

Have an interest in learning about Foods?

You're Invited

Foods Revue

April 15

10:00am Setup

10:30am Program

Portage Public Library

Food Activity

April 15

Immediately following

Foods Revue

Portage Public Library

International Foods

May 20

9:00 am Setup

9:30 am Program

Health & Human Services
Bldg.

These foods project learning opportunities are hands-on in nature. They involve youth participants, grades K-13, in preparing a food item or activity and then sharing with their peers as well as with a food expert!

Read on for details about each.



Columbia County 4-H Foods Revue

Objectives:

- Members exhibit your food and nutrition knowledge.
- Members showcase your skill and creativity when preparing and presenting food.
- Members develop confidence in self-expression, both verbally and visually.
- Members publicly demonstrate learning.

Participants

- Open to Foods, Food Preservation and Breads project members.
- Open to Cloverbuds and Exploring project members.

Guidelines for Foods, Breads, and Food Preservation Project Members

- Foods Project Members: select a favorite food to prepare.
- Breads Project Members: select a favorite yeast bread to prepare.
- Foods Preservation Project Members: select a favorite preserved food to prepare.
- All Members plan a menu for your selected food item.
- All Members plan a table covering, centerpiece, and table setting/service for the menu.
- A meeting room table will be provided. If you have more than one entry and if desired, you may use ½ a meeting room table for each.



Exhibits in Favorite Foods Revue (Foods, Breads, or Food Preservation) must include:

- A copy of your recipe, from any recipe book, on 8 ½" x11" poster board or heavy paper. If desired, you may bring handouts of your recipe to share.
- The selected and prepared food item (no prepackaged foods or mixes).
- Menu for breakfast, lunch, or dinner on an 8 1/2"x11" poster board or heavy paper. *(It may have an international theme).*
- Table covering (table cloth or place mat or both), centerpiece, and table setting/service to serve the menu you have planned.
- One serving of the selected favorite food item (only one favorite food is to be prepared and exhibited; all foods must be prepared by the exhibitor; no prepackaged/mixes).

At the Favorite Foods Revue, Foods, Breads or Food Preservation Members should:

- Set up your display without leader / parent help.
- Be prepared to explain to the judge:
 - Principles of food preparation and meal planning;
 - Why you chose the food item and menu and what you needed to learn in order to make it;
 - What you learned from your project work;
 - MyPlate food groups/guidelines as they relate to your menu; and
 - How to store leftovers.

Guidelines for Cloverbuds and Exploring Project Members

- Select your favorite nutritious snack to prepare (no prepackaged foods / mixes) and practice preparing it for yourself and for others.
- Select dishes, silverware to serve the snack, and a placemat or tablecloth. A centerpiece is optional.
- A meeting room table will be provided.

Exhibits in Favorite Foods Revue (Cloverbuds and Exploring Projects) must include:

- The selected and prepared favorite nutritious snack.
- Dishes and silverware you would need to serve the snack.
- One serving of the nutritious snack.
- A place mat or tablecloth (centerpiece is optional)
- A copy of your recipe, from any recipe book, on an 8 ½" x 11" poster board or heavy paper.

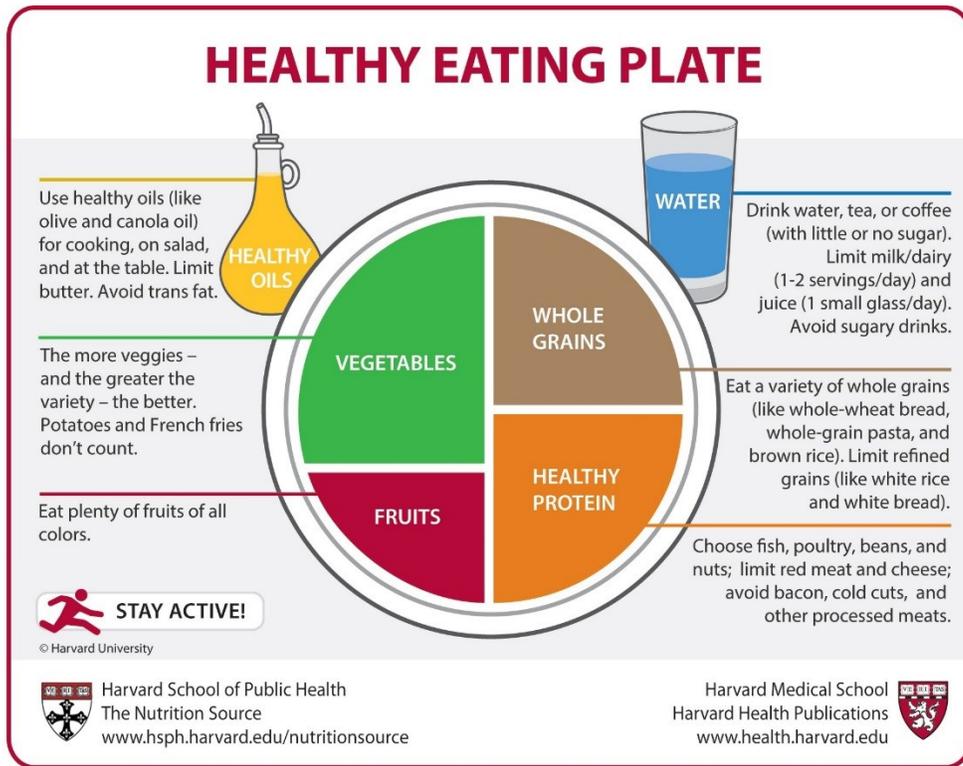
At the Favorite Foods Revue, Cloverbuds and Exploring Project Members should:

- ⇒ Set up your table with your snack and the dishes and silverware needed without leader / parent help.
- ⇒ Be prepared to explain to the judge (older youth will judge Cloverbuds):
 - How you prepared the snack;
 - Why your snack is nutritious;
 - What MyPlate food group your snack is from; and
 - How to set the table to serve your snack.

Evaluation / Awards

- Entries are evaluated face-to-face by a judge and receive a blue 1st place, red 2nd place; however, Cloverbuds are evaluated by older youth and will receive a participation ribbon.
- Best Overall Foods Revue Exhibit / People's Choice Award -- The participating Foods Revue (not Cloverbud or Exploring members) and participating Food Activity members may vote for one Foods Revue exhibit. The exhibitor with the most votes will receive a prize.





Source: <https://www.hsph.harvard.edu/nutritionsource/healthy-eating-plate-vs-usda-myplate/>

Best Overall Foods Revue Exhibit - People's Choice Award

Foods Revue (not Cloverbud and Exploring Members) and Food Activity members may vote for one Foods Revue exhibit. You may ask the exhibitor questions if desired. The exhibitor with the most votes will receive a prize. Please return your "ballot" to the registration table after you have voted.

I vote for number _____ because* _____

**(because they are my friend is not a valid reason)*

When voting for Best Overall Foods Revue Exhibit, please consider the following:

- Does the favorite food prepared look "good enough" to eat?
- Are the recipe directions easy to understand?
- Does the menu have a good combination of flavors, colors, textures, and temperatures?
- Is the menu nutritious and suitable for the occasion?
- Is the place setting correct for the dishes, glassware, silverware and napkin?
- Are the dishes, food, centerpiece and table cover pleasing together?
- Is the participant able to explain what they learned?
- Is the participant well-groomed and appropriately dressed?

Columbia County 4-H Food Activity

Objectives

- To encourage interest, curiosity and the desire to explore ideas.
- To develop confidence in self-expression, both verbally and visually.
- To publicly demonstrate learning.

Participants

- Open to foods, food preservation, and breads members.

Guidelines – Members:

- Choose a foods-related activity or prepare a foods-related experiment or comparison that answers a question or questions. If desired, check out these sources or your 4-H foods literature (current or from the recent past) for help when developing your foods activity:
- Complete the activity or experiment.
- Plan a display (similar to a science experiment display) to show the steps followed to answer the question/s. The display should contain the actual examples of your experiment.
- A meeting room table will be provided. If you have more than one entry, you may use ½ a meeting room table for each, if desired.

Exhibits for Food Activity must include:

- Steps in your Food Activity on an 8 ½ x 11" or larger poster board.
- Your question/s and your answers, on an 8 ½ x 11" or larger poster board.
- Display of activity with examples, samples or the actual experiment as appropriate.

Members should:

Set up your display independent of leaders and parents

Be able to explain your activity or experiment and the results to the judge.

Evaluation

- Entries are evaluated face-to-face by a judge and receive a blue 1st place, red 2nd place.

Best Overall Food Activity – People's Choice Award – The participating Food Activity and Foods Revue (not Cloverbud and Exploring project) members may vote for one Food Activity exhibit. The exhibitor with the most votes will receive a prize.

<http://foodscience.psu.edu/youth/experiments>

<https://extension.purdue.edu/extmedia/4H/4-H-1036-W.pdf>

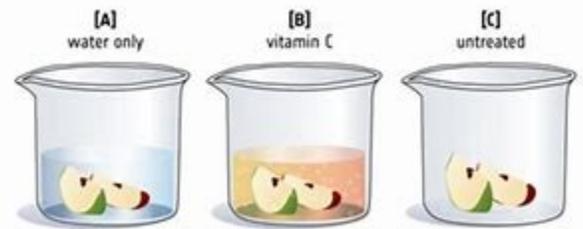
<http://florida4h.org/programs/foodandnutrition.pdf>

<https://www.education.com/science-fair/food/>

<http://www.sciencebuddies.org/science-fair-projects/Intro-Cooking-Food-Science.shtml>

AMAZING FOOD SCIENCE EXPERIMENTS

THAT WILL BLOW YOUR KIDS' MINDS



Best Overall Food Activity Exhibit - People's Choice Award

Food Activity and Foods Revue (not Cloverbud and Exploring Members) members may vote for one Food Activity exhibit. You may ask the exhibitor questions if desired. The exhibitor with the most votes will receive a prize.

Please return your "ballot" to the registration table after you have voted.

I vote for number _____ because* _____

(*because they are my friend is not a valid reason)

When voting for Best Overall Food Activity Exhibit, please consider the following:

- Is the activity selected appropriate?
- Is the exhibit creative, original and attractive?
- Does the audience easily understand what the 4-H member accomplished?
- Are the steps in the activity explained well?
- Was the exhibit and/or the exhibitor able to answer any questions you have?

Columbia County 4-H International Foods Workshop

Objectives – Members will:

- Increase knowledge of food and customs of other countries
- Try new foods
- Share knowledge with others/increase communication skills
- Publicly demonstrate learning and build confidence

Participants

- Open to any 4-H member, grades K – 13, or any interested non-4-H member

What do you do??? Participants will:

- Select a country they want to learn more about;
- Prepare a food from that country;
- Set up an exhibit, usually on a display board (the exhibitor may choose to wear a heritage costume or not);
- Give a short talk about the country's food and customs.

The International Foods Workshop Program.....

All participants and their guests travel as a group from table to table. The participant gives their talk about their chosen country. Then, all attendees have an opportunity to sample the food and ask questions about the country being discussed. The focus is on participation. No judging occurs except for the selection, by the youth participants, of a people's choice award (see details below).

Best Overall International Foods Exhibit - People's Choice Award

International Foods participants (not Cloverbud project members) may vote for one International Foods exhibit. You may ask the exhibitor questions if desired. The exhibitor with the most votes will receive a prize. Please return your "ballot" to the registration table after you have voted.

I vote for number _____ because* _____

**(because they are my friend is not a valid reason)*

When voting for Best Overall International Foods Exhibit, please consider the following:

- Does the international food prepared look "good enough" to eat?
- Are the recipe directions easy to understand?
- Was the exhibit informative and well presented?
- Did the "short talk" explain the food and its country of origin?
- Is the participant able to explain what they learned and answer questions?
- Is the participant well-groomed and appropriately dressed?



International
Recipes

