



## 4-H Food and Nutrition Exhibits

The Food and Nutrition Department includes exhibiting opportunities for 4-H'ers enrolled in the 4-H Food & Nutrition and Dairy Foods projects and participants in other related educational programs.

### Project/Program Objectives

Food and nutrition related projects and programs help 4-H'ers to:

1. Develop life skills, particularly in decision making, learning how to learn, communication, leadership and citizenship.
2. Take responsibility for making healthful food choices and establish a fitness plan based on knowledge of one's nutritional needs, lifestyle and physical condition.
3. Develop skills in planning, selecting, preparing, serving and storing food.
4. Gain knowledge and understanding of psychological, social, economic and cultural influence of food choices.
5. Recognize how national and worldwide policies relate to food availability, personal food choices and nutritional status of populations.
6. Acquire knowledge and skills of career opportunities in food and nutrition.

### Resource Material Available to 4-H'ers

The following are available from each county Extension office or can be ordered online at <https://www.extension.iastate.edu/store/>. Those with PDF may be downloaded and printed.

#### 4-H Food and Nutrition:

- 4H 445A, Six Easy Bites—Fantastic Foods A, ages 9-11
- 4H 445B, Tasty Tidbits—Fantastic Foods B, ages 12-13
- 4H 445C, You're the Chef—Fantastic Foods C, ages 14-16
- 4H 445D, Foodworks—Fantastic Foods D
- 4H 445 LDR, Helper's Guide

#### Additional Resources Useful to 4-H'ers and Judges:

Additional publications can be obtained from your county Extension office. Judges may want to add current information to their notebook.

- NCR 473A, Revise a Recipe Guidelines, PDF only,  
<http://www.extension.iastate.edu/Publications/NCR473a.pdf>
- PM 1043, Canning Fruits, available this Handbook, PDF only,  
<http://www.extension.iastate.edu/Publications/PM1043.pdf>
- PM 1044, Canning Vegetables, available this Handbook, PDF only,  
<http://www.extension.iastate.edu/Publications/PM1044.pdf>
- PM 1523, Food Recipe Checklist—Food Safety, PDF,  
<http://www.extension.iastate.edu/Publications/PM1523.pdf>
- PM 1368, Making Pickled Products, PDF only,  
<http://www.extension.iastate.edu/Publications/PM1368.pdf>
- PM 1366, Making Fruit Spreads—Preserve It Right, PDF only,  
<http://www.extension.iastate.edu/Publications/PM1366.pdf>

Other Helpful References for Judges (available this Handbook):

- EDC 335 (unit=pad of 100 sheets), My Pyramid--Steps to a Healthier You  
EDC 342 (unit=pad of 100 sheets), My Pyramid for Kids--Eat Right, Exercise, Have Fun  
PM 1950, Pyramids of Health--Raising Healthy Kids  
PM 1979, Get Ready for the Nutrition Facts Panel, PDF,  
<http://www.extension.iastate.edu/Publications/PM1979.pdf>  
PM 1979A, Dietary Guidelines Recommend--Know Your Fats PDF,  
<http://www.extension.iastate.edu/Publications/PM1979A.pdf>  
PM 1979B, Dietary Guidelines Recommend--Choose Calcium Foods, PDF,  
<http://www.extension.iastate.edu/Publications/PM1979B.pdf>  
PM 1979C, Dietary Guidelines Recommend--Make Half Your Grains Whole Grains,  
PDF, <http://www.extension.iastate.edu/Publications/PM1979C.pdf>  
PM 1979D, Dietary Guidelines Recommend--Reduce Sodium, Increase Potassium,  
PDF, <http://www.extension.iastate.edu/Publications/PM1979D.pdf>  
PM 1979E, Dietary Guidelines Recommend--Make Your Calories Count, PDF,  
<http://www.extension.iastate.edu/Publications/PM1979E.pdf>  
PM 1979F, Dietary Guidelines Recommend--Don't Sugarcoat It! PDF,  
<http://www.extension.iastate.edu/Publications/PM1979F.pdf>

**Current Emphasis, Trends or Changes**

1. Educational learning experiences should be designed to include life skill development as well as knowledge and skills.
2. Consideration should be given to available family and individual resources.

**Special Evaluation Considerations**

1. Current USDA and ISU guidelines for home preservation methods must be used.
2. Items that require refrigeration like cream fillings, cream pies, meat or broth, relish trays, cheese, eggs, custards, etc., should not be accepted, judged or displayed.
3. All food products and food preparation procedures used, illustrated, or described must be unquestionably safe. Any exhibit considered or to be or to portray a food safety risk will not be accepted, judged or displayed.

**Suggested Conference Evaluation Questions**

Conference judging should be based on the goals the 4-H'ers have for their exhibits. All exhibitors should be expected to respond to these four questions:

1. What was your goal(s)?
2. How did you go about working toward your goal(s)?
3. What were the most important things you learned as you worked toward your goal(s)?
4. What ideas or plans do you have for the future based on what you have learned or discovered?

As a judge, you will want to ask additional questions that relate directly to the exhibit or the project goal from which it came. The responses to the initial questions will give you leads for follow-up questions. Listed below are some examples of follow-up questions that will help the 4-H'ers respond and explain what they have done and learned. Select the questions that will give you the kind of information you want and need to evaluate the exhibit.

- *Can you describe how you made this product?*
- *Are you satisfied with this product?*
- *Did you modify the recipe? How? Why?*
- *What was the function of (ingredient)?*
- *Can you describe the preservation process used?*
- *What resources/references did you use?*
- *Why is this food (or this nutrient) important in the diet?*
- *How will you continue to use the information you learned?*
- *How does this product fit into the Food Guide Pyramid?*

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