

**2010 Healthy Lifestyles Competition**  
**April 17, 2010 • Montgomery County 4-H Office**  
**Guidelines to Events**

AGE DIVISIONS— JUNIOR: 8-10 yrs.; INTERMEDIATE: 11-13 yrs.; SENIOR: 14-18 yrs.  
(Please use 4-H age—your age as of January 1, 2010)

**ALL ENTRIES ARE TO BE BROUGHT TO THE 4-H OFFICE THE MORNING OF THE EVENT.**

**...HEALTHY LIFESTYLES POSTER CONTEST...**

Bring to the Montgomery County 4-H Office by 8:45 am

Express your creativity and nutrition understanding by making a poster.

*Guidelines:*

1. The 2010 theme for all posters is "Plant the Seed of Good Health Now."
2. One poster entry per 4-H member is accepted.
3. Posters may be either horizontal or vertical.
4. The poster's dimensions must be 14" x 22" (half a sheet of full-size poster board).
5. Poster may be designed using water color, ink, crayon, acrylic, charcoal, oils, or collage. It may not be three-dimensional.
6. Well-known cartoon figures (Snoopy, Barney, Superman, etc...) can not be used because they are copyrighted. Brand names of food can not be used.
7. The 4-H member's name, 4-H age, address, and a brief interpretive statement should be clearly written on an index card and attached to the back of each poster in the upper left-hand corner.

**...FORMAL and INFORMAL 4-H TABLESETTING EVENT...**

Bring to the Montgomery County 4-H Office by 8:45 am

Do you enjoy planning a party or special event? Or perhaps you have a way of turning an ordinary meal into a delicious feast for the eyes and mouth. The 4-H Tablesetting Event is a fun and creative way to show off your menu planning skills, table setting knowledge, and decorating style. No food preparation is required.

*Guidelines:*

1. Each 4-H participant may enter only one tablesetting, either formal or informal. (The difference between formal and informal has to do with the table dressing, number of courses, and type of china.)
2. The space allowed for each formal entry will be 36" long and 30" wide. Informal entries should be limited to 20" x 15"—the same dimension requirement as the County Fair.
3. Participants should select a theme/occasion for their tablesetting. They will be required to plan a menu for the theme/occasion, but will not prepare the food. Theme and menu must be displayed on the table.
4. Menu may be handwritten or typed. Careful consideration should be given to nutrition, flavor, color, and texture of the meal. The menu should be written in an acceptable format.
5. The tablesetting should reflect all that is needed to eat the meal on your menu, including flatware, glassware, and dishes. Decorations, centerpiece, placemats or tablecloth should be appropriate to the theme of the event. All of these items must be furnished by the participant.
6. 4-H participants must assemble their placesetting completely by themselves at the event location.
7. Each 4-H participant will have a scheduled one-on-one time to explain their entry to the judge. This "interview" will be taken into account as part of the judging.

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### ...4-H MENU JUDGING...

Bring to the Montgomery County 4-H Office by 8:45 am

Put your knowledge of the new Food Guide Pyramid to good use and plan a whole day's menu for a particular person. This is a very interesting exercise in applying nutrition information, caloric needs, lifestyle differences, and cultural characteristics to the creation of a balanced menu. Select a class, then build your day's food plan around that particular situation. No food preparation is required.

#### Guidelines:

1. Menus must be selected from the following classes (choose one):

*Class 1: Convenience Foods*

One or more meals may include pre-packaged or prepared convenience food (e.g., TV dinner, frozen entree or side dish, package rice or macaroni product, etc.). Attach label(s) from the convenience food used.

*Class 2: Fast Foods*

One meal is purchased at a fast-food restaurant. Attach nutrition information from the fast-food restaurant.

*Class 3: Packed Lunch*

One meal should be planned as a bag or packed meal, with contents described.

*Class 4: Vegetarian Menu*

Plan three meals meeting the nutritional needs of a vegetarian (lacto-ova). You may include dairy products and/or eggs, but not meat, poultry or fish.

*Class 5: Ethnic Menu*

In addition to the menu, briefly describe the culture represented.

2. The menus should include the correct daily amount of food from each of the food groups in the new Food Guide Pyramid, based on that person's age, gender, and physical activity. They should also include preparation methods and individual serving amounts. (Tip: use the "My Pyramid Plan" link (7th one down in the blue box) on the left side of <http://www.mypyramid.gov/> to easily identify the proper daily amount needed for your menu's consumer. Other pages on the same web site offer new information about servings, oils, exercise, etc.... Click on "Inside the Pyramid" (1st link in the blue box) to learn more. about each food group.
3. Menus should include varied foods with contrast of color, texture and flavors.
4. The person for whom the menu is planned (self, family member, or imaginary person) should be described in an introductory paragraph. Include age, activity level, health, and other pertinent information. Tell why the menu is balanced and explain how selections meet the FGP guidelines.
5. Creative design, color, or a cover may be used to enhance the menu presentation.
6. On the back of your menu print: Name, Address, County, Age, and Class Number.

### ...FOOD SCIENCE DISPLAY...

Bring to the Montgomery County 4-H Office by 8:45 am

The important areas of food, agricultural science, technology, and the scientific process all come together in this fascinating entry category. Plan and conduct an experiment in food and nutrition. Then construct a display board that reflects the purpose of your project, the problem you are investigating, step-by-step procedure, results through the use of charts, graphs, pictures or drawings, and a conclusion explaining the importance of the results.

#### Guidelines:

1. 4-H members must work on their displays individually. No team projects allowed.
2. The display board should be close in size to the typical tri-fold used at science fairs: 48 inches wide (24 inches in the middle and 12 inches on each folding side) by 36 inches tall.
3. No project may involve any live animals or harmful chemicals, explosives, open flames, or any other potentially dangerous materials.
4. A report or summary of your display may be handwritten or typed and attached to the display board. Do not attach multiple pages.
5. The 4-H member needs to set up the display on the morning of the event, and be present to give a brief summary of the project and respond to questions from the judges.