Description of Project:
4-H'ers may explore areas of foods and nutrition including food planning and preparation on a budget. Through this project 4-H'ers may:

- use MyPlate.gov food guides to develop an understanding of planning meals and snacks, of selecting and purchasing appropriate foods for good health and nutrition, and of basic food preparation skills and techniques, including measuring, chopping, and mixing
- acquire an understanding of nutrition and meal planning
- develop an understanding of appropriate foods according to nutrient, fat, and calorie content and balance of daily exercise
- develop an understanding of safe food handling and preparation techniques
- acquire skills in planning, preparing, and serving nutritious meals on a budget
- acquire skills in menu preparation and table setting
- acquire an understanding of the role of one-dish meals in meal planning
- explore career opportunities related to foods and nutrition
Special Considerations

- Prior to the competition visit Georgia 4-H Project Achievement Foods Labs page and view the General Guidelines, Food Safety, Nutrition, and Dairy Foods training modules, as well as specific guidelines for preparing your dish. The webpage can be found at: https://georgia4h.org/programs/focus-areas/healthy-living/foods-and-nutrition/
- Provide all food, supplies, and equipment needed for the demonstration and display your recipe and menu for the judges. You may provide additional recipe copies for judges.
- Use safe food handling techniques when preparing food.
- At the competition, plan to display the menu, prepare the dish you have practiced, and present your dish using a table setting.
- Answer judges’ questions about the dish and menu.
- Keep your area clean and neat at all times.

Recommended Resources:

- Georgia4h.org/ProjectAchievement
- Georgia4h.org/foodsandnutrition
- fcs.uga.edu/extension/food
- choosemyplate.gov
- foodsafety.gov
- fda.gov
- southeastdairy.org
- cdc.gov/foodsafety
- whatscooking.fns.usda.gov

At Competition:

Foods Lab: Food Fare 4-H projects prepare and display one dish in the time allotted. Youth must provide their own equipment, ingredients, preparation, set up, and display. Youth should measure and chop ingredients on site and demonstrate laboratory safety. See more at: https://georgia4h.org/programs/focus-areas/healthy-living/foods-and-nutrition/

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Date: 9/16/2016
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Sources: The University of Georgia CAES. 2016. Project Achievement. http://www.georgia4h.org/projectachievement/