

4-H Food Activity Worksheet



- Primaries – Complete Page 1 (Background)
 - Be prepared to discuss kitchen safety with the judge
 - Juniors – Complete Page 1 and Steps 1 and 2 of Page 2 (Daily Food Plan)
 - Be prepared to discuss kitchen safety, food groups and serving sizes with the judge
 - Intermediates – Complete Pages 1 and 2 (Steps 1-3)
 - Be prepared to discuss kitchen safety, food groups, serving sizes and major nutrients with the judge
 - Seniors – Complete Pages 1, 2 and 3 (Meal Cost Worksheet)
 - Be prepared to discuss kitchen safety, organization, food groups, serving sizes, major nutrients and the cost of your activity with the judge
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4-H Food Activity Background

Name: _____

Activity: _____

Division: Primary (K-2) _____ Junior (3-5) _____ Intermediate (6-8) _____ Senior(9-12) _____

Years in 4-H: _____ Years in Project: _____ Years in this Activity: _____

County: _____ Judge's Name: _____

Time Started: _____ Time Ended: _____

Time needed in preparation, service, cleanup and interview with judge: _____

RECIPE	#1	#2
Name of Recipe		
Source of Recipe		
Number of Servings		
Recipe Attached?		

4-H Food Activity Daily Food Plan



Step 1 (Juniors, Intermediates and Seniors):

- Go to <http://www.choosemyplate.gov/myplate/index.aspx>
- Click on “My Plate Daily Checklist: under “My Plate Checklist Calculator”
- Enter your age, gender, weight, height and amount of physical exercise
- Click Calculate Food Plan
- Click “Your recommended calorie plan”
- The screen should show you your personalized Daily Food Plan under “My Plate Daily Checklist”

Step 2 (Juniors, Intermediates and Seniors):

- Print the My Plate Daily Checklist, page 1 (My Plate Daily Checklist- Find your Healthy Eating Style on the My Plate site)
- Bring the My Daily Checklist, as part of your worksheet, to the judge

Step 3 (Intermediates and Seniors):

- Print the My Plate Daily Checklist Worksheet second sheet.
- List the food planned for one day, including all meals and snacks, in the “Write in Your Food Choices for each food group” column
- List each food choice in its food group (Recipe or Meal Cost Worksheet) (Part 2)
- Estimate your total number of servings and compare to your goal
- Bring this worksheet to the judge

Step 4 (Seniors)

- Copy the two pages of Recipe or Meal Cost Worksheet. (Part 2)
- Calculate or estimate the food items used for recipe or meal. Do not need to calculate cost of spices/herbs