

Contest Rules and Procedures:

- Food preparation should only take place during Foods Lab Projects (Dairy Foods, Festive Foods for Health, Food Fare). Other Foods projects are not the appropriate avenues for food preparation to be demonstrated.
- Senior foods labs project competitors provide their own equipment, ingredients, preparation, set up and display. Competitors are only allowed to bring the equipment of a blender or hand mixer to competition. Range and refrigerator are provided. No other food appliances are allowed; including, but not limited to: griddles, electric skillets, torches, panini presses, food processors, etc.
- All ingredients should be labeled with the participant's name and county.

Foods Labs participants should:

- Prepare a project related dish in 1.5 hours.
- Set up and cleanup is included in the 1.5-hour limit.
- Use a suggested recipe or choose one of their own to prepare a dish that includes preparation required elements by utilizing the 4-H Skill Selection Guide.
- Supply copies of recipe prepared for judges' review.
- Include serving size and number of servings in the recipe.
- 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
- Locate all ingredients and supplies prior to the start of the competition.
- Display the dish with a place setting appropriate for the meal in your menu.
- 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.
- Use proper food management and preparation techniques and serve the dish in an appropriate manner.
- 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: DAIRY - 1 1/2 Hours

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 food preparation techniques including measuring, chopping, and mixing.
- acquire skills in menu preparation, meal planning, purchasing, preparing serving 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.
- determine appropriate dairy foods and contents to meet calcium and protein needs in different people.
- select appropriate foods according to nutrient, fat, and calorie content in balance with daily physical activity.
- identify the nutrients and functions of dairy foods and their contributions to daily needs.
- 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 dish in 1.5 hours. The prepared dish should include milk, yogurt or shredded cheese excluding neufchatel, cream cheese, sour cream, and cottage cheese. The recipe is required to include 1/2 cup of milk, yogurt, or shredded cheese per serving in the recipe. A combination of ingredients may be used as long as the amount totals 1/2 cup per serving in the recipe. Recipes without adequate ingredients will have points deducted.

FOODS LAB: FESTIVE FOODS FOR HEALTH - 1 1/2 Hours

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

- develop an understanding in planning meals and snacks and selecting and purchasing appropriate foods low in fat, sodium, sugar, and calories utilizing MyPlate information.
- practice recommended food preparation skills including food safety.
- acquire skills in basic food preparation techniques including measuring, chopping, and mixing.
- determine calories in foods and dishes prepared.
- 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 festive (ethnic, international, or party) dish in the time allotted.

FOODS LAB: FOOD FARE (EFNEP) - 1 1/2 Hours

4-H'ers may explore areas of foods and nutrition including food planning and preparation on a budget.

Food Fare is an EFNEP project. 4-H'ers must be certified as eligible for participation.

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 using MyPlate food guides.
- acquire skills in basic food preparation 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 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.
- acquire an understanding of the role of one dish meals in meal planning.
- explore career opportunities related to foods and nutrition.

Each Food Fare participant will prepare a hot main dish containing at least 3 of the 5 food groups from MyPlate. Participants may use a suggested recipe or one of their own that meets the preparation required elements.

Additional information and resource guides can be found at the [Georgia 4-H Project Achievement Foods Labs Page](#). On the page find online training modules, preparation materials, suggested recipes, the skill selection guide, menu form, and more! It is recommended that you view the online training modules prior to participating in Georgia 4-H Project Achievement.