

IOWA STATE UNIVERSITY

University Extension

4-H Youth Development
Extension 4-H Youth Building
Iowa State University
Ames IA 50011-3630
Phone: 515-294-1017
FAX: 515-294-1047 or 515-294-4443
<http://www.extension.iastate.edu/4H/>

July 1, 2011

To: Iowa 4-H Food & Nutrition and Health Exhibit Judges
Re: Exhibit Judging Reminders

As we write this, the first four county fairs are underway or completed. Four down, 96 to go!

With the fair season heating up in earnest after the July 4 holiday, we wanted to remind those judging county fairs in 2011 to review the resources available to exhibit judges.

All judging resources are located on the 4-H Judges web page at www.extension.iastate.edu/4h/adults/judges/. Before you judge at county fairs, be sure to review:

- The April 4, 2011 webinar recording explaining changes in exhibit classes
- 2011 4-H Exhibit Rules and Class Descriptions
- Tip Sheets and Hot Sheets for Home Improvement, Clothing & Fashion, Sewing & Needle Arts, and Visual Arts
- Judges Tip Sheet reviewing the 2011 exhibit changes.

Special Notes:

The USDA released the new food icon 'MyPlate' on June 2, 2011. The intent of the new icon is to simplify the dietary guidance included in the Dietary Guidelines 2010 and MyPyramid. MyPlate is not intended to replace MyPyramid, but rather simplify the message and make it more actionable for Americans.

The key message of MyPlate is the proportion each food group should contribute to your plate. The icon conveys that half of your plate should consist of fruits and vegetables, with vegetables comprising slightly more than the fruits. The other half of the plate consists of grains and proteins, with grains comprising slightly more than the protein. Dairy is depicted as a circle (i.e. glass of milk) off to the side of the plate.

While the proportion of food groups on your plate is fairly straightforward, there are some key messages not represented by the icon that Americans need to keep in mind.

Balance Calories

- Enjoy your food, but eat less.
- Avoid oversized portions.

Foods to Increase

- Make half your plate fruits and vegetables.
- Make at least half of your grains whole grains.
- Switch to fat-free or low-fat (1%) milk.

Foods to Reduce

- Compare sodium in foods like soup, bread and frozen meals - and choose the foods with lower numbers.
- Drink water instead of sugary drinks.

Each of these messages remains consistent with messages from the Dietary Guidelines for Americans 2010 and MyPyramid. The real benefit of MyPlate is the simple, concise message of proportionality on your plate. For more information visit: <http://www.choosemyplate.gov/>.

Because the MyPlate icon was not released until late spring, many 4-H members may not yet be aware of this information. Use of both MyPyramid and MyPlate is acceptable for 4-H exhibits at 2011 fairs.

We also remind you to review food preservation resources at <http://www.extension.iastate.edu/healthnutrition/food/preservation/resources.htm>. The National Center for Home Food Preservation and the USDA Guide to Home Canning are linked directly from this page.

We thank you for your continued support of the Iowa 4-H program and for all you do to encourage 4-H members during the exhibit evaluation experience. Best wishes for a great summer.

Sincerely,

Mitchell Hoyer
State 4-H Youth Development Program Specialist
515-294-1531; mhoyer@iastate.edu

Ruth Litchfield, PhD, RD, LD
Associate Professor/State Nutrition Extension Specialist