

Ross County 4-H Food and Nutrition Supplement

Food and Nutrition Guidelines

- Check the suggested age level in the front of the project book or the Family Guide to be sure you are in the right project.
- Before project judging, check the Ross County 4-H Project Requirements included in the front of your project book.
- At judging- bring a menu for one day which includes all the foods necessary to meet 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. (Does not apply to project #490 - Science Fun with Dairy Foods, #492 Cake Decorating, or # 670 Canning or Freezing.)
- At judging, all members must do their own set-up.
- Judges may or may not taste your food.
- To redeem a premium voucher for a Foods & Nutrition project, a member must either participate in the Bake Review at the Ross County Fair or exhibit the required item(s) or poster in their club booth or the 4-H Miscellaneous Booth provided in the Jr. Fair Building at the Ross County Fair.

Foods and Nutrition Projects

459	Let's Start Cooking	(Beginner Level)
461	Let's Bake Quick Breads	(Intermediate Level)
462	Yeast Breads on the Rise	(Advanced Level)
463	Sports Nutrition: Ready, Set, Go	(Intermediate Level)
467	Cooking On My Own	(Advanced Level)
469	Global Gourmet	(Advanced Level)
472	Grill Master	(Intermediate Level)
474	Beyond the Grill	(Advanced Level)
475	Star Spangled Foods	(Intermediate Level)
476	Kitchen Boss	(Advanced Level)
477	Party Planner	(Intermediate Level)
481	Everyday Food and Fitness	(Beginner Level)
484	Snack Attack	(Beginner Level)
485	Racing the Clock to Awesome Meals	(Intermediate Level)
487	Take a Break for Breakfast	(Beginner Level)
490	Science Fun With Dairy Foods	(Beginner Level)
492	Cake Decorating	(All Levels)
670	Canning and Freezing	(Intermediate Level)

MEAL PLANNING



The keys to combining various foods into well-planned meals are Balance of Food Nutrients and Variety of Food Temperatures, Flavors, Colors, Shapes, Textures, and Amount. Menus are usually built around the main dish or protein food, which may be a meat or meat substitute. For most 4-H projects you will need to develop a menu that covers a whole day's meals and snacks.

- Plan meals for **good nutrition** - include a least one serving for each of the basic food groups. A nutritious snack would have food items for typically 2 food groups. The total day's menus should have foods to cover MyPlate at each meal, and include foods promoted on the Choose MyPlate 10 Tips to a Great Plate Guide Sheet. This sheet should be in your Food and Nutrition Supplement or found at <https://go.osu.edu/greatplate>.
- Contrast temperatures of foods at meals. Most meals have at least one hot and one cold food. Example meal - hot grilled chicken, wild rice, and sweet garden peas; with cold apple slices and skim milk; and medium temperature wheat bread and peanut butter cookie. Always serve hot foods hot and cold foods well chilled.
- Flavor differences make foods more appetizing, like: mild flavored wild rice, spicy grilled herbed chicken, tart apple slices, and sweet cookie. Never serve more than one spicy or highly flavored food at a meal.
- Choose foods with a variety of colors, like red spaghetti sauce, white or light brown pasta, green and colorful salad, golden brown bread, white milk, and mixed color fruit cup.
- Vary the shapes and forms of food at a meal. For example green peas look better with mashed or sliced potatoes than with whole round potatoes.
- Contrast textures of foods such as juicy orange wedges; crisp and chewy toast; and soft scrambled eggs.

MEASURING RIGHT

An excellent product depends on the correct amount of ingredients. Your first step in making successful breads or any successful food preparation is learning to measure correctly.

Flour and Dry Ingredients – Measure all-purpose or self-rising flour into a sifter. Sift onto wax paper. Spoon lightly into a standard dry measuring cup, heaping it above the rim. Level off with a straight-edged spatula. Sift with other dry ingredients to blend.

Whole Wheat Flour – is not sifted. Stir it and then spoon into measuring cup until heaping and level off.

Baking Powder, Salt, Soda, Spices – Fill measuring spoon heaping full and then level off.

Granulated Sugar – Spoon into a dry measuring cup to get heaping full. Level off.

Brown Sugar – Pack firmly into a standard dry measuring cup and level off. Sugar should hold its shape when emptied from cup.

Shortening or Margarine – Pack firmly into a standard dry measuring cup, leaving no air spaces. Level off with a spatula. If using a stick of margarine, follow the measuring guide on the wrapper and cut off the needed amount.

Milk or Other Liquid – Pour into a liquid measuring cup. Set on a level surface. Check amount at eye level for accuracy.



FORMAT FOR WRITTEN MENUS

Written menus may be very simple –as for a snack of one or two items. Or they may include many foods items – as a company meal. The same rules apply to any menu.

1. Capitalize the first letter of all words except “and,” “with”, etc.
2. Begin menu with the food item served first, when writing main course list main dish first. For example:

Fresh Orange Juice
Scrambled Eggs with Ham Bits
Whole Wheat Toast and Butter

3. When an item on the menu has a special accompaniment, write it as follows:

Broiled Hot Dog Pickle Relish
OR
Broiled Hot Dog
Pickle Relish

4. When a food is accompanied by 2 or more items write it one of these ways:

Sesame Seed Wafers Cheddar Cheese Ball Saltines
OR
Cheddar Cheese Ball
Sesame Seed Wafers Saltines

5. The beverage (s) appears as the last item (except for breakfast juices and juice served as appetizer – they go first)
6. Words should be used to describe the kind of food or how it is prepared. For Example:

Lettuce Wedge with Russian Dressing, NOT Lettuce Salad
Hot Spiced Cider, NOT Cider
Diced Parsley Potatoes, NOT Potatoes

7. Plan the spacing and arrangement of the items of the menu so the written menu is symmetrical. Allow extra spacing between courses if possible:

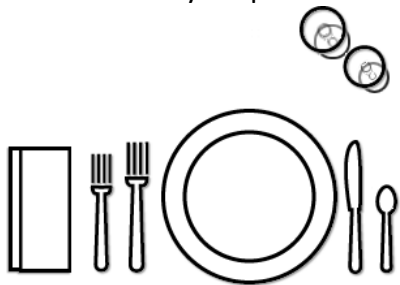
Broiled Sirloin Steak
Baked Potato Sour Cream
Mixed Green Salad
Crescent Rolls Raspberry Jam
Lemon Ice
Coffee Milk

“HOW TO” SUGGESTIONS FOR YOUR PLACE SETTINGS

All the dishes, flatware, glasses and linen used for one place setting are known as the “cover”.

Allow 20-24” inches at the table for each person.

A basic place setting will look like this: (If all items pictured are not needed for the meal you have planned it is not necessary to include them in your place setting.)



- Napkin, open corners closest to plate
- Dinner fork, tines up
- Plate (and flatware, 1 inch from table edge)
- Knife, sharp edge toward plate
- Teaspoon, bowl up
- Water glass above knife

If the menu is one for which you need other dishes, glasses or flatware follow these suggestions:

Flatware - The general rule is to arrange in order of use from outside toward the plate.

Salad Fork – If salad is served before main course, place to the left of dinner fork. This fork may be used for dessert: then it is placed next to the plate or put on the table only when dessert is served.

Soup Spoon – Place to right of teaspoon.

Salad Plate or Bowl – Place above fork or to the left of the napkin (if bread and butter plate is used.)

Bread and Butter Plate – Place above fork or to the left. A bread-and-butter knife is placed on the rim of the plate in line with the side or end of the table.

Milk Glass – Place to the right and slightly below water glass; may replace water glass if no water is served.

Cup and Saucer - Place to the right of spoons

Soup and Cereal Bowl – Place in the center of the plate

Napkin - May be folded in triangle for informal settings.

Centerpiece – Not required.

TABLE SETTING SUGGESTIONS

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(s). Correct table setting involves placing dishes and flatware where they may be used most conveniently and easily. Plan your place setting carefully, so that the food you have prepared looks and tastes its best!

Plan your place setting so that it is appropriate for both the menu and occasion.

Everyday dishes are fine for breakfast, lunch, and supper meals. For a more formal meal, such as company dinner you might decide to use Mother's best silver and china. Paper dishes might even be your choice for an outdoor picnic meal. **USE ONLY PIECES OF FLATWARE, DISHES AND GLASSES NEEDED FOR THE FOODS TO BE SERVED.**

The place setting should be attractive and well-coordinated.

For example, plastic or bamboo place mats could be selected for use with plastic or pottery dishes, while a sheer white embroidered place mat or tablecloth and napkin would combine with fine china and crystal.

Paper napkins are a good choice for use with most everyday dishes and table covers. Try to plan your place setting so that all parts harmonize in texture, color, scale, and design – just as you plan an outfit to wear. If dishes are patterned, a plain table cover usually looks best – such as combining a yellow flowered plate with a plain brown or dark blue table cover.

A suitable arrangement of your place setting is enticing.

Dishes, flatware, linens, and other accessories for your place setting are to be arranged properly. Remember, include only those table service items needed for food in your menu.



FOOD GROUPS

How many vegetables are needed daily or weekly?

Vegetable choices should be selected from among the vegetable subgroups. It is not necessary to eat vegetables from each subgroup daily. However, over a week, try to consume the amounts listed from each subgroup to reach your daily intake recommendation.

The number of vegetables you need to eat depends on your age, sex, and level of physical activity. Recommended total daily amounts are shown in the first chart. Recommended weekly amounts from each vegetable subgroup are shown in the second chart.

Daily recommendation*		
Children	2-3 years old	1 cup**
	4-8 years old	1 ½ cups**
Girls	9-13 years old	2 cups**
	14-18 years old	2 ½ cups**
Boys	9-13 years old	2 ½ cups**
	14-18 years old	3 cups**
Women	19-30 years old	2 ½ cups**
	31-50 years old	2 ½ cups**
	51+ years old	2 cups**
Men	19-30 years old	3 cups**
	31-50 years old	3 cups**
	51+ years old	2 ½ cups**

*These amounts are appropriate for individuals who get less than 30 minutes per day of moderate physical activity, beyond normal daily activities. Those who are more physically active may be able to consume more while staying within calorie needs.

Vegetable subgroup recommendations are given as amounts to eat WEEKLY. It is not necessary to eat vegetables from each subgroup daily. However, over a week, try to consume the amounts listed from each subgroup to reach your daily intake recommendation. AMOUNT PER WEEK**

		Dark Green Vegetables	Red and orange vegetables	Beans and Peas	Starchy Vegetables	Other Vegetables
Children	2-3 years old	½ cup	2 ½ cups	½ cup	2 cups	1 ½ cups
	4-8 years old	1 cup	3 cups	½ cup	3 ½ cups	2 ½ cups
Girls	9-13 years old	1 ½ cups	4 cups	1 cup	1 cup	3 ½ cups
	14-18 years old	1 ½ cups	5 ½ cups	1 ½ cups	1 ½ cups	4 cups
Boys	9-13 years old	1 ½ cups	5 ½ cups	1 ½ cups	1 ½ cups	4 cups
	14-18 years old	2 cups	6 cups	2 cups	2 cups	5 cups
Women	19-30 years old	1 ½ cups	5 ½ cups	1 ½ cups	1 ½ cups	4 cups
	31-50 years old	1 ½ cups	5 ½ cups	1 ½ cups	1 ½ cups	4 cups
	51+ years old	1 ½ cups	4 cups	1 cup	1 cup	3 ½ cups
Men	19-30 years old	2 cups	6 cups	2 cups	6 cups	5 cups
	31-50 years old	2 cups	6 cups	2 cups	6 cups	5 cups
	51+ years old	1 ½ cups	5 ½ cups	1 ½ cups	5 cups	4 cups

Key Consumer Message: *Make half you plate fruits and vegetables.*

FOOD GROUPS

How much food from the Protein Foods Group is needed daily?

The amount of food from the Protein Foods Group you need to eat depends on age, sex, and level of physical activity. Most Americans eat enough food from this group but need to make leaner and more varied selections of these foods. Recommended daily amounts are shown in the chart.

Daily recommendation*		
Children	2-3 years old	2-ounce equivalents**
	4-8 years old	4-ounce equivalents**
Girls	9-13 years old	5-ounce equivalents**
	14-18 years old	5-ounce equivalents**
Boys	9-13 years old	5-ounce equivalents**
	14-18 years old	6 ½ ounce equivalents**
Women	19-30 years old	5 ½ ounce equivalents**
	31-50 years old	5-ounce equivalents**
	51+ years old	5-ounce equivalents**
Men	19-30 years old	6 ½ ounce equivalents**
	31-50 years old	6-ounce equivalents**
	51+ years old	5 ½ ounce equivalents**

*These amounts are appropriate for individuals who get less than 30 minutes per day of moderate physical activity, beyond normal daily activities. Those who are more physically active may be able to consume more while staying within calorie need.

How Much Food from the Dairy Group is Needed Daily?

The amount of food from the Dairy Group you need to eat depends on age. Recommended daily amounts are shown in the chart below.

Children	2-3 years old	2 cups
	4-8 years old	2 ½ cups
Girls	9-13 years old	3 cups
	14-18 years old	3 cups
Boys	9-13 years old	3 cups
	14-18 years old	3 cups
Women	19-30 years old	3 cups
	31-50 years old	3 cups
	51+ years old	3 cups
Men	19-30 years old	3 cups
	31-50 years old	3 cups
	51+ years old	3 cups



Key Consumer Message Switch to fat-free or low-fat (1%) milk.

FOOD GROUPS

How much fruit is needed daily?

The amount of fruit you need to eat depends on age, sex, and level of physical activity. Recommended daily amounts are shown in the chart.

Daily recommendation*		
Children	2-3 years old	1 cup**
	4-8 years old	1 to 1 ½ cups**
Girls	9-13 years old	1 ½ cups**
	14-18 years old	1 ½ cups**
Boys	9-13 years old	1 ½ cups**
	14-18 years old	2 cups**
Women	19-30 years old	2 cups**
	31-50 years old	1 ½ cups**
	51+ years old	1 ½ cups**
Men	19-30 years old	2 cups**
	31-50 years old	2 cups**
	51+ years old	2 cups**

*These amounts are appropriate for individuals who get less than 30 minutes per day of moderate physical activity, beyond normal daily activities. Those who are more physically active may be able to consume more while staying within calorie need.

Key Consumer Message: *Make half your plate fruits and vegetables.*

FOOD GROUPS

How many grain foods are needed daily?

The number of grains you need to eat depends on your age, sex, and level of physical activity. Recommended daily amounts are listed in the chart. Most Americans consume enough grains, but few are whole grains. **At least half of all the grains eaten should be whole grains.**

		Daily recommendation*	Daily minimum number of whole grains
Children	2-3 years old	3-ounce equivalents**	1 ½ ounce equivalents**
	4-8 years old	5-ounce equivalents**	2 ½ ounce equivalents**
Girls	9-13 years old	5-ounce equivalents**	3-ounce equivalents**
	14-18 years old	6-ounce equivalents**	3-ounce equivalents**
Boys	9-13 years old	6-ounce equivalents**	3-ounce equivalents**
	14-18 years old	8-ounce equivalents**	4-ounce equivalents**
Women	19-30 years old	6-ounce equivalents**	3-ounce equivalents**
	31-50 years old	6-ounce equivalents**	3-ounce equivalents**
	51+ years old	5-ounce equivalents**	3-ounce equivalents**
Men	19-30 years old	8-ounce equivalents**	4-ounce equivalents**
	31-50 years old	7-ounce equivalents**	3 ½ ounce equivalents**
	51+ years old	6-ounce equivalents**	3-ounce equivalents**

*These amounts are appropriate for individuals who get less than 30 minutes per day of moderate physical activity, beyond normal daily activities. Those who are more physically active may be able to consume more while staying within calorie need.

Key Consumer Message: *Make at least half your grains whole grains.*