



4-H Quick Tips - Foods & Nutrition Projects

Working with 4-H'ers in Food, Nutrition, and Health projects can be rewarding, yet challenging. Here are some tips you need to work with 4-H'ers in these projects!

PROJECT BREAKDOWN

Cloverleaf Level Illustrated Talks

- Dairy Foods
- Food for Fitness (EFNEP / FNP)
- Food for Health & Sport
- Food for the Family
- Food Safety and Preservation
- Kitchen Fun (EFNEP / FNP)

Cloverleaf Level Lab

- Food Fare (EFNEP / FNP)
- Between Meal Snacks

Junior Level Illustrated Talks

- Food Fast & Fit (EFNEP / FNP)
- Food for Health & Sport
- Food Safety and Preservation

Junior Level Labs

- Better Breakfast - must choose from provided recipes
- Dairy Foods - must choose from provided recipes
- Muffins - Must use standard recipe
- Food Fare (EFNEP / FNP) - must choose from provided recipes
- Pizza - must choose from provided recipes
- Festive Foods for Health - must choose from provided recipes

Senior Level Illustrated Talks

- Food Fast and Fit (EFNEP / FNP)
- Food Safety and Preservation

Senior Level Labs

- Food Fare (EFNEP/ FNP)
- Dairy Foods
- Festive Foods for Health

Special Competitions: You will need to follow specific rules for these contests.

- 4-H Egg Preparation Demonstration Contest - held at Georgia National Fair- Method Demo. & Lab
- 4-H Chicken Barbecue Contest - Held at Georgia National Fair - Illustrated talk and lab
- Georgia National Fair 4-H Food Contests: Omelet Contest, Wild Game Dish, Homemade Ice Cream Contest, Cloverleaf Peanut Contest, Pizza Contest
- Beef Ambassador Contest - sponsored by Georgia Beef board and Georgia Cattlewomen's Association - Illustrated Talk

- 4-H Peanutrition Contest - conducted by county with awards from Georgia 4-H and donor
- MilkMake Contest - conducted by county with awards from Georgia 4-H and donor

Definitions

Illustrated Talk - A presentation using posters or other props. (Showing steps in preparation is not required and not appropriate.)

Method Demonstration - A presentation that shows at least one step in preparation of a food product. The finished food product must then be presented to the judge for tasting at the end of the demonstration. (Posters or other props must also be used.)

Lab - A specified product must be prepared during a scheduled lab period. (See specified project guidelines for requirements.) No verbal presentation is required; however, 4-H'er must be able to answer questions about foods, nutrition and the project during discussion with the judges. 4-H'er must display finished product and a family place setting. (Exception: Cloverleaf 4-H'ers do not have to display a family place setting.)

NUTRITION KNOWLEDGE

All 4-H'ers should have a basic understanding of nutrition including:

- My Pyramid and dietary guideline recommendations
- The number of servings needed from each pyramid group daily (or average)
- Amount of food that is considered a serving
- Major nutrients supplied by each group and the functions of these nutrients

All illustrated talks and method demonstrations should include information from the above list.

4-H'ers also need background knowledge of food preparation and skills in using proper equipment.

Practice is the quickest and easiest way to acquire these skills.

CHOOSING TOPICS

- Select a concise subject area that you can cover thoroughly in the time allowed.
- Choose a recipe that is appropriate for the demonstration subject and contributes to recommended dietary guidelines.
- Choose a recipe that 4-H'er is capable of demonstrating well
- Select a theme to dramatize the story and keep the audiences attention. Tie theme in with the information in the demonstration and utilize it to

move from one portion of demonstration the next.

VISUALS

- Use to clarify and reinforce demonstration points
- Tie in with theme
- Use lettering large enough to be seen from back of room
- Poster sized recipe is helpful
- Include My Pyramid on a poster

DEMONSTRATION TECHNIQUES

Food Safety

- Follow food safety rules for food you are preparing and while transporting food products
- 4-H'ers should know specific rules for their recipe product
- Wash hands often and thoroughly
- Wear apron
- Wear hair back
- Wash food thoroughly and carefully

DO:

- Remember that the demonstration should have 3 parts - an introduction that commands attention, the body or main part and a summary
- Use an outline or technique sheet.
Include: Ingredient List, Equipment List; Advance Preparation, etc.
- Use a check list and/or diagram for setting-up demonstration to help 4-H'er avoid overlooking something
- Remember practice makes perfect. Plan for the unexpected and decide not to let anything throw you.
- Place all equipment and ingredients on trays. Arrange in order of use and have a tray for each section of demonstration. Also have a tray for used ingredient containers and equipment.
- Use clear glass or plastic mixing bowls, measuring cups and ingredient containers
- Avoid noisy items when possible. Use damp paper towels, wooden spoons, rubber spatulas, etc.
- Put damp paper towels under bowls, cutting boards, etc. to help keep them steady.
- Have ingredients pre-measured to save time except for those you are spotlighting - EXCEPTION: lab projects
- Use proper measuring techniques and measuring equipment and measure over a separate container in case of spills
- Use spoons, tongs, or plastic gloves to transfer

foods

- Use a cutting board for chopping.
- Use correct method to break and add eggs.
- Work on waxed paper. Example. If you are peeling an apple, the peels can be cleaned up quickly.
- Extension cords and appliance cords should run away from you and toward the end of the table.
- Tape a small paper bag beside you on the table for peelings, egg shells, etc. Cleaning up as you go is a good practice.
- Give number of servings for the recipe.
- Try to use foods with different colors, textures and shapes.
- Freezing and storing information can add to the content of the demonstration.
- Use color to add interest. Color coordinate demonstration by using colored trays, utensils, etc.
- Plan to talk while preparing recipe in method demonstration
- Wipe up spills as they happen
- Display final product on an attractive and appropriate serving dish.
- Use garnishes to complete dietary guidelines as well as to make display more attractive.
- Use lowfat and low sodium products.
- Follow project guidelines carefully.
- Dip fruit in pineapple juice to prevent discoloration.

DON'T:

- Put anything on the table to block the audiences view
- Pour from bowls away from audience
- Put spilled food from the table back in bowl
- Touch hair or face
- Wipe hands on apron
- Wear clothing with long sleeves.
- Crumble wax paper or foil during your demonstration
- Transfer from one hand to another
- Use pot holders when unnecessary
- Use personal pronouns such as "my eggs" or "your liver"
- Hit spoons or beaters against bowls.
- Forget to prepare for the unexpected. If something goes wrong, explain why, and go on with the demonstration.

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