

### Contest Rules and Procedures:

- Foods Labs projects (Food Fare & Between Meal Snacks) are the only projects in which food preparation should take place during project achievement competition. Other foods projects are illustrated talks and not the appropriate avenues for food preparation to be demonstrated.
- Cloverleaf participants provide their own equipment, ingredients, preparation, set up, and display. Cloverleaf food lab projects may not use any electrical equipment or anything with a blade to prepare their dish. Knives, blenders, hand mixers, griddles, skillets, torches, food processors, etc. are not allowed. Menu forms are not required for 4<sup>th</sup> – 6<sup>th</sup> graders.

Foods Labs participants should:

- Prepare a no cook, no bake, healthy snack in 1 hour.
- Display the dish in a creative manner. No place setting or menu form is required for Cloverleaf division competition.
- Measure all ingredients on site during the lab competition. Ingredients that will require peeling, chopping or cutting should be prepared at home and brought to the contest as knives are not allowed at the competition. Youth should not pre-measure ingredients for the recipe prior to the contest as they should demonstrate this skill at the contest.
- Demonstrate laboratory safety by wearing a hairnet, apron, appropriate clothes, and closed-toe shoes during food preparation projects. All jewelry should be removed prior to the contest. Gloves are not required, but ready to eat foods should not be touched with bare hands. Gloves, tongs, long-handled spoons, or bakery tissue can be used.
- For items below, use only:
  - commercially prepared pasteurized milk, milk products and cheeses.
  - meat that is USDA inspected.
  - commercially produced eggs and egg products, including mayonnaise
  - commercially canned foods (Home grown fruits and vegetables are acceptable.)
- Share knowledge of foods, nutrition, food safety, and project in discussion with judges based on MyPlate.

**For more information, contact your local UGA Extension office at 1-800-ASK-UGA1.**

**The University of Georgia 4-H program is the largest youth leadership organization in the state.**

## Projects and Objectives:

### **FOODS LAB: BETWEEN MEAL SNACKS – 1 Hour**

4-H'ers may explore food and nutrition practices including understanding the food groups in [MyPlate](#), identifying a snack that contributes essential nutrients – not just empty calories, and demonstrating best practices of food safety by preparing a snack.

4-H'ers will:

- Investigate food and nutrition resources through [ChooseMyPlate.gov](#)
- Plan the recipe
- Prepare the no-cook (no-bake) snack food and display
- Identify the food group(s) listed in the recipe

### **FOODS LAB: FOOD FARE (EFNEP) – 1 Hour**

4-H'ers may explore food and nutrition practices including understanding the food groups in [My Plate](#), identifying a snack that contributes essential nutrients – not just empty calories, and demonstrating best practices of food safety by preparing a snack.

4-H'ers will:

- Investigate food and nutrition resources through [My Plate](#).
- Plan the recipe
- Prepare the no-cook (no-bake) snack food and display
- Identify the food group(s) listed in the recipe

Additional information and resource guides can be found at the [Georgia 4-H Project Achievement Cloverleaf Page](#) found at: <https://georgia4h.org/programs/project-achievement/cloverleaf-project-achievement-grades-4-6/> On the page find the “Foods Labs” toggle box for recipe suggestions, lab tips, and a suggested packing list. It is recommended that you view the online resources prior to participating in foods labs competitions.