



## Contest Rules and Procedures

- Foods Labs projects (Better Breakfast, Dairy Foods, Festive Foods for Health, Food Fare, & Pizza) 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.
- Junior Foods Labs project participants should provide their own equipment, ingredients, preparation, set up, and display. Range and refrigerator are provided, but no additional appliances. Participants should not bring electric food appliances including electric skillets, griddles, torches, panini presses, blenders, food processors, or hand mixers.
- All ingredients should be labeled with the participant's name and county.

### Foods Labs participants should:

- Prepare a project related dish from the [Georgia 4-H Foods Junior Projects Recipe Book](#) in one hour.
- Set up and cleanup is included in the one-hour time limit. • Locate all ingredients and supplies prior to the start of the competition.
- Display the dish with a place setting appropriate to the meal in your menu.
- Plan and bring a menu for a meal using the menu form. The menu should be for one meal and MUST include the food being prepared and one food from each food group on MyPlate. (EXCEPTION: Better Breakfast menus are only required to include foods from 4 of 5 food groups.)
- Measure and chop ingredients on site during the lab competition. All chopping should be done with an appropriate knife on a cutting board. Ingredients should be measured onsite. Do not pre-measure ingredients for the recipe prior to 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.
- Use low fat foods such as reduced fat mayonnaise or light cream cheese as appropriate in dishes.
- 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: BETTER BREAKFAST - 1 Hour

4-H'ers may explore areas of foods and nutrition including food planning and preparation with an emphasis in traditional breakfast fare

#### Through this project 4-H'ers may:

- Investigate food and nutrition resources through My Plate.
- develop an understanding in planning meals and snacks and selecting and purchasing appropriate foods for good health and nutrition.
- acquire skills in basic food preparation techniques including measuring, chopping, and mixing.
- develop an understanding of appropriate foods according to nutrient, fat, and calorie content and balance of daily exercise.
- develop an understanding for safe food handling and preparation techniques.
- acquire skills in planning, preparing, and serving nutritious breakfasts.
- acquire skills in menu preparation and table setting.
- explore career opportunities related to foods and nutrition

### FOODS LAB: DAIRY – 1 Hour

4-H'ers may explore areas of foods and nutrition including food planning and preparation with an emphasis in dairy foods.

#### Through this project 4-H'ers may:

- develop an understanding in planning meals and snacks and selecting and purchasing appropriate foods for good health and nutrition.
- acquire skills in basic food preparation techniques including measuring, chopping, and mixing
- acquire skills in menu preparation and table setting.
- develop an understanding for safe food handling and preparation techniques.
- acquire an understanding of the role milk and other dairy foods play in providing nutrients for health and growth.
- identify the nutrients and functions of dairy foods.
- determine the amount of milk or other dairy foods required by MyPlate for different age groups.
- develop an understanding of appropriate foods according to nutrient, fat and calorie content and balance of daily exercise.
- explore career opportunities related to foods and nutrition.

Each Dairy Foods participant will prepare and display one dairy food snack from the [Georgia 4-H Foods Junior Projects Recipe Book](#) in 1 hour

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### FOODS LAB: FESTIVE FOODS FOR HEALTH - LAB— 1 Hour

4-H'ers may explore areas of foods and nutrition including food planning and preparation with an emphasis in party, international and ethnic foods.

#### Through this project 4-H'ers may:

- develop an understanding in planning meals and snacks and selecting and purchasing appropriate foods for good health and nutrition.
- acquire skills in basic food preparation techniques including measuring, chopping, and mixing
- develop an understanding of appropriate foods according to nutrient, fat, and calorie content and balance of daily exercise.
- develop an understanding for safe food handling and preparation techniques
- acquire skills in planning, preparing, and serving nutritious international, ethnic, and party foods.
- acquire skills in menu preparation and table setting.
- explore career opportunities related to foods and nutrition.

Each Festive Foods for Health participant will prepare and display one dairy food snack from the Georgia 4-H Foods Junior Projects Recipe Book in 1 hour.

### FOODS LAB: FOOD FARE— 1 Hour

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:

- develop an understanding in planning meals and snacks and selecting and purchasing appropriate foods for good health and nutrition.
- acquire skills in basic food preparation techniques including measuring, chopping, and mixing.
- acquire an understanding of how fruit and/or vegetable salads play a role in daily food plans.
- develop an understanding of appropriate foods according to nutrient, fat, and calorie content and balance of daily exercise.
- develop an understanding for 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.
- explore career opportunities related to foods and nutrition.

Each Food Fare participant will prepare and display one dairy food snack from the Georgia 4-H Foods Junior Projects Recipe Book in 1 hour.

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## FOOD LABS QUICK START GUIDE

Junior Project Achievement  
7th – 8th Graders

### FOODS LAB: PIZZA - LAB— 1 Hour

4-H'ers may explore areas of foods and nutrition, including food planning and preparation with an emphasis in pizza making.

Through this project 4-H'ers may:

- develop an understanding in planning meals and snacks and selecting and purchasing appropriate foods for good health and nutrition.
- acquire skills in basic food preparation techniques including measuring, chopping, and mixing
- develop an understanding of appropriate foods according to nutrient, fat, and calorie content with an emphasis on breads and grains.
- develop an understanding for safe food handling and preparation techniques
- acquire skills in planning, preparing, and serving nutritious pizza.
- acquire skills in menu preparation and table setting.
- explore career opportunities related to foods and nutrition.
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Each Pizza participant will prepare and display one dairy food snack from the [Georgia 4-H Foods Junior Projects Recipe Book](#) in 1 hour.

Additional information and resource guides can be found at the [It is recommended that you view the Georgia 4-H Project Achievement Foods Lab Page](#). It is recommended that you view the online resources prior to participating in foods labs competitions.

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