Purpose and Procedure of Nutrition Fair

To reach 4-H'ers and other youth with a nutrition activity that will enhance their knowledge and skills for a healthy lifestyle and to teach them how to properly set a table (from left to right: Napkin, fork **beside** the napkin, the plate, knife with the **blade to the plate**, spoon and the beverage glass over the knife and spoon).

The 4-H'er will choose a dish from one of the six categories: Main Dish, Salad/Vegetable, Beverage, Snack, Dessert, and Bread. NOTE: The 4-H'er should practice preparing this dish or beverage prior to Nutrition Fair. Please send a copy of your recipe to the 4-H office approximately two weeks before. This is so that we can publish a recipe book with everyone's recipe in it.

4-H'ers should bring: a table cloth, place setting (including a plate, napkin, spoon, fork, knife and beverage glass), a centerpiece or theme for your table is a plus, a prepared dish or beverage (everything should already be cooked...if you would like to wait until you arrive before mixing a salad or adding a topping to your dish it is allowed), paper plates, napkins and spoons for the judges to sample your dish, and an index card with your name, age group (Cloverbud 5-8, Junior 9-12, Senior 13-18), 4-H Club (or atlarge), and Category (Main Dish, Salad/Vegetable, Beverage, Snack, Dessert, Bread).

4-H'ers should wear church or worship clothes unless you want to dress in a costume reflecting the theme of your prepared dish. If an after school snack has been planned then you may wear nice school clothes, but T-shirts should not be worn since this is a 4-H presentation.

What happens at the Nutrition Fair:

- Upon arrival, you should sign-in with your name, category and age.
- Fill out two (2) judges' forms with your name, category, recipe title and age group. Take these two sheets with you to your table.
- Look for the signs with your category and age group on it.
- Arrange your table setting and present your dish in an attractive manner on your table.
- Judges will come and ask you questions about how you prepared your dish or beverage, and why your dish is healthy. The judges also look at how you are dressed and if you have combed your hair, tucked your shirt in, etc.
- Once you have been judged, you may share your dish or beverage with the other participants and parents. If someone asks if they can sample your dish before the judges come by, just ask them to wait until you are judged.

Prepared January 12, 2000 by: Peggie Lewis, 4-H Agent Rockingham County Modified, January 22, 2002, January 31, 2003 by: April Bowman, 4-H Agent, Stokes County Modified, November 27, 2007 by: April Bowman, 4-H Agent, Forsyth County

Sample 4-H Nutrition Fair Questions

(This is only a sample of questions that may be asked. Questions are not limited to

these.)

- 1. Name the sections of My Pyramid.
- 2. Which section of My Pyramid does your dish belong to?
- 3. What makes your recipe healthy?
- 4. Tell me how you prepared your recipe.
- 5. How do you measure ¾ cup of flour?
- 6. How do you know when chicken is thoroughly cooked?

Writing a Recipe Correctly

- 1. Name of recipe centered over top of card.
- 2. List of ingredients list ingredients in the order they are used in the recipe.
- 3. Use the same abbreviation for a measurement throughout the whole recipe. For example: use either t or teas. for teaspoon each time you have that measurement listed. Don't write 1 tsp. in one place and 1 t. in another. You may choose to write out the entire word. If so, do it for everything.
- 4. Write the directions Write in the correct order of preparation. Indent the first line five spaces or about ½ inch. Use punctuation. Be sure you include oven temperatures or other temperatures when necessary and the time to cook the product.
- 5. Tell the number of servings the recipe will make.

Example of correctly written recipe:

Orange Smoothie

1 ½ c. milk 1 ½ c. water

6 oz. can of frozen orange juice 1 ½ t. vanilla (optional)

concentrate, softened

Pour the milk in a large bowl. Add the other ingredients. Using a hand egg beater, mix well until the mixture is foamy. Serve at once. Makes 6-8 servings.