



## 2010 4-H FOODS AND NUTRITION JUDGING

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, accompanying leader guide, MyPyramid.gov, Power of Choice curriculum and [www.GrowupHealthy.org](http://www.GrowupHealthy.org)

### **Beginner, Juniors & Seniors should be familiar with the following:**

#### **MyPyramid**

MyPyramid is the newly revised food guide to assist in eating the correct foods to meet the body's needs and to emphasize the importance of physical activity.

MyPyramid is a model that shows us what foods to eat for good health.

Know that the color bands represent the different food groups  
*(Be able to recognize/match color to food group)*

Know that the different size bands show different portions of food needed  
*(Bands are wider at the base to remind us to select more of our food groups with less sugars and solid fats.)*

Be familiar with the new design and the significance of MyPyramid.  
*(Shape, colors, individual & steps)*

Know what constitutes as a serving size from each food group.

The pyramid promotes variety, moderation and balance.

*Click on For Kids and view:*

- ◆ MyPyramid for Kids Poster
- ◆ A Close Look at MyPyramid for Kids
- ◆ MyPyramid for Kids Worksheet: Blank form for practicing
- ◆ *MyPyramid Blast Off Game* is a wonderful study tool!

***Please note the correct names of the food groups!  
Dairy is not a group!***

**Beginner** – designed for the 8-10 year old

**Reference:** Foods Level A, “Six Easy Bites” and MyPyramid.gov,  
<http://www.fns.usda.gov/tn/Resources/blocks3.pdf> -pg 73

1. **Be familiar with the new MyPyramid.gov website:** See Textbox on page 1 of study guide. Be familiar with healthy food options from each food group, including the basics of meal planning. Also be familiar with the recommendations for physical activity and know examples of physical activity.
2. **Nutrition Labels:** Be able to read and understand a nutrition label. Know how to compare different food products and how to select healthy choices. Be familiar with the negative health effects of added sugar.
3. **Meal Planning:** Be able to identify which foods in a meal may be viewed as unhealthy, or foods that should only be eaten in moderation. Know examples of healthier foods that you could substitute for less healthy foods. Know the importance of eating fruits and vegetables, and having a lot of color in your meals.

**Junior** – designed for age 11-13, or experienced 8-10 year olds.

**References:** Foods Level A, “Six Easy Bites” and Food Level B, “Tasty Tidbits,” and “Chef’s Talk”, MyPyramid.gov, and <http://www.mypyramid.gov/steps/stepstohealthierweight.html>

1. **Food Safety-** Food safety is important for everyone to know. 4-H’ers must be able to identify when a food safety mistake has occurred, why it is a mistake, and how to fix the blooper. Visit [http://www.fsis.usda.gov/Food\\_Safety\\_Education/index.asp](http://www.fsis.usda.gov/Food_Safety_Education/index.asp) for Fact Sheets and resources for youth and teens.
2. **Measuring Math** – to prepare a quality food product accurate measuring is a must. 4-Hers should know how to convert measurements based upon “Measuring Math.” See the inside back cover of the project manual for examples. Training idea: select a recipe and ask teams of 4-Hers to indicate what specific measuring tools they would need to measure the ingredients for that recipe. 4-Hers will fill in the blanks.
3. **Portion Distortion**– 4-H’ers should know examples of food from each food group, how many servings from each food group would fit into a 1600 calorie diet, and what an actual serving size is for each food group. Visit [www.Mypyramid.gov](http://www.Mypyramid.gov) , and click on Inside the Pyramid, and Look up a Food for reference information.
4. **Consumer Education** – Evaluate and rank 4 similar foods according to the cost per serving. See page 14 of the old manual or page 18 new, “Tasty Tidbits” unit. Have 4-Hers compute cost per serving using different brands and sizes of a product.
5. **My Pyramid-** 4-H’ers should be able to identify the major food groups and their corresponding colors. 4-H’ers should also be able to provide examples of added sugars, know the health implications of too much sugar or saturated fat in a diet, and know the steps to take to maintain a healthy weight. Also be familiar with the recommendations for physical activity and know examples of physical activity.

**Senior** – designed for age 14 and older as well as younger experienced 4-Hers. The top ten from each county are eligible for the State 4-H Foods and Nutrition Judging contest at the Delaware State Fair.

**References:** Foods Level A, “Six Easy Bites” and Food Level B, “Tasty Tidbits,” and “Chef’s Talk”, Foods Level C, “You’re the Chef,” [www.MyPyramid.gov](http://www.MyPyramid.gov), <http://www.mypyramid.gov/steps/stepstohealthierweight.html>, and [www.GrowUpHealthy.org](http://www.GrowUpHealthy.org)

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