

# *Food and Nutrition* **Supplement**



**This packet should be kept from year to year.  
One packet per member.**

**OSU Extension, Stark County  
2650 Richville Drive SE, Suite 100  
Massillon, OH 44646  
330-830-7700 Fax 330-830-7720  
Stark County Home Economics Committee**

Ohio State University Extension embraces human diversity and is committed to ensuring that all educational programs conducted by Ohio State University Extension are available to clientele on a nondiscriminatory basis without regard to race, color, age, gender identity or expression, disability, religion, sexual orientation, national origin or veteran status.

4-H is a community of young people across America who are learning leadership, citizenship, and life skills.

## Food and Nutrition Projects

Name \_\_\_\_\_ 4-H age as of Jan. 1 \_\_\_\_\_

Club \_\_\_\_\_ Years in this Project Area \_\_\_\_\_

Project Name \_\_\_\_\_

<u>Criteria</u>	<u>Possible Points</u>	<u>Score</u>	<u>Comments</u>
I. Knowledge of Nutrition	40	_____	
<ul style="list-style-type: none"> <li>• Food Guide Pyramid food groups</li> <li>• Knowledge of serving sizes &amp; number of servings</li> <li>• Knowledge of nutrients</li> <li>• Knowledge of calories</li> </ul>			
II. Knowledge of Menu Planning & Food Preparation	20	_____	
<p style="margin-left: 20px;">Menu Planning</p> <ul style="list-style-type: none"> <li>• Balance of flavor, color, form, temperature, shape, etc.</li> <li>• Written in acceptable format</li> <li>• Menu practical to prepare</li> <li>• Reflects food guide pyramid</li> </ul> <p style="margin-left: 20px;">Food Preparation</p> <ul style="list-style-type: none"> <li>• Knowledge of preparation techniques</li> </ul>			
III. Interview	15	_____	
<ul style="list-style-type: none"> <li>• Neat appearance</li> <li>• Pleasant attitude</li> <li>• Willingness to discuss project</li> <li>• Completed project book</li> <li>• Appropriate exhibit or display</li> </ul>			
IV. Skill-A-Thon	25	_____	
		Total Score _____	

State Fair Qualifier: Yes \_\_\_\_\_

Check the following items that were completed:

- Completed Project Book  
 Sample Menu for Day

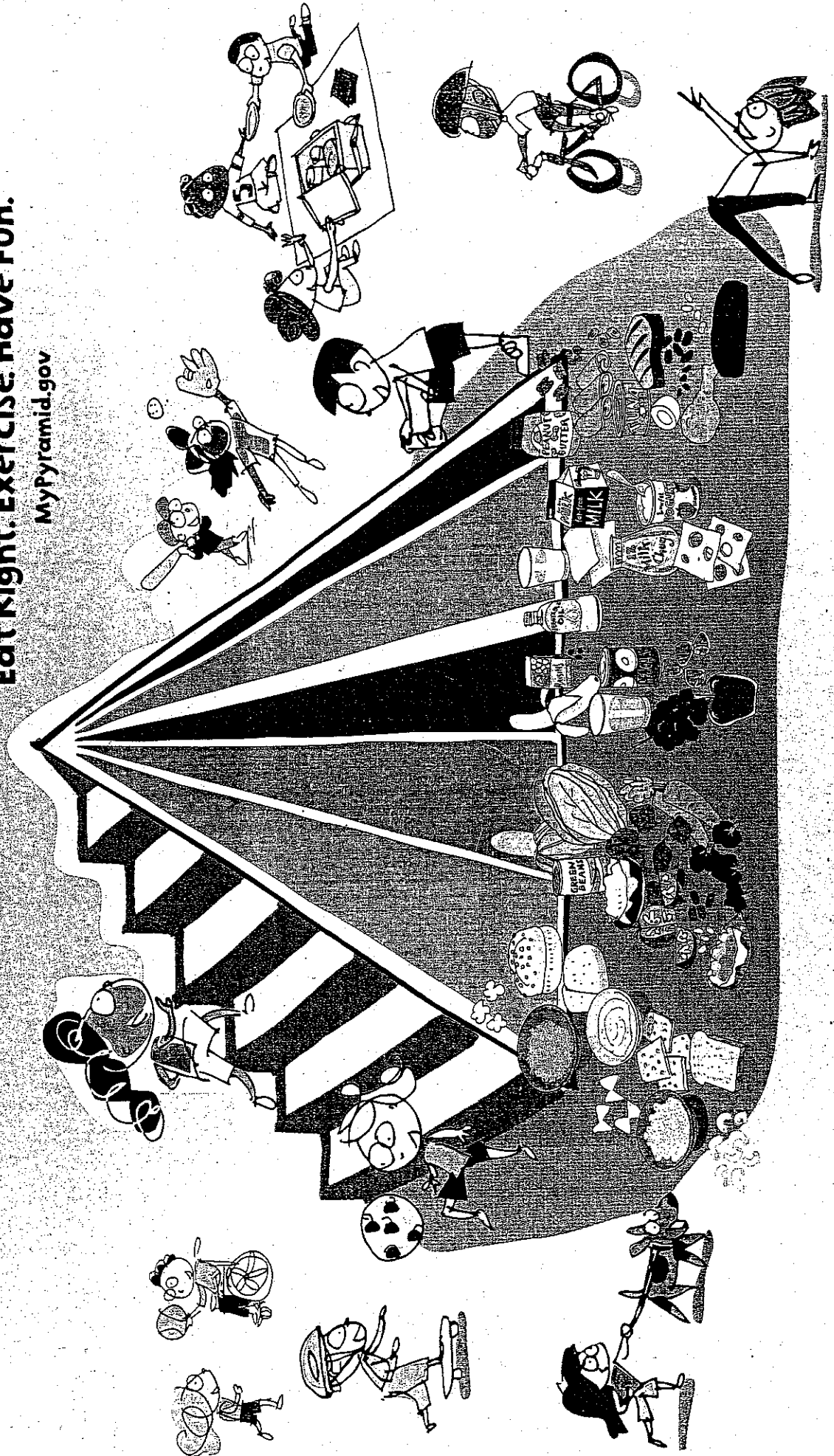
Final Rating (please circle one)  
 Blue (90-100)  
 Red (75-89)  
 White (74-Below)

For Kids

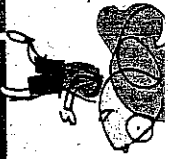
# MyPyramid

Eat Right. Exercise. Have Fun.

MyPyramid.gov



# What's the Right Amount of Food for Me?



Kids, ages 6-11, need 1,200 to 2,200 calories depending on age, gender and activity level. In general, boys require slightly more than girls, and active kids require more than inactive or sedentary kids.

## Grains

Make half your grains whole

Start smart with breakfast. Look for whole-grain cereals.

Just because bread is brown doesn't mean it's whole-grain. Search the ingredients list to make sure the first word is "whole" (like "whole wheat").

## Vegetables

Vary your veggies

Color your plate with all kinds of great-tasting veggies.

What's green and orange and tastes good? Veggies! Go dark green with broccoli and spinach, or try orange ones like carrots and sweet potatoes.

## Fruits

Focus on fruits

Fruits are nature's treats — sweet and delicious.

Go easy on juice and make sure it's 100%.

## Milk

Get your calcium-rich foods

Move to the milk group to get your calcium. Calcium builds strong bones.

Look at the carton or container to make sure your milk, yogurt, or cheese is lowfat or fat-free.

## Meat & Beans

Go lean with protein

Eat lean beef and pork, skinless chicken and turkey, and fish. Ask for it baked, broiled, or grilled — not fried.

It's nutty, but true. Nuts, seeds, peas, and beans are all great sources of protein, too.

### Calories

- 1,200
- 1,400
- 1,600
- 1,800
- 2,000
- 2,200

Find the calorie level that fits your lifestyle to determine the amount needed from each food group each day.

4 oz. each day	1.5 cups each day	1 cup each day	2 cups each day	3 oz. each day
5 oz. each day	1.5 cups each day	1.5 cups each day	2 cups each day	4 oz. each day
5 oz. each day	2 cups each day	1.5 cups each day	3 cups each day	5 oz. each day
6 oz. each day	2.5 cups each day	1.5 cups each day	3 cups each day	5 oz. each day
6 oz. each day	2.5 cups each day	2 cups each day	3 cups each day	5.5 oz. each day
7 oz. each day	3 cups each day	2 cups each day	3 cups each day	6 oz. each day

**Oils** Oils are not a food group, but you need some for good health. Get your oils from fish, nuts, and liquid oils such as corn oil, soybean oil, and canola oil.

### Find your balance between food and fun

Move more. Aim for at least 60 minutes every day or most days.  
Walk, dance, bike, rollerblade — it all counts.  
How great is that!

### Fats and sugars — know your limits

- Get your fat facts and sugar smarts from the Nutrition Facts label.
- Limit solid fats as well as foods that contain them.
- Choose food and beverages low in added sugars and other caloric sweeteners.

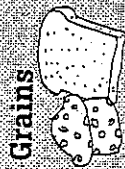

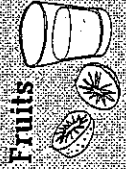



For more information on what's right for you go to [www.zip4teens.com](http://www.zip4teens.com) and click on Calculation Station. Or you can visit [www.MyPyramid.gov](http://www.MyPyramid.gov) and click on MyPyramid Plan.

# MyPyramid Worksheet

Name: \_\_\_\_\_

# MyPyramid FOR KIDS

Check how you did yesterday and set a goal to aim for tomorrow

Write In Your Choices From Yesterday	Food and Activity	Tip	Goal (Based On a 1600 Calorie Pattern)	List Each Food Choice In Its Food Group*	Estimate Your Total
Breakfast: _____ _____ _____	<b>Grains</b> 	Make at least half your grains whole grains.	<b>6 ounce equivalents</b> (1 ounce equivalent is about 1 slice bread, 1 cup dry cereal, or ½ cup cooked rice, pasta, or cereal)		_____ ounce equivalents
Lunch: _____ _____ _____	<b>Vegetables</b> 	Color your plate with all kinds of great tasting veggies.	<b>2½ cups</b> (Choose from dark green, orange, starchy, dry beans and peas, or other veggies).		_____ cups
Snack: _____ _____	<b>Fruits</b> 	Make most choices fruit, not juice.	<b>1½ cups</b>		_____ cups
Dinner: _____ _____ _____	<b>Milk</b> 	Choose fat-free or lowfat most often.	<b>3 cups</b> (1 cup yogurt or 1½ ounces cheese = 1 cup milk)		_____ cups
Physical activity: _____ _____ _____	<b>Meat and Beans</b> 	Choose lean meat and chicken or turkey. Vary your choices—more fish, beans, peas, nuts, and seeds.	<b>5 ounce equivalents</b> (1 ounce equivalent is 1 ounce meat, chicken or turkey, or fish, 1 egg, 1 T. peanut butter, ½ ounce nuts, or ¼ cup dry beans)		_____ ounce equivalents
	<b>Physical Activity</b> 	Build more physical activity into your daily routine at home and school.	At least <b>60 minutes</b> of moderate to vigorous activity a day or most days.		_____ minutes

How did you do yesterday?  Great  So-So  Not So Great

My food goal for tomorrow is: \_\_\_\_\_

My activity goal for tomorrow is: \_\_\_\_\_

\* Some foods don't fit into any group. These "extras" may be mainly fat or sugar—limit your intake of these.



# Anatomy of MyPyramid

## One size doesn't fit all

USDA's new MyPyramid symbolizes a personalized approach to healthy eating and physical activity. The symbol has been designed to be simple. It has been developed to remind consumers to make healthy food choices and to be active every day. The different parts of the symbol are described below.

### Activity

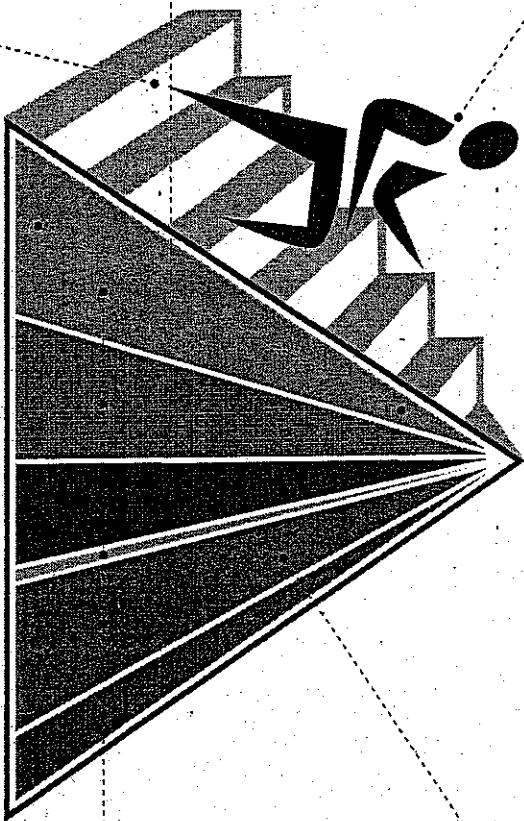
Activity is represented by the steps and the person climbing them, as a reminder of the importance of daily physical activity.

### Moderation

Moderation is represented by the narrowing of each food group from bottom to top. The wider base stands for foods with little or no solid fats or added sugars. These should be selected more often. The narrower top area stands for foods containing more added sugars and solid fats. The more active you are, the more of these foods can fit into your diet.

### Personalization

Personalization is shown by the person on the steps, the slogan, and the URL. Find the kinds and amounts of food to eat each day at [MyPyramid.gov](http://MyPyramid.gov).



### Proportionality

Proportionality is shown by the different widths of the food group bands. The widths suggest how much food a person should choose from each group. The widths are just a general guide, not exact proportions. Check the Web site for how much is right for you.

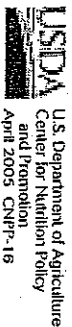
### Variety

Variety is symbolized by the 6 color bands representing the 5 food groups of the Pyramid and oils. This illustrates that foods from all groups are needed each day for good health.

### Gradual Improvement

Gradual improvement is encouraged by the slogan. It suggests that individuals can benefit from taking small steps to improve their diet and lifestyle each day.

**MyPyramid.gov**  
STEPS TO A HEALTHIER YOU



USDA is an equal opportunity provider and employer.

GRAINS

VEGETABLES

FRUITS

OILS

MILK

MEAT & BEANS

## BASIC NUTRIENTS

A balanced diet will provide over 40 nutrients that scientists have found essential in the diet. These can be grouped in the six key nutrients: Protein, Carbohydrates, Fat, Vitamins, Minerals, and Water. Examples are described in this summary.

### PROTEIN

WHAT IT DOES-Protein is part of every cell as muscle, bone and blood. Builds and repairs body tissue. Protein supports growth and maintains healthy body cells.

SOURCES-Meat, Fish, Poultry, Eggs, Milk, Milk Products, Dried Peas, Beans, Nuts and Nut Butters.

COMMENTS-The body makes best use of protein when there is carbohydrate and fat to meet most of the calorie needs of the body. Plant proteins are well utilized by the body when combined with a small amount of animal source protein, or with other plant proteins in dishes such as macaroni with cheese, or baked beans with dried milk or small bits of meat added. The person at age 60 needs as much protein as at age 40.

### CARBOHYDRATES

WHAT IT DOES-Supplies food energy. Major sources of energy for central nervous system. Helps body use fat efficiently. When carbohydrates are present, protein can be used for body building and repair.

SOURCES-Breads, cereal, rice, pasta, potatoes, dried beans, corn bread and sugar.

COMMENTS-Select the complex carbohydrates in the bread-cereal group for best nutrition. Simple sugars (table sugar, honey, corn syrup, etc.) are "empty calories".

Complex sources also provide fiber for regular elimination.

### Fat

WHAT IT DOES-Supplies food energy in compact form (weight for weight supplies more than twice as much energy as carbohydrates and proteins). Some supply essential fatty acids. Helps body use certain other nutrients including fat soluble vitamins. However, limit excess fats to avoid unneeded calories (weight gain).

SOURCES-Some foods contain fat. Examples are nuts, peanuts and meat. We also add fat during cooking or at the table with shortening, oils, butter, margarine and salad dressing.

## VITAMINS

### Vitamin A

WHAT IT DOES-Vitamin A helps eyes adjust to dim light; needed for normal vision. Promotes healthy skin and lining of nose, throat, etc. Helps build resistance to infection.

SOURCES-Liver, egg yolk, butter, fortified margarine, dark green vegetables, carrots, sweet potatoes, squash, bright yellow-orange fruit, such as cantaloupe.

COMMENTS-Vitamin A in our diets is frequently low because one may not be using foods that furnish it. Vitamin A is a fat-soluble vitamin, and the body stores it. The form of vitamin A in fruits and vegetables is termed "vitamin A precursor".

### Vitamin C (Ascorbic Acid)

WHAT IT DOES-Vitamin C helps wounds heal. Aids healthy gums, firm teeth and strong bones. Holds body cells together and strengthens wall of blood cells. Helps body use iron. Helps build resistance to infection.

SOURCES-Citrus fruits and juices, strawberries, cantaloupe, watermelon, white potatoes, yams, green leafy vegetables, tomatoes.

COMMENTS-Vitamin C is easily destroyed by air, heat, alkali. Vitamin C may be added to juices naturally low in Vitamin C, such as grape juice (check labels).

### Riboflavin(B2)

WHAT IT DOES-Helps cells use oxygen to release energy from food.

SOURCES-Milk, liver, kidney, heart, lean meat, eggs and dark leafy greens.

### Niacin (B vitamin)

WHAT IT DOES-Helps the cells of the body use oxygen to produce energy. Helps to maintain health of skin, tongue, digestive tract and nervous system.

SOURCES-Liver, lean meat, poultry, fish, peanut butter, beans and peas, and whole grain and enriched breads and cereals.

### Thiamine (B1)

WHAT IT DOES-Helps body cells obtain energy from food.

SOURCES-Lean pork, heart, kidney, liver, dry beans and peas, whole grain and enriched cereal and breads, and some nuts.

## MINERALS

### CALCIUM

WHAT IT DOES-Calcium helps maintain hard bone and tooth structure. Assists in blood clotting. Helps in normal contraction of muscles.

SOURCES-Milk, yogurt, cheese, green leafy vegetables, sardines and salmon with bones.

COMMENTS-Inactivity, such as prolonged bed rest, promotes loss of calcium. The amount of calcium required continues throughout adult years.

### IRON

WHAT IT DOES-Iron helps build hemoglobin which carries oxygen to cells and carbon dioxide from cells. Helps prevent nutritional anemia.

SOURCES-Red meats, fresh or dried beans and peas, green leafy vegetables, prunes, raisins, whole grain or enriched cereals.

### WATER

WHAT IT DOES-Water is an important part of all cells and fluids in the body. Water is a carrier of nutrients to and waste from cells in the body. Aids in digestion and absorption of food. Helps to regulate body temperature.

SOURCES-Water, beverages, soup, fruits and vegetables. Most foods contain some water.

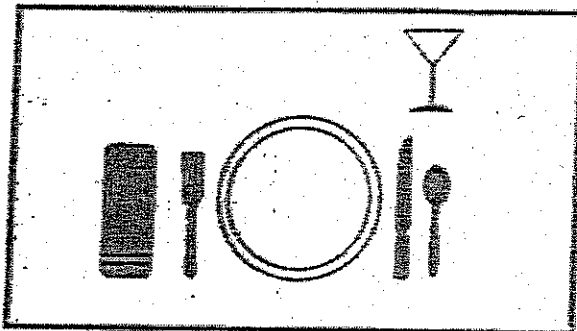


# Table Setting

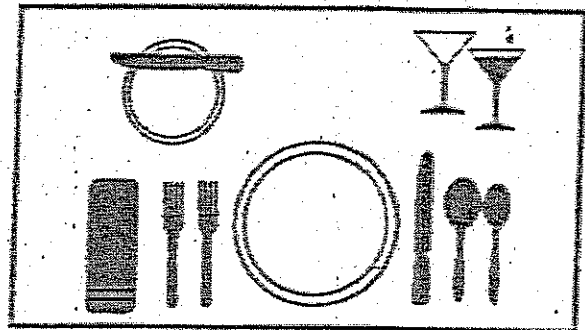
A neat, attractive table setting will add to the enjoyment of any meal, and is an important part of your 4-H Food and Nutrition project. Correct table setting involves placing dishes and flatware where they may be used most easily. Plan your place setting carefully so that the food you have prepared looks and tastes its best!

Before you begin setting a table you **MUST** know the menu. Plan your place setting so that it is appropriate for both the menu and the occasion.

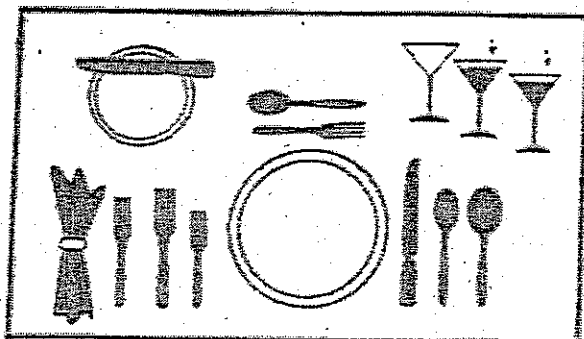
Everyday dishes are fine for breakfast, lunch and supper. For a more formal meal, such as a company dinner, you might decide to use the best silver and china. Paper dishes might be your choice for an outdoor picnic meal. In any case, use only the pieces of flatware, dishes and glasses needed for the foods to be served.



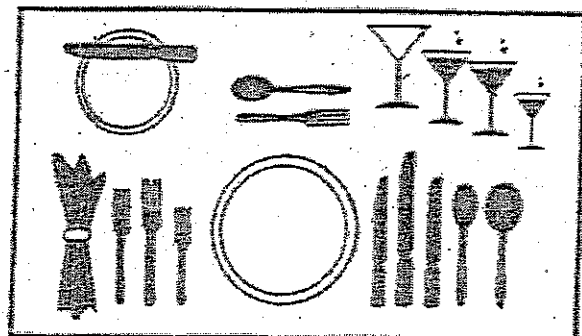
Casual



Informal



Formal



Very Formal

## Setting the Table

A *place setting*, or *cover*, includes all the flatware, the glasses, the dishes, and the napkins used by each person at a table. Allow 30 inches of space for each cover so that people are not crowded, and the table does not look cluttered. All pieces in the place setting should be lined up straight. The plate, the flatware, and the bottom of the napkins should be set one inch up from the edge of the table.

1. The plate is placed in the center of the cover area.
2. The flatware is placed in the order it will be used, with the pieces to be used first on the outside. Correct silverware placement:
  - The forks go on the left side of the plate.
  - The knife is placed on the right with the cutting edge toward the plate.
  - The spoon is placed to the right of the knife.
  - The soup spoon is placed to the extreme right.
  - Flatware to be used first is the farthest from the plate.
  - Never have more than three pieces of flatware at either side of the plate.
  - A dessert fork or spoon can be brought in with the dessert or placed at the top of the plate parallel to the edge of the table.
  - Individual butter spreaders rest at the top of the bread plate parallel to the table's edge.
3. The napkin can be placed next to the fork, or it can be folded in an interesting way and placed on the plate or in the glass. When placed next to the fork, the exposed corners face the bottom left to make it easy to pick up the napkin by one corner, let it drop and unfold completely before placing on the lap.
4. The water glass is placed just above the tip of the knife.
5. An extra glass for milk or an iced drink is placed to the right of the water glass and slightly below it. An iced-tea spoon is placed to the right of the teaspoon.
6. When a bread-and-butter or salad plate is used, place it on the left, just above the forks.
7. If a cup and saucer is placed with setting, it should be at the right of the plate, and below the glass.
8. A soup bowl should be placed in the center of the serving plate. The soup spoon goes on the right on the outside, since it will be used first.
9. For large crowds, salt and pepper containers are placed for every four to six people.

### Remember

Handle silverware by the handles only, never by the eating surfaces.

Place serving pieces to the right of the serving dish.

Fill glasses from the right, never lift the glass from the table when pouring.



## MENU PLANNING

When planning a menu, think of VARIETY! A good meal and menu will have a variety of:

- color: red tomatoes, green beans
- texture: crisp celery, mushy potatoes
- flavor: sour lemon, sweet frosting
- temperatures: hot soup, cold milk
- shape: spears of asparagus, baked beans

"That sounds like a real bother. Is it worth it?" someone asked. Well research has shown that the more variety, the more people will enjoy their meals. How would you feel if you were served:

Sliced Turkey  
Mashed Potatoes White Corn  
Angel Food Cake  
Milk

Imagine what it would look like-smell like-taste like. Or how about:

Sliced Ham  
Kidney Beans Stuffing  
Tea

Can you "see it"? "smell it" and "taste it"? Now imagine yourself at a table with a neat place setting and the following meal.

Chicken with Orange Sauce  
Red Beets Green Beans  
Hot Corn Bread  
Milk

What good example can you think of? These are the steps you can use.

1. Pick an entree (main dish-usually the meat dish)  
The entree is what the rest of the meal will be centered around.
2. Pick one or two vegetables.
3. Pick a bread or pasta.
4. If you want, pick a dessert-fruit desserts are a good choice.
5. Choose an appropriate beverage.

**REMEMBER-** Choose a variety of color, texture, flavor, temperature, shape.

## Judging Interview Do's

- Do get a good night's sleep before judging - it will reduce stress, make you more alert and help you to avoid the dreaded yawns!
- Do be aware of your overall appearance...clean hands and nails, brushed teeth, little or no perfume, neat hair and makeup, etc.
- Do greet the judge with a big smile and a firm handshake.
- Do practice good posture and positive body language (sit up straight, look directly at the judge, smile, lean forward, use proper hand gestures).
- Do maintain eye contact with the judge.
- Do listen attentively and accept criticism and advice graciously.
- Do speak clearly and concisely as you answer the judge's questions.
- Do be yourself - the judge will be able to sense if you are not being honest and genuine.
- Do show your enthusiasm and project knowledge!!
- Do thank your judge after the interview is over - make the last impression memorable!
- Do HAVE FUN - judging is a learning experience, not the end of the world!!

## Judging Interview Don'ts

- Don't have anything in your mouth except your teeth - no gum, candy or mints.
- Don't lean or put your elbows on the judging table.
- Don't show your nervousness by drumming your fingers, swinging your legs, putting your hands in your pockets or cracking your knuckles.
- Don't keep adjusting your clothes - this is a distraction to the judge and more importantly it can draw attention to improper fit or construction of your garment.
- Don't give one and two word answers...you have worked hard on your project - share your wealth of knowledge and your enthusiasm with the judge!
- Don't look down at your lap while you are talking - be sure to look directly at the judge and speak clearly.
- Don't interrupt, mumble, use profanity, or use slang terms such as "like" and "you know".
- Don't forget to smile and enjoy yourself!!