

481 – EVERYDAY FOOD & FITNESS

FOODS AND NUTRITION

- ✿ Member MUST participate in County Project/Interview Judging or 4-H Project will be INCOMPLETE.
- ✿ Member must attend **FCS (Family & Consumer Sciences) Project Judging Day** to be eligible for County Placement and State Fair Selection (if applicable).
- ✿ If the member cannot attend Project Judging, your project can be judged at Early Judging. However, Early Judging participants will not qualify for County Placement or State Fair.
- ✿ Project must be displayed at the Ross County Fair to receive fair premiums. Your exhibit can be participation in the *Bake Revue (refer below to “Fair Exhibit”) OR a poster displayed in fair booth. The Bake Revue is Tuesday of fair; entries accepted 9:00am – 12noon in Jr. Fair Building.
- ✿ **For Project Judging Dates & Times & Details:**
ASK your Club Advisor
READ the *May Family HOTLINE* sent to every 4-H family
LOOK on the 4-H website <http://ross.osu.edu>

Learn about MyPlate – to help you identify the amount needed daily from each food group.
Go to: <http://www.choosemyplate.gov/food-groups>

SKILL LEVEL: Beginning

COMPLETION:

1. All 7 Activities, including 5 recipes
2. All the “Talking It Over” questions
3. At least 2 Learning Experiences
4. At least 2 Leadership/Citizenship activities
5. **“Portfolio”** – Develop a 3-pronged folder that includes 8 ½ “ x 11” pages. Member will create a maximum of one page (one-sided only) per “Activity Area” or “Interest Area” as designated in the front of project book. Pages could be in collage, journaling, timeline, photo, or any other format that would illustrate the work and knowledge of member.

JUDGING:

1. Prepare and exhibit two foods (single serving size) from the project book. Do not bring the food you are bringing to the Bake Revue.
2. Bring a menu for one day which includes all the foods necessary to meet the MyPlate. Your menu will probably have 3 meals and 1 or 2 snacks. Include the foods brought to Judging on the menu. When writing your menu, think about: nutrients, flavors, colors, textures, shapes and temperatures. This menu can be written or typed.
3. Bring appropriate table setting for one person based on the food brought to Judging.
4. Bring completed project book.

COUNTY FAIR EXHIBIT:

Enter **IN** the Bake Revue - one (1) 4” x 4” piece of Black Bean Brownies (recipe at <http://go.osu.edu/brownies>)
If **NOT** in Bake Revue - Display in a fair booth, a 14” x 22” poster from Activity 3 “Eat the Rainbow”

STATE FAIR COMPETITION:

1. State Fair participants will be selected during county-level competition on FCS Project Judging Day.
2. Event: Food & Nutrition Days. Pencil, Project Presentation Folder, and Blank Clipboard (optional).



481 – EVERYDAY FOOD & FITNESS RECIPE FOR BAKE REVUE

BLACK BEAN BROWNIES pg.1



1. Drain and rinse beans.



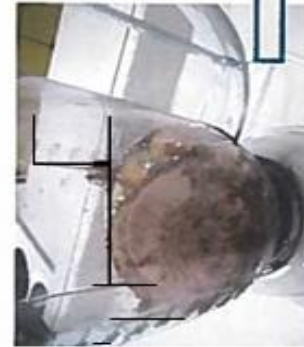
2. Put beans in blender.



3. Add eggs.



4. Add vegetable oil.
3 tablespoons



5. Add cocoa powder.
¼ cup



6. Add vanilla extract.
1 teaspoon



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Black Bean Brownies




Ingredients:

- 1 (15-ounce) can black beans, drained and rinsed
- 3 eggs
- 3 Tablespoons vegetable oil
- ¼ cup cocoa powder
- 1 pinch salt
- 1 teaspoon vanilla extract
- ¾ cup sugar
- ½ cup semisweet chocolate chips

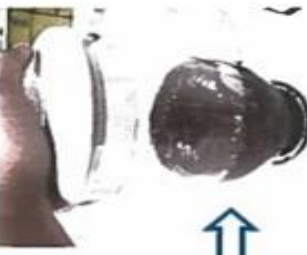


481 – EVERYDAY FOOD & FITNESS RECIPE FOR BAKE REVUE


BLACK BEAN BROWNIES pg.2




7. Add sugar. $\frac{1}{2}$ cup




8. Blend until smooth.




9. Grease 8 x 8 inch cooking pan.



10. Pour batter.

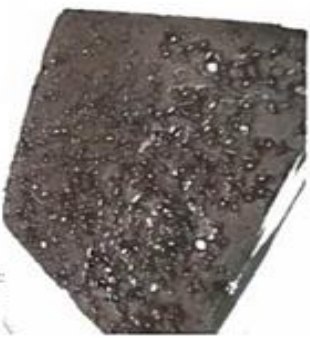


11. Add chocolate chips.



12. Bake for 30 minutes at 350 F.

Bake



Serving Size (57g) Servings Per Container 16	
Amount Per Serving	% Daily Value*
Calories 140	Calories from Fat 50
Total Fat 60g	9%
Saturated Fat 1.5g	8%
Trans Fat 0g	12%
Cholesterol 35mg	4%
Sodium 105mg	7%
Total Carbohydrate 20g	
Sugars 14g	
Protein 3g	
Vitamin A 0%	Vitamin C 0%
Calcium 2%	Iron 4%

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