

4-H Food Activity Worksheet



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

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 MyPlate Plan



Juniors, Intermediates and Seniors:

- Go to myplate.gov
- Scroll to bottom of page to tools
- Scroll to *MyPlate Plan*
- Click on *Get Your Plan*
- Click Start
- Add required information
- Click *Calculate Food Plan*
- Click on your calories and download your *MyPlate Plan*
- Print *MyPlate Plan* (2 Pages)
- Complete your *MyPlate Plan*
- Bring your 4-H Food Activity Worksheet and your MyPlate Plan to the judge

Seniors:

- Estimate the cost of your activity and be prepared to present and discuss this information with the judge