February 2, 2016

To: 4-H Foods Members & Leaders
4-H Organizational Leaders
Cloverbud 4-H Members

Dear Members and Leaders:

The Renville County 4-H Foods Review will be held Sunday, March 6, 2016 from 3:00p.m.-5:00p.m. in Room 116/117 of the Renville County Government Center in Olivia. Registration deadline is February 24th. All 4-H members and 4-H Cloverbud members are welcome and encouraged to participate. Participants will register for a judging time by either calling the office at: 320-523-3713 or by email: lmaurice@umn.edu.

What is Foods Review, and what do you do?

Foods Review is an exhibit you design that has a table setting, a menu, your recipe, and a centerpiece. It is fun to participate in this event and the steps below explain how to do it.

1. Choose a recipe from a cookbook or a favorite of your family. Your recipe should be appropriate for your age, and should be something you enjoy making and are able to do yourself.

2. Make a table setting to go with your food choice. Select a centerpiece, tablecloth or placemat, and dishes that you would use to serve your food choice.

3. Type or write your recipe on an 8 1/2 x 11" paper and mount in a photo frame so it can be displayed sitting on the table.

4. Type your menu on another 8 1/2 x 11" paper and also mount in a photo frame

5. Learn as much as you can about your food. You should know what food group it is in and how you prepare it.

6. Your exhibit will look like this:
   - Table setting and table covering to match the food you have chosen.
   - Two photo frames, one with the menu on it setup free standing on the left side, and the one with the recipe of the food you made on the right.
   - The one food item made and placed in your exhibit. Make your food item before you come to Foods Review (it can be heated up on site only).

7. Pictures will be taken as you arrive so you do not need to bring a photo.
   (Tables are provided for your exhibit.)
The judge will come to each table and will ask you about the preparation of your food and the nutrition in your suggested menu. Your exhibit will be judged according to appearance and your knowledge, so be creative and use your imagination to put your exhibit together. When the judge is finished at your table, you may pack up and leave if you wish or stay to hear the Champion & Reserve Champion announced at the end of the judging time.

Foods Review is an exhibit, just like you exhibit at the fair. It also is a nice way to get your foods exhibit done early, or a way to do another foods exhibit besides the one you will do for the fair. All exhibitors receive a blue, red or white ribbon and a premium for participating. Honor group members from this event are placed in the State Fair Line-up and may receive a State Fair trip if they are 6th grade or older.

**Cloverbud 4-H Members**

All 4-H Cloverbuds are welcome to try the 4-H Foods Review. Members can pick very simple recipes like: Peanut butter and jelly sandwich, snack mix, grilled cheese, or anything else you might help your family make. Cloverbuds are awarded a special Cloverbud ribbon and receive a premium. This is a fun event for Cloverbuds and hopefully you will think about participating.

**Recipe Book**

Please bring an extra copy of the recipe for your food item for our Foods Review Recipe Book. You will receive a copy of the recipe book once it is completed. It will be mailed to you.

**County Fair**

Would you be interested in displaying your Foods Review at the fair? You would bring your place setting and a picture of your food. If you want to do this, we'll have a sign up for you.

**Volunteers**

We could use some help. If you would like to help with registration, take pictures, help collect recipes for the cookbook or hand out awards, please let the Extension Office know by calling, emailing or filling out the bottom of the registration form.

**Enclosures**

Enclosed are additional materials to help make your Foods Review experience great!
   Foods Review check sheet, my plate information, questions you may be asked
SAMPLE FOOD REVIEW IDEAS

Note that not every display needs to be “formal”. Below are ideas for several Food Review displays. It would be helpful to have a sample menu and recipe display. This could be put into a project kit box.

1. Birthday party theme
   - Something you would serve at the entrée at the birthday party
   - Balloons
   - Paper plate and napkins
   - Toys or presents as center piece

2. Fishing theme
   - Fish dish
   - Fishing lures
   - Fish bait bucket
   - Fish tackle box
   - Net

3. Hunting theme
   - Venison meal
   - Camouflage textile print
   - Deer or other model knick knack

4. Ethnic food theme such as Chinese
   - Theme around stir fry
   - Chop sticks
   - Fan
   - Oriental dishes

5. Magic show theme
   - Top hat
   - Stuffed rabbit

6. Picnic theme
   - Checkered table cloth
   - Favorite picnic food
   - Paper plates and plastic silverware

7. Farm theme
   - John Deere tractor memorabilia
   - Hardy meat dish

8. Harvest theme
   - Red bandana napkins
   - Vase with stalks of wheat

9. Bee theme
   - Snack mix
   - Yellow and black colors
   - Pooh dish wear
4-H Foods Review

Things To Remember

- Pick a recipe that is nutritious, fairly inexpensive, and easy and fun to make! (Be sure you prepare a food for your age group and area of the project you are in.)

- Be able to tell how your food fits into the food groups and other nutritional information, such as what vitamins are in the food. Remember—we now have "MyPlate" instead of "My Pyramid". Read the handout on MyPlate for more information!

- Make your table setting colorful and attractive. Be creative! Also, remember, you display the complete place setting but only show the food you made.

- Your posters should be two 8-1/2 x 11 inch posters. One should have your menu on it, the other with your recipe. If you choose to write your menu and recipe out by hand, be sure to write on the dull side of the tag board so it won't smudge.

- When setting up the posters, put the menu on the left side of the table and the recipe on the right. This is because people read from left to right.

- Dress nicely and wear your hair away from your face. Try to keep your hands away from your face when working with food. Try not to lick your fingers!!

- Most of all.................SMILE and HAVE FUN!!

Good Luck!
What's on your plate?

Before you eat, think about what and how much food goes on your plate or in your cup or bowl. Over the day, include foods from all food groups: vegetables, fruits, whole grains, low-fat dairy products, and lean protein foods.

- Make half your plate fruits and vegetables.
- Make at least half your grains whole.
- Switch to skim or 1% milk.
- Vary your protein food choices.

Choose MyPlate.gov
<table>
<thead>
<tr>
<th>Vegetables</th>
<th>Fruits</th>
<th>Grains</th>
<th>Dairy</th>
<th>Protein Foods</th>
</tr>
</thead>
<tbody>
<tr>
<td>Eat more red, orange, and dark-green veggies like tomatoes, sweet potatoes, and broccoli in main dishes. Add beans or peas to salads (kidney or chickpeas), soups (split peas or lentils), and side dishes (pinto or baked beans), or serve as a main dish. Fresh, frozen, and canned vegetables all count. Choose &quot;reduced sodium&quot; or &quot;no-salt-added&quot; canned veggies.</td>
<td>Use fruits as snacks, salads, and desserts. At breakfast, top your cereal with bananas or strawberries; add blueberries to pancakes. Buy fruits that are dried, frozen, and canned (in water or 100% juice), as well as fresh fruits. Select 100% fruit juice when choosing juices.</td>
<td>Substitute whole-grain choices for refined-grain breads, bagels, rolls, breakfast cereals, crackers, rice, and pasta. Check the ingredients list on product labels for the words &quot;whole&quot; or &quot;whole grain&quot; before the grain ingredient name. Choose products that name a whole grain first on the ingredients list.</td>
<td>Choose skim (fat-free) or 1% (low-fat) milk. They have the same amount of calcium and other essential nutrients as whole milk, but less fat and calories. Top fruit salads and baked potatoes with low-fat yogurt. If you are lactose intolerant, try lactose-free milk or fortified soymilk (soy beverage).</td>
<td>Eat a variety of foods from the protein food group each week, such as seafood, beans and peas, and nuts as well as lean meats, poultry, and eggs. Twice a week, make seafood the protein on your plate. Choose lean meats and ground beef that are at least 90% lean. Trim or drain fat from meat and remove skin from poultry to cut fat and calories.</td>
</tr>
</tbody>
</table>

For a 2,000-calorie daily food plan, you need the amounts below from each food group. To find amounts personalized for you, go to ChooseMyPlate.gov.

<table>
<thead>
<tr>
<th>Eat 2½ cups every day</th>
<th>Eat 2 cups every day</th>
<th>Eat 6 ounces every day</th>
<th>Get 3 cups every day</th>
<th>Eat 5½ ounces every day</th>
</tr>
</thead>
<tbody>
<tr>
<td>What counts as a cup?</td>
<td>What counts as a cup?</td>
<td>What counts as an ounce?</td>
<td>What counts as an ounce?</td>
<td>What counts as an ounce?</td>
</tr>
<tr>
<td>1 cup of raw or cooked vegetables or vegetable juice; 2 cups of leafy salad greens</td>
<td>1 cup of raw or cooked fruit or 100% fruit juice; ½ cup dried fruit</td>
<td>1 slice of bread; ½ cup of cooked rice, cereal, or pasta; 1 ounce of ready-to-eat cereal</td>
<td>1 cup of milk, yogurt, or fortified soymilk; 1½ ounces natural or 2 ounces processed cheese</td>
<td>1 ounce of lean meat, poultry, or fish; 1 egg; 1 Tbsp peanut butter; ½ ounce nuts or seeds; ½ cup beans or peas</td>
</tr>
</tbody>
</table>

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FOODS REVIEW

Suggested Questions for Conference Judging

1. Tell me about your exhibit. How did you prepare this food? Where did you get the recipe? Have you changed the recipe and how? Who helped you in preparing this food?

2. Why did you choose this food? How often have you prepared it?

3. How does this food fit your ability and interests?


5. What food groups are in your menu? Does the food fit the menu? Will it look well with other foods on the menu? Does the menu have variety of texture, flavor, color, temperature and nutrients?

6. What vitamins and nutrients are in your meal? What do they do in the body? What nutrients does the menu provide? What do they do in the body? Is the menu balanced so it includes all foods listed in the daily food guide? How could the menu be varied to provide more nutrients? To cut down on certain nutrients? To increase or decrease calories?

7. Would it take a long time to prepare the menu? Why or why not? Is this menu easy to prepare? Why or why not? What skills are needed? How could this menu be varied so it would take less time to prepare? Cost less? Be easier?

8. Is the table setting attractive? Is this a formal or informal meal? Correctly arranged? Would this setting be used for the intended occasion?

9. How much does your meal cost?