

**Food, Nutrition & Health Labs
Project Achievement Tips
for 4th – 6th Grade**

Before the Competition:

- Read the contest objectives and scorecard for your project found on the 4-H website.
- Visit www.ChooseMyPlate.gov to investigate the food groups, healthy eating, and food safety.
- Research recipes and identify the included food groups found on My Plate. Great places to start are www.ChooseMyPlate.gov or www.whatscooking.fns.usda.gov
- Decide what recipe you will use. Feel free to create your own. Make sure your recipe lists all your ingredients with measurements and includes step-by-step instructions.
- Practice making your snack. Make sure your recipe matches what you are making!
- Prepare a box of needed items using the Packing Checklist.
- Use recommended food safety practices in transporting and storing meat, dairy, and other perishable products in your project. Keep cold items cold.
- Check with your 4-H leader to discuss needed supplies such as coolers, trays, apron, etc.

During the Competition:

- Dress for success! Aprons, hair restraints, and closed toe shoes must be worn. Clothing should be clean, neat, and out of your way, and jewelry should be removed when preparing your dish.
- Wash your hands before preparing food! Gloves are not required, but you should not touch ready to eat foods with your bare hands.
- Don't touch your hair or face while preparing your snack.
- Clean your work space before preparing your snack. Wipe up spills as they happen.
- Bring all foods and utensils needed for your snack, but remember knives and electric food equipment are not allowed in Cloverleaf projects.
- Measure all your ingredients at the competition using the appropriate measuring cups or spoons; however, all peeling, chopping or cutting of ingredients should be prepared at home.
- Use trays to demonstrate food safety and organization when preparing your snack.
- Be sure your food has an appealing appearance and is tasty in flavor.
- Creatively display your snack using your snack and any required utensils. Your display should be well organized, but does not require a place setting.
- Make sure your set up, preparation, display and clean up take no longer than 1 hour.
- Relax, smile, and talk with your judges about your snack and the food groups you chose to use.

After the Competition:

- Share or dispose of all leftovers. Food prepared should not leave the building.
- Clean your space. Make sure you collect all your belongings when done.
- Thank your judges for volunteering their time to score your project.

*Compiled: Keri Hobbs, Dawn Fowler, September 2015, Reviewed: Cheryl Varnadoe, Ali Berg, Elizabeth Andress, Judy Harrison
Updated 8/2/2016*