

FOODS AND NUTRITION

Literature Needed:

Leader Literature

Leader's Guide ----All Units

Core Foods

LJ1100 Riddles and Rhymes and Fun Food Times, Unit 1

LJ1200 On the Road to Fun and Fitness, Unit 2.

LJ1300 Food, Fitness and Fun, Unit 3.

Breads

LJ1010B Breads, Units 11-14

Specialty Foods

MJ1021 Baking Unit 21 Member's Manual

MJ1022 Baking Unit 22 Member's Manual

MJ0123 Baking Unit 23 Member's Manual

MJ1024 Baking Unit 24 Member's Manual

MJ1025 Outdoor Cooking and Living Member's Manual, Unit 25

MJ1030 Cultural and Ethnic Foods, Manual, Unit 30 Int./Sr.

MJ1035 Passport to Foreign Cookery Member's Manual, Unit 35, Int./Sr.

Food Preservation

MJ1040C Food Preservation Units 41-44

Member Literature

Core Foods

MJ1001C Riddles and Rhymes and Fun Food Times, Unit 1

MJ1002C On the Road to Fun and Fitness, Unit 2

MJ1003B Fun with Foods, Unit 3

MJ1004 Food, Fitness and Fun, Unit 4

Breads

MJ1010B Breads, Unit 11-14

Specialty Foods

MJ1021 Baking Unit 21

MJ1022 Baking Unit 22

MJ1023 Baking Unit 23

MJ1024 Baking Unit 24

MJ1025 Outdoor Cooking, Unit 25

MJ1030 Cultural and Ethnic Foods, Manual Only, Unit 30, Int./Sr.

MJ1035 Passport to Foreign Cookery, Unit 35, Int./Sr.

Food Preservation

MJ1040C Food Preservation Units 41-44

e-Record www.colorado4h.org/project_resources/erecords

Breads Experiments worksheet

www.colorado4h.org/project_resources/erecords

Exhibit Requirements can be found at www.colorado4h.org

Score Sheets can be found at www.colorado4h.org

Display Tips and Hints can be found at www.colorado4h.org

Project Tips:

- Remember that all food items must be able to sit at room temperature for long periods of time without refrigeration and be safe to each at time of judging.
- Passport to Foreign Cookery Tips
 - Select a foreign country or some ethnic group within the United States to study
 - Assemble information about your selected country or group. Include: food habits, customs, nutritional aspects of diet, religion, geography and maps, menus and recipes
 - In your own words write a report about this country or group, using information you have collected (see exhibit requirements)

- Plan, prepare and serve a minimum of three foreign meals. At least one meal should be typical of the country you selected in this project.
 - Resources information: Public libraries, Internet, Check within your community, Check with the State 4-H Office, Visit international food markets, ethnic grocery stores and cultural centers, check with your local cooking store if they have information on foreign cookery, tour a culinary institute
- Bread experiments: Unit 11—Experiments 1,2,3,6, & 7; Unit 12---Experiments 4 & 5; Unit 13---Experiments 8,10, & 12; Unit 14(Edible or Non-Edible) Experiments 9 & 11
 - Have fun with the 4-H story section of e-record. Follow directions and tell what you learned.
 - Enter your exhibit in the county fair
 - Share the information learned in talks and displays

Judging Criteria:

- Completeness of e-record.
- Extra activities such as demonstrations, talks, story, and pictures added to your e-record. Several photos with at least one action shot of the member doing something with their project.
- Neatness and legibility
- Would be nice if your community service project related to your project.
- Quality of exhibit