**2015 4-H FOODS & NUTRITION JUDGING LEADER’S GUIDE**

This guide has been developed to assist 4-H volunteers in providing training for 4-H youth prior to the County and State 4-H Foods and Nutrition Judging contest. This event is conducted annually to support learning in all foods and nutrition projects. The top ten senior participants from each county are eligible to participate in the state contest. Should ten seniors not be available, juniors may be named to the County Team.

References for this event are the 4-H Foods and Nutrition project manuals, accompanying leader guide, and choosemyplate.gov.

**Choose My Plate**

Choose My Plate is the USDA nutrition guide to assist in eating the correct foods to meet the body’s needs and to emphasize the importance of physical activity. 4-H’ers should be familiar with the following:

- **My Plate Tab**
  - Know each food group and the key consumer message
  - Be able to provide examples of food from each group
  - Know the recommended serving size for each food group
  - Know the health benefits and nutrients for each food group

- **Physical Activity Tab**
  - Know the difference between vigorous, moderate, and light physical activity and be able to provide examples of each
  - Know why physical activity is important
  - Know how much physical activity is recommended for various age groups
  - Be able to provide suggestions for increasing physical activity

- **Healthy Eating Tips Tab**
  - Know Tips for Eating Healthy When Eating Out
  - Be familiar with Food Safety Advice

**4-H Foods and Nutrition Project Books**


- **Cooking Terminology**
  - Beginner 4-H’ers should be able to identify and match cooking terminology and its definition
  - Senior 4-H’ers should be able to provide definitions for cooking terminology

- **Tools of the Trade**
  - Beginner 4-H’ers should be able to identify different food preparation tools and equipment
• **Consumer Education**
  o Compare and Contrast: Be able to rank a group of similar foods based on size, uniformity, and visual appeal.
  o Nutrition Labels: Senior 4-H’ers should be able to read and understand a nutrition label. Know where to find information about serving size and ingredients.
  o Food Economics: Senior 4-H’ers should be able to compute cost per serving for foods, and identify the best buy.

• **Measuring Math**
  o Beginner 4-H’ers should be able to identify and match conversions for dry & liquid ingredients.
  o Senior 4-H’ers should be able to provide conversions for dry & liquid ingredients.
    ▪ Example: 4 tablespoons = ________cup