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

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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:____________

<table>
<thead>
<tr>
<th>RECIPE</th>
<th>#1</th>
<th>#2</th>
</tr>
</thead>
<tbody>
<tr>
<td>Name of Recipe</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Source of Recipe</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Number of Servings</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Recipe Attached?</td>
<td></td>
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</tr>
</tbody>
</table>
4-H Food Activity *MyPlate* Plan

**Juniors, Intermediates and Seniors:**

- Go to [myplate.gov](http://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