



4-H FOODS & NUTRITION JUDGING LEADER'S GUIDE

This guide has been developed to assist 4-H volunteers in providing training for 4-H youth prior to the County and State 4-H Foods and Nutrition Judging contest. This event is conducted annually to support learning in all foods and nutrition projects. The top ten senior participants from each county are eligible to participate in the state contest. Should ten seniors not be available, juniors may be named to the County Team.

References for this event are the 4-H Foods and Nutrition Project Manuals: 4-H Cooking 101 and 201 and Steps to a Healthy Teen

My Plate (Beginners and Seniors) – Use 4-H Cooking 101

- Know each food group and the key consumer message
- Be able to provide examples of food from each group
- Know the health benefits and nutrients for each food group

Activity:

Members will be asked to look at a predetermined menu and input into MyPlate templates (similar to page 10 in 4-H Cooking 101). They will then be asked questions on how well balanced the meals are. May also be asked what foods they could add to make the menu more healthy.

Beginners – Will do this for one meal

Seniors - Will do this for all three meals

Physical Activity (Seniors) - Use Steps to a Healthy Teen (pages 36-37)

- Know the difference between cardiovascular endurance, muscular endurance, muscular strength and flexibility and provide examples of each.

Activity:

Know how to find and calculate Heart Rate
(resting, after physical activity and maximum heart rate)

Food Safety (Beginners and Seniors) - Use 4-H Cooking 201

- Be familiar with Food Safety advice (pages 8-12)
 - Members may be asked to choose the correct food safety process from real life items or photographs.

Cooking Terminology – Use 4-H Cooking 101 and 201

- Beginner 4-H'ers should be able to identify and match cooking terminology and it's definition
Refer to 4-H Cooking 101 Glossary
- Senior 4-H'ers should be able to provide definitions for cooking terminology
Refer to 4-H Cooking 201 Glossary

Tools of the Trade – (Beginners) – Use 4-H Cooking 101 (pages 81-82)

- Beginner 4-H'ers should be able to identify different food preparation tools and equipment
 - Members may be asked to demonstrate how to use one or more types of cooking tools.

Consumer Education

- Compare and Contrast: Be able to rank a group of similar foods based on size, uniformity, and visual appeal.

Nutrition Labels (Seniors) – Use 4-H Cooking 201 and Steps to a Healthy Teen (p. 18-23)

- Senior 4-H'ers should be able to read and understand a nutrition label. Know where to find information about serving size and ingredients. May also be asked to calculate the price per unit for an item.

Activity:

Nutrition Facts Experiment (similar to page 20 in 4-H Cooking 201)

Measuring Math (Beginners and Seniors) – Use 4-H Cooking 101 (p. 22-25)

- Beginner 4-H'ers should be able to identify and match conversions for dry & liquid ingredients.
- Senior 4-H'ers should be able to provide conversions for dry & liquid ingredients
 - Example: 4 tablespoons = _____ cup

Activity:

Show the proper ways of measuring liquid and solids.