

2021-2022 4-H FOODS & NUTRITION JUDGING LEADER'S GUIDE

This guide has been developed to assist 4-H volunteers in providing training for 4-H youth prior to the County and State 4-H Foods and Nutrition Judging contest. This event is conducted annually to support learning in all foods and nutrition projects. There are two divisions for this contest: junior and senior. Junior participants must be between the ages of 8-12 in 4-H age. Individuals 13 and older must complete the senior contest. If a junior chooses to participate in both divisions, they must complete the senior level contest first. The top ten senior participants from each county are eligible to participate in the state contest. Should ten seniors not be available, juniors may be asked to participate in the state event.

References for this event are the 4-H Foods and Nutrition Project Manuals: 4-H Cooking 101, 201, 301

My Plate (Juniors and Seniors) – Use 4-H Cooking 101

- Know each food group and be able to provide examples of food from each group
- Know the health benefits and nutrients for each food group

Activity:

Members will be asked to create a menu and input into MyPlate templates (similar to page 10 in 4-H Cooking 101).

Juniors: Members will create a menu for one meal

Seniors: Members will create a menu for all three meals

Food Safety (Juniors and Seniors) - Use 4-H Cooking 101, 201 and 301

Juniors Only:

- Know the basics of food safety and what to do before, during and after cooking (4-H Cooking 101, p. 13-14)

Juniors and Seniors:

- Be familiar with Food Safety advice (4-H Cooking 201, p. 8-12)
- Know the four steps to fighting bacteria (4-H Cooking 201, p. 9)
- Know the proper way to thaw meat (4-H Cooking 201, p. 11)

Seniors Only:

- Know what FAT TOM stands for (p. 8-9 Cooking 301)

Knife Skills (Juniors and Seniors) – Use 4-H Cooking 201, p.15-16

- Know types of cooking knives and their uses.

Activity for Seniors:

Show the proper way of chopping vegetables and the proper knife to use.

Cooking Terminology (Juniors and Seniors) – Use 4-H Cooking 101, 201 and 301

- Juniors: Members should be able to identify and match cooking terminology and its definition (4-H Cooking 101 Glossary, p. 83)
- Seniors: Members should be able to provide definitions for cooking terminology (4-H Cooking 201 Glossary p. 93 and 4-H Cooking 301 Glossary, p. 124)
 - **2021 Contest** – Know 201 Glossary/ Cooking terminology
 - **2022 Contest** – Know 301 Glossary/ Cooking terminology

Tools of the Trade – (Juniors Only) – Use 4-H Cooking 101, p. 81-82

- Junior members should be able to identify different food preparation tools and equipment.
 - **2021 Contest** – Know the following tools (Apple Corer through Mixing bowls)
 - **2022 Contest** – Know the following tools (Mixing Spoon through Wire Rack)

Consumer Education - Juniors (Placings Only) and Seniors (Placings and Reasons)

- Compare and Contrast: Be able to rank a class of fresh fruits or vegetables based on size, uniformity, and visual appeal. Seniors will be required to provide reasons for their ranking.

Nutrition Facts Labels (Seniors Only) – Use 4-H Cooking 201, p. 19-20

- Senior members should be able to read and understand a nutrition label. They should also know how to identify information about serving size and ingredients.

Measuring Math (Juniors and Seniors) – Use 4-H Cooking 101, p. 22-25

- Juniors: Members should be able to identify and match conversions for dry & liquid ingredients.
- Seniors: Members should be able to provide conversions for dry & liquid ingredients
 - Example: 4 tablespoons = _____ cup

Activity for Seniors:

Senior members will show the proper way of measuring liquid, dry and other ingredients.