

## **2019-2020 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. 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 named to the County Team.

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 do this for one meal

Seniors: Members will do this for all three meals

### **Food Safety (Juniors and Seniors) - Use 4-H Cooking 201 and 301**

- Be familiar with Food Safety advice (pages 8-12)
- Know the four steps to fighting bacteria (pg. 9)
- Know the danger zone and safe food internal temperatures (p. 10-11)
- Know what FAT TOM stands for (p. 8-9 Cooking 301) – SENIORS only

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

- Know types of cooking knives and their uses.

### **Cooking Terminology – Use 4-H Cooking 101, 201 and 301**

- Juniors: 4-H'ers should be able to identify and match cooking terminology and it's definition (*Refer to 4-H Cooking 101 Glossary*)
- Seniors: 4-H'ers should be able to provide definitions for cooking terminology (*Refer to 4-H Cooking 201 and 301 Glossary*)

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

- Juniors: 4-H'ers should be able to identify different food preparation tools and equipment.

**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.

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

- Senior 4-H'ers should be able to read and understand a nutrition label. They should also know where to find information about serving size and ingredients.

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

- Juniors: 4-H'ers should be able to identify and match conversions for dry & liquid ingredients.
- Seniors: 4-H'ers should be able to provide conversions for dry & liquid ingredients
  - Example: 4 tablespoons = \_\_\_\_\_ cup

Activity for Seniors:

Show the proper way of measuring liquid, dry and other ingredients.