or percentage of Honor Ribbon Winners which can be awarded per project.

100	Judges Score
15	Skill Station
<u>15</u>	<u>Project Presentation</u>
130	Possible Points

Attendance at the food workshop may be used as a tie breaker.

DISCOVER NUTRIENTS

These foods are good sources of these nutrients, but the nutrients can be found in other foods.

CALCIUM

Found in: milk and other dairy products

How it helps your body:

- .. helps form healthy bones and teeth
- .. helps blood clot
- .. makes nerves and muscles react normally

VITAMIN D

Found In: fatty fish, liver, eggs, butter

Usually added to milk. Your body produces it when you're in sunshine.

How it helps your body:

- .. needed for using calcium and phosphorus
- .. helps build strong bones and teeth

FATS

Found In: oil, butter margarine, nuts and seeds, poultry skin, salad dressing, some meats and cheeses

How it helps your body:

- .. carries some vitamins (A, D, E and K) to your cells
- .. supplies energy

PROTEIN

Found In: cheese, meat, fish, nuts, eggs, peanut butter, grains, dried beans

How it helps your body:

- .. sometimes called "your body's building blocks"
- .. aids growth
- .. replaces worn-out cells
- .. helps resist diseases

IRON

Found In: Dark green leafy vegetables, liver, meat, egg yolks, dry beans

How it helps your body:

- .. helps blood cells carry oxygen to all parts of the body
- .. protects against some forms of anemia

CARBOHYDRATES

Found In: breads, cereals, fruits, vegetables, sugar, potatoes

How it helps your body:

- .. good source of energy
- .. fiber in fruits and vegetables aids in eliminating wastes from the body

VITAMIN A

Found In: yellow, orange and green vegetables, yellow fruits, fat of some animals, fish, milk, eggs, liver

How it helps your body:

- .. protects eyes, helps night vision
- .. helps keep skin healthy
- .. heals wounds

VITAMIN C

Found In: citrus fruits (oranges), melons, green leafy vegetables (broccoli, spinach), cabbage, potatoes, and strawberries

How it helps your body:

- .. helps heal wounds and broken bones
- .. helps the body make blood vessels, bones, teeth
- .. helps keep body cells and tissues strong and healthy

VITAMIN B

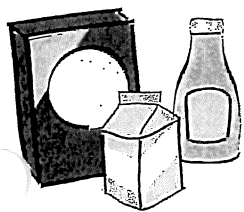
Found In: meats and beans, whole grain, enriched breads and cereals

How it helps your body:

- .. keeps eyes, skin and mouth healthy
- .. helps keep appetite and digestion in working order
- .. helps use protein, fat
- .. helps develop brain and nervous system

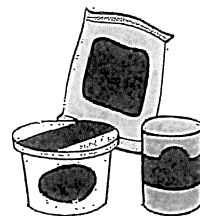
WATER

.. Water helps maintain body temperature. Perspiration keeps us cool, and blood circulation keeps us warm. Most people need 6-8 eight ounce glasses of fluids each day.



Understanding and Using the Nutrition Facts Label

The Nutrition Facts Label found on packaged foods and beverages is your daily tool for making informed food choices that contribute to healthy lifelong eating habits. Explore it today and discover the wealth of information it contains!



Serving Size

Serving Size is based on the **amount of food that is customarily eaten** at one time. All of the nutrition Information listed on the Nutrition Facts Label is based on **one serving** of the food.

- When comparing calories and nutrients in different foods, check the serving size in order to make an accurate comparison.

Servings Per Container

Servings Per Container shows the **total number of servings** in the entire food package or container. One package of food may contain more than one serving.

- If a package contains *two servings* and you eat the entire package, you have consumed *twice the amount of calories and nutrients* listed on the label.

Calories

Calories refers to the **total number of calories**, or "energy," supplied from all sources (fat, carbohydrate, protein, and alcohol) in one serving of the food. To achieve or maintain a healthy weight, balance the number of calories you consume with the number of calories your body uses.

As a general rule:

100 calories per serving is **moderate**
400 calories per serving is **high**

Calories from Fat

Calories from Fat are *not* additional calories, but are **fat's contribution to the total number of calories** in one serving of the food.

- "Fat-free" doesn't mean "calorie-free." Some lower fat food items may have as many calories as the full-fat versions.

% Daily Value

Percent Daily Value (%DV) shows **how much of a nutrient** is in one serving of the food. The %DV column doesn't add up vertically to 100%. Instead, the %DV is the percentage of the Daily Value (the amounts of key nutrients recommended per day for Americans 4 years of age and older) for each nutrient in one serving of the food.

As a general rule:

5% DV or less of a nutrient per serving is **low**
20% DV or more of a nutrient per serving is **high**

Nutrients

The Nutrition Facts Label can help you learn about and compare the **nutrient content** of many foods in your diet. Use it to choose products that are lower in nutrients you want to get less of and higher in nutrients you want to get more of.

Nutrients to get less of—get less than 100% DV of these nutrients each day: saturated fat, *trans* fat, cholesterol, and sodium. (Note: *trans* fat has no % DV, so use the amount of grams as a guide)

Nutrients to get more of—get 100% DV of these nutrients on most days: dietary fiber, vitamin A, vitamin C, calcium, and iron.

Nutrition Facts

Serving Size 1 package (272g)
Servings Per Container 1

Amount Per Serving

Calories 300 Calories from Fat 45

% Daily Value*

Total Fat 5g 8%
Saturated Fat 1.5g 8%
Trans Fat 0g

Cholesterol 30mg 10%

Sodium 430mg 18%

Total Carbohydrate 55g 18%

Dietary Fiber 6g 24%

Sugars 23g

Protein 14g

Vitamin A 80%

Vitamin C 35%

Calcium 6

Iron 15%

* Percent Daily Values are based on a 2,000 calorie diet. Your Daily Values may be higher or lower depending on your calorie needs:

		Calories:	2,000	2,500
Total Fat	Less than	65g	80g	
Saturated Fat	Less than	20g	25g	
Cholesterol	Less than	300mg	300mg	
Sodium	Less than	2,400mg	2,400mg	
Total Carbohydrate		300g	375g	
Dietary Fiber		25g	30g	

Footnote with Daily Values

Some of the %DVs are based on a **2,000 calorie daily diet**. However, your Daily Values may be higher or lower depending on your calorie needs, which vary according to age, gender, height, weight, and physical activity level. Check your calorie needs at <http://www.choosemyplate.gov>.

- If there is enough space available on the food package, the Nutrition Facts Label will also list the **Daily Values** and **goals** for some key nutrients. These are given for both a 2,000 and 2,500 calorie daily diet.



<http://www.fda.gov/nutritioneducation>

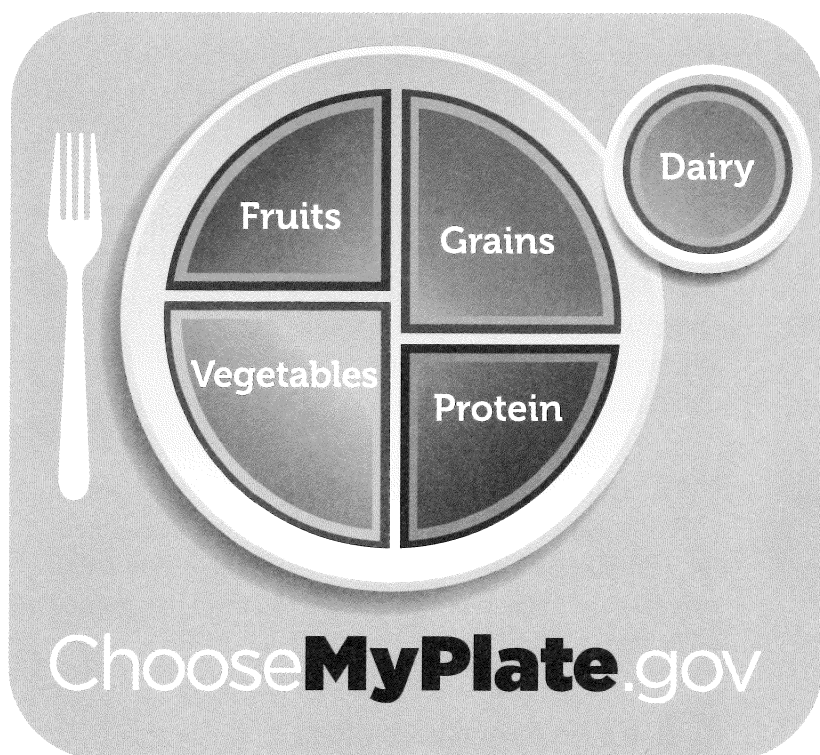
MEAL PLANNING

The keys to combining various foods into well-planned meals are BALANCE of food nutrients and VARIETY of temperature, flavor, color, shape, texture, and amount. Menus are usually built around the main dish or protein food-meat or meat substitutes for lunch and supper; cereal and/or eggs for breakfast.

- Plan meals for good nutrition - include at least one serving from each of the basic food groups. A nutritious snack would have food items from one or more food groups. A day's menus should include total amounts of servings recommended in the Daily Food Guide. Both meals and snacks will likely be in a day's planned menus.
- Contrast temperature in food. Most meals will provide at least one hot and one cold food- such as hot chicken, rice and peas; cold apple, milk; medium bread, cookie. Serve hot foods hot, cold foods well chilled.
- Stimulate the appetite with flavor differences; mild flavored rice, rich and meaty chicken; tart apple; sweet cookie. Never serve more than one sharp or highly flavored food at a meal.
- Choose foods with a variety of color, brown baked beans, green coleslaw, yellow cornbread, red gelatin.
- Vary shapes and forms of food at each meal. For example green peas look better with mashed potatoes than with whole round potatoes.
- Contrast textures of foods such as juicy orange wedges; crisp, chewy toast; smooth, fluid cocoa. Try to provide at least one crisp food at each meal.
- Figure the amount of food according to persons and occasion for which meal is planned.

In addition, plan to serve foods that are in season. Also make sure that the foods in a menu can be prepared within the available meal preparation time.

What's on your plate?



Before you eat, think about what and how much food goes on your plate or in your cup or bowl.

Over the day, include foods from all food groups: vegetables, fruits, whole grains, low-fat dairy products, and lean protein foods.

Grains

Make at least half your grains whole.

Vegetables

Eat more red, orange and dark green vegetables.

Fruits

Make half your plate fruits and vegetables.

Dairy

Switch to skim or 1% milk.

Protein

Vary your protein food choices.

Exercise

Get 60 minutes or more of physical activity each day.

Where is MyPyramid? The MyPlate symbol and food guide system, released by USDA in 2011, replaces MyPyramid, but is based on the same food groups and recommendations. Information about what and how much to eat has not changed.

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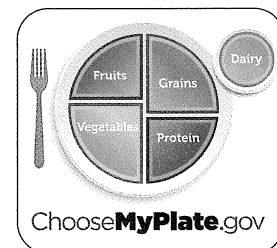
THE OHIO STATE UNIVERSITY

COLLEGE OF FOOD, AGRICULTURAL,
AND ENVIRONMENTAL SCIENCES



choose MyPlate

10 tips to a great plate



Making food choices for a healthy lifestyle can be as simple as using these 10 Tips.

Use the ideas in this list to *balance your calories*, to choose foods to *eat more often*, and to cut back on foods to *eat less often*.

1 balance calories

Find out how many calories YOU need for a day as a first step in managing your weight. Go to www.ChooseMyPlate.gov to find your calorie level. Being physically active also helps you balance calories.

2 enjoy your food, but eat less

Take the time to fully enjoy your food as you eat it. Eating too fast or when your attention is elsewhere may lead to eating too many calories. Pay attention to hunger and fullness cues before, during, and after meals. Use them to recognize when to eat and when you've had enough.

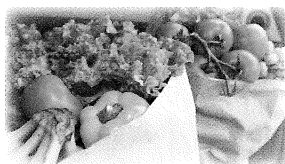


3 avoid oversized portions

Use a smaller plate, bowl, and glass. Portion out foods before you eat. When eating out, choose a smaller size option, share a dish, or take home part of your meal.

4 foods to eat more often

Eat more vegetables, fruits, whole grains, and fat-free or 1% milk and dairy products. These foods have the nutrients you need for health—including potassium, calcium, vitamin D, and fiber. Make them the basis for meals and snacks.



5 make half your plate fruits and vegetables

Choose red, orange, and dark-green vegetables like tomatoes, sweet potatoes, and broccoli, along with other vegetables for your meals. Add fruit to meals as part of main or side dishes or as dessert.

6 switch to fat-free or low-fat (1%) milk

They have the same amount of calcium and other essential nutrients as whole milk, but fewer calories and less saturated fat.



7 make half your grains whole grains

To eat more whole grains, substitute a whole-grain product for a refined product—such as eating whole-wheat bread instead of white bread or brown rice instead of white rice.

8 foods to eat less often

Cut back on foods high in solid fats, added sugars, and salt. They include cakes, cookies, ice cream, candies, sweetened drinks, pizza, and fatty meats like ribs, sausages, bacon, and hot dogs. Use these foods as occasional treats, not everyday foods.

9 compare sodium in foods

Use the Nutrition Facts label to choose lower sodium versions of foods like soup, bread, and frozen meals. Select canned foods labeled “low sodium,” “reduced sodium,” or “no salt added.”



10 drink water instead of sugary drinks

Cut calories by drinking water or unsweetened beverages. Soda, energy drinks, and sports drinks are a major source of added sugar, and calories, in American diets.

FORMAT FOR WRITTEN MENUS

Written menus may be very simple--as for a snack of one or two items. Or they may include many food items--as a company meal, the same rules apply for any menu.

Capitalize the first letter of all words except "and", "with", etc.

Begin menu with the food item served first when writing main course list main dish first.
For example:

Fresh Orange Juice
Scrambled Eggs with Ham Bits
Whole Wheat Toast and Butter

When an item on the menu has a special accompaniment, write it one of these ways:

Broiled Hot Dog Pickle Relish
OR
Broiled Hot Dog
Pickle Relish

When a food is accompanied by two or more items write it one of these ways:

Sesame Seed Wafers Cheddar Cheese Ball Saltines
OR
Cheddar Cheese Ball
Sesame Seed Wafers Saltines

The beverage(s) appears as the last item (except for breakfast juices and juice served as appetizer - they go first)

Words should be used to describe the kind of food or how it is prepared. For example:

Lettuce Wedge with Russian Dressing, NOT Lettuce Salad
Hot Spiced Cider, NOT Cider
Diced Parsley Potatoes, NOT Potatoes

Plan the spacing and arrangement of the items on the menu so the written menu is symmetrical. Allow extras spacing between courses if possible:

Broiled Sirloin Steak Baked
Potato Sour Cream
Mixed Green Salad
Crescent Rolls Raspberry Jam
Lemon Ice
Coffee Milk

Table Setting Tips

Table Setting Terms to Know

Flatware - Flatware includes knives, forks, spoons, and other eating utensils.

Dinnerware - This includes the plates and possibly bowls used for eating.

Stemware or Glassware - These are the goblets, glasses, cups and saucers, or mugs used to drink liquids in the meal.

Centerpiece - This is a decorative piece you choose to put in the center of your table to tie your theme together.

Cover - A cover is the space needed for each person's dishes and contains the dinnerware and flatware for the meal being served.

Table appointments - These include any of the items used to set a table: tablecloth, placemats, dinnerware, glassware, flatware, and centerpiece.

A table setting is required at judging for all food and nutrition projects. Your table setting should include a placemat, centerpiece, menu for the day, and only the pieces necessary for the food item(s) you are making for judging.

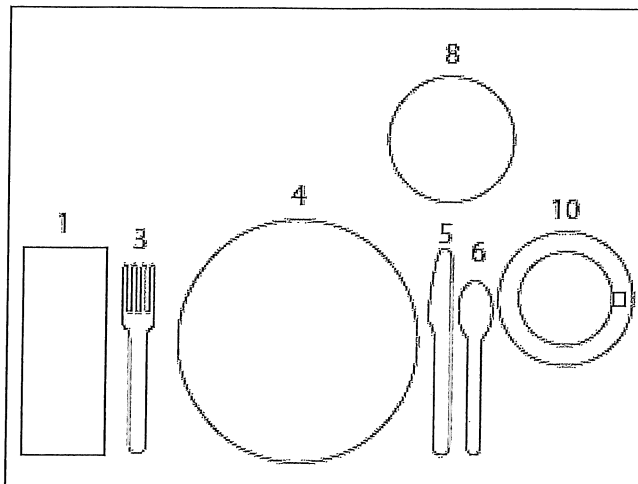
Tips for Table Setting

1. The bottom edge of the placemats should be at the edge of the table and should be straight. A tablecloth (if used) should be straight, and the overhang should be even on all sides.
2. The flatware, plate, and napkins should be one inch from the edge of the table.
3. The plate is always in the center of the place setting.
4. The dinner fork is placed at the left of the plate.
5. If a salad fork is used, it is placed to the left of the dinner fork.
6. The napkin is placed to the left of the fork, with the fold on the left.
7. The knife is placed to the right of the plate with the sharp blade facing in towards the plate.
8. The teaspoon is placed to the right of the knife.
9. If a soup spoon is needed, it is placed to the right of the teaspoon.
10. The soup bowl may be placed in the center of the dinner plate.
11. The drinking glass is placed at the tip of the knife.
12. If salad, bread and/or dessert plate(s) or bowl(s) is/are used, place at the top of the fork(s), slightly to the left.
13. The cup/saucer or mug is placed to the top right of the spoon(s). The handle points to the right.

Centerpiece: The centerpiece should be coordinated with the table appointment and be appropriate for the occasion. The centerpiece should not obstruct anyone's view of each other. If candles are used, they should not be lit.

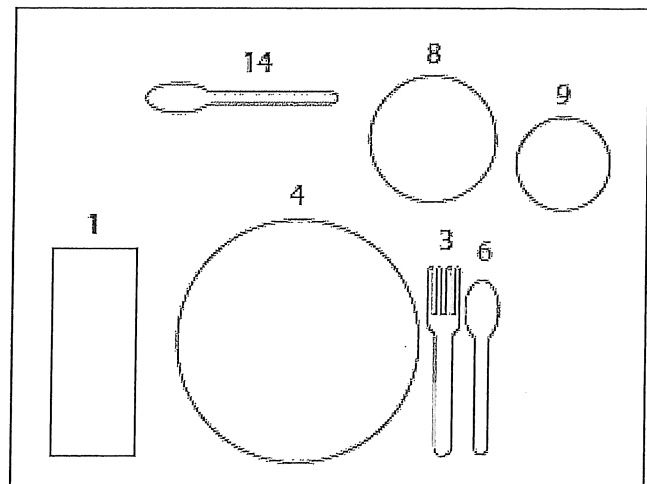
TABLE SETTING EXAMPLES

1. Informal



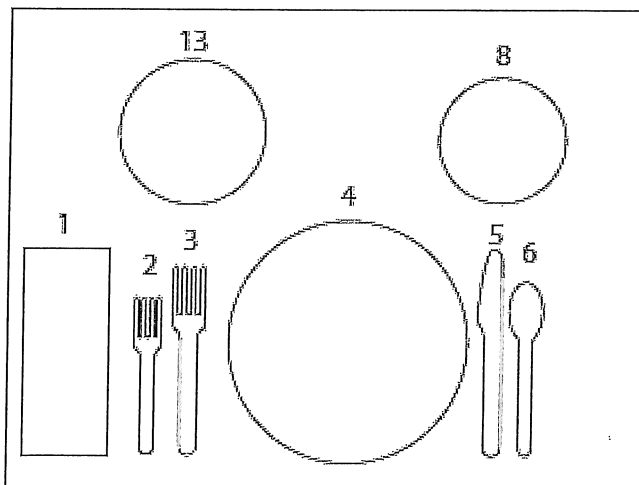
Napkins, utensils, and plate are lined up evenly about 1 inch from edge of table. Water glass is above the tip of the knife.

3. Informal



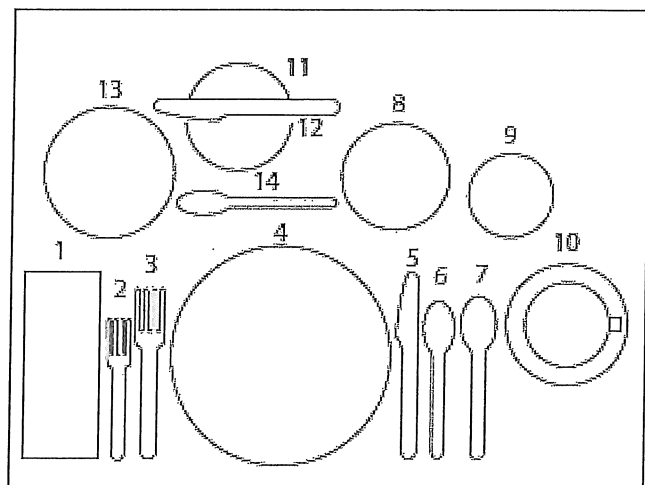
When no knife is needed, the fork may be placed to the right of the plate.

2. Informal



A salad plate is placed above the fork and a salad fork to the left of the dinner fork.

4. Formal



With limited table space, the bread and butter plate and the salad plate can be placed above the napkin and forks. A soup spoon and a beverage glass are also added.

Key to diagrams:

1. Napkin
2. Salad fork
3. Dinner fork
4. Plate

5. Knife
6. Spoon
7. Soup spoon
8. Water glass
9. Additional beverage glass

10. Cup & saucer/mug
11. Bread & butter plate
12. Butter spreader
13. Salad plate
14. Iced tea spoon

FOOD PREPARED RECORD SHEET

NAME _____

CLUB _____

PROJECT _____

AGE _____ YEARS IN 4-H _____

[illegible]

**Dashboard Dining projects should keep track of fast food purchases and/or healthful fast food versions prepared.*

FOOD PREPARED RECORD SHEET

[illegible]

**Dashboard Dining projects should keep track of fast food purchases and/or healthful fast food versions prepared.*

4-H FOOD NUTRITION SCORE SHEET

Name _____ Age _____

Project _____ Years in Nutrition Project _____

GUIDELINES:	WELL DONE	NEEDS IMPROVEMENT <small>Some Much</small>	COMMENTS
Was planned for what occasion? _____			
FOOD: _____ 20			
Flavor _____			
Appearance _____			
Quality (includes texture) _____			
MEMBER: _____ 30			
Understands - planning of menu _____			
- setting of table _____			
- food preparation _____			
Personal Appearance - well groomed, dressed appropriately _____			
Attitude - pleasant, responsive _____			
MENU: _____ 30			
Balance - Food Nutrients _____			
Temperatures _____			
Flavor _____			
Color _____			
Form or shape _____			
Texture _____			
Quantity _____			
Day's menus include at least minimum amounts from the four food groups. _____			
TABLE SETTING: Centerpiece Required _____ 10			
Appropriate for menu & occasion _____			
Attractive and well coordinated _____			
Suitable arrangement of dishes, flatware, linens, and other accessories _____			
COMPLETED PROJECT BOOK: _____ 10			
PROJECT PRESENTATION: _____ 15			
COMMENTS: _____			

JUDGE _____

Grade _____

WILLIAMS COUNTY FASHION AND FOOD BOARD

Applications will be available at Clothing Judging and Food Judging.

PURPOSE:

- To strengthen the 4-H clothing and food nutrition project areas.
- To better prepare participants for County and State Judging.
- To assist with the Williams County Clothing and Food Judging.

WHO:

- Anyone 14 years or older as of January 1 of the coming year.
- Will serve on the board beginning next year.
- Must have had at least three (3) years in clothing or food nutrition projects.
- Members must be currently enrolled in a clothing or food nutrition project.
- At least ten (10) members will serve on the board.
- Qualified members are to apply at project judging.
- Candidates will be interviewed at judging.
- Selection will be made by Fashion and Food Board Advisors.
- Board members will be notified by mail/email.

DUTIES:

- Assist with county clinics or workshops conducted.
- Assist with county judging.
- Demonstrate to other 4-H'ers: modeling, fashion clues, clothing construction or food preparation, menu planning, and nutrition information.
- The County Fashion Board representative for the Ohio State Fair will be selected from the County Fashion Food Board Members.