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Judges' Feedback, Tips and Worksheets

for

Poster, Tablesetting, Menu Judging, and Food Science Exhibits

for

Healthy Lifestyle Competitions

Compiled by Cathy Dobos
Healthy Lifestyle Workshop
Updated January 2009
Montgomery County 4-H Office

The Cooperative Extension Services are open to all without regard to race, color, sex, handicap, religion, age, or national origin.

2009 Healthy Lifestyles Competition
March 21, 2009 • 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, 2009)

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 2009 theme for all posters is "A Healthy Lifestyle—Yes, You Can!"
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 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.

Continued (over)

(Continued from other side)

•••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 (4th 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" (two-thirds of the way down in the center of the Home Page) 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.

POSTER CONTEST

Most Important to Judges

- Follow the guidelines
- Use the theme in your poster
- Take time to be neat
- Have a simple message

Creative Ideas

- Have a border around your poster
- Be colorful—use colored paper and markers
- Use strong colors for your headline
- Use markers for outlining your drawings and lettering, and colored pencils or light markers for the inside
- Make a collage of pictures, colors or textures

Judges' Tips

- Draw out a "planning sketch" first on smaller paper
- Have the correct nutrition information on your poster
- Use magazine pictures cutouts sparingly
- Don't forget to fill out the card on the back, especially explaining your use of the theme.

NAME: Chris Clover

4-H AGE: 10

ADDRESS: 1234 Shamrock Lane
Greenstown, MD 56789

INTERPRETIVE STATEMENT:

My poster shows that you can be healthy every day by getting an hour of exercise. This is what the new Food Guide Pyramid recommends for kids.

TABLESETTING CONTEST

Most Important to Judges

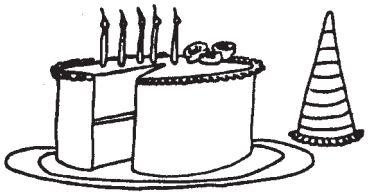
- Follow the guidelines for how to set a table
- Be very orderly and neat
- Be creative in your theme

Creative Ideas

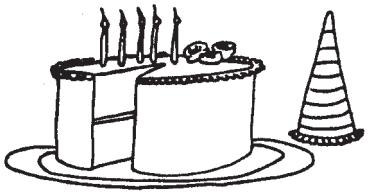
- Create your own placemat
- Color coordinate your placemat, napkins, centerpiece and menu
- Use color in the placemat, centerpiece or menu when using plain white dishes.

Judges' Tips

- Plan your tablesetting ahead of time!
- Place all flatware 1 inch from bottom, even with the plate.
- Remember that the knife blade faces the plate.
- Don't make the centerpiece too high.
- Pay more attention to the exact number of forks, knives and spoons your menu calls for.
- Make sure you do your own menu card, especially if it's done on the computer.
- Set up your placesetting at home to practice. No sketches from mom allowed!
- Set your family table at home (might be a judge's question during the interview!)



IDEAS FOR A BIRTHDAY PARTY TABLESETTING



IDEAS FOR A BIRTHDAY PARTY TABLESETTING

MENU JUDGING

Most Important to Judges

- Content of the menu
- Understanding of how to apply nutrition knowledge
- Follow the guidelines

Creative Ideas

- Make a cover for your menu, using color and a nice design.
- Use a light colored paper stock as long as the menu type is very readable.
- Pick an appropriate border for your page.
- Enclose your menu in a plastic report cover.

Judges' Tips

- Select a class you are somewhat familiar with.
- Use the new Food Guide Pyramid at www.mypyramid.gov as you create your menu. This will easily show you the proper daily amount needed for your menu's consumer. Other pages on the same web site offer information about servings, oils, exercise, etc....
- Serving amounts can be tricky. See attached for "ounce equivalents" in the grain and meat groups.
- Don't forget to include daily glasses of water.
- Vegetarian Menu (class 4) may be the hardest. Consult a Vegetarian Food Guide Pyramid (see attached) or ask your 4-H leader for assistance.

MENU JUDGING CLASSES

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.

Menu Plan Worksheet for _____

Try to write down the kinds of foods you think would make a healthy diet for one day.
Compare to see if your portion amounts add up to the numbers on the chart.
Look on the back for some help with the Grains and Meat Groups.

BREAKFAST

Amount

_____

_____

_____

_____

LUNCH

Amount

_____

_____

_____

_____

Balanced Eating according to the Food Guide Pyramid for most kids:	Daily Amount:
Grains (Bread, Cereal, Rice, and Pasta)	**6 ounces**
Vegetables* (*for salad 2 cups = only 1 cup!)	**2 1/2 cups**
Fruit	**1 1/2 cups**
Milk (cheese & yogurt)	**3 cups**
Meat and Beans (Meat, Fish, Eggs, Beans, Nuts)	**5 ounces**
Oils	**5 teaspoons**
Physical Activity	**1 hour**

SNACK

(Think about when you might enjoy a snack: after school, watching TV, after sports, at 4-H meeting, etc.)

Amount

_____

_____

DINNER

Amount

_____

_____

_____

_____

_____

PHYSICAL ACTIVITY

How Long?

_____

Amount that counts as 1-ounce equivalent of grains

Don't forget to make at least half of your choices "whole grain."
Those marked with an asterisk are whole grain or usually have a whole grain version.

*1 regular slice bread
*1 mini bagel
*1/2 cup cooked bulgur wheat
*1 small piece cornbread
*5 whole wheat crackers
*7 square or round crackers
*1/2 cup cooked oatmeal
*3 cups, popped popcorn
*1 cup flakes or round cereals
*1/2 brown rice
*1/2 cup cooked pasta
*1 corn tortilla (6" diameter)
*1 small pita bread
1 small biscuit
1 small slice French bread
4 snack-size slices rye bread
2 rye crispbreads
1/2 English muffin
1 small muffin
1 ounce dry (regular or quick) oatmeal
1 pancake (4 1/2" diameter)
2 small pancakes (3" diameter)
1 1/4 cup puffed cereal
1/2 cup cooked rice
1 small flour tortilla (6" diameter)

Common portions and ounce equivalents in the Meat, Beans and Nuts Group

*If you have enough ounces from meat, fish and eggs,
you can count dry beans, peas, and tofu in the vegetable group.

4 ounce equivalents:
1 small steak
1 small salmon steak
Cornish game hen

3 ounce equivalents:
1 small lean hamburger
1 small chicken breast half
1 small trout

2 ounce equivalents:
*1 soy burger patty
*1 cup split pea, lentil, or bean soup
small handful of nuts

1 ounce equivalents:
1 tablespoon of peanut butter
1 sandwich slice of turkey
Amount of tuna on a sandwich
1 egg
*1/4 cup of cooked dry beans or peas or baked beans
*1/4 cup of tofu
*1/4 cup roasted soybeans

The Traditional Healthy Vegetarian Diet Pyramid

Daily Beverage Recommendations:

6 Glasses of Water

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FOOD SCIENCE EXHIBITS

Most Important to Judges

- "Scientific Method" used—all five parts are in exhibit:
  —purpose, problem, procedure, result, conclusion
- Follow the guidelines
- Information presented clearly and neatly

Creative Ideas

- Use one or two (at the most) pleasing colors, besides your background color, for emphasis and interest
- Use colored paper to make borders around information, photos, or graphs
- Use computer fonts for good-looking, clear type
- Markers could add color and emphasis to type and charts

Judges' Tips

- Color should not detract from the overall presentation of your research.
- Use a reliable source for ideas or background information. Science fair idea books could be helpful.
- Add photographs to the backboard that you had taken while you were doing the experiment. This makes your project much more interesting to a viewer.
- Type on board should be easy to read. Try out different sizes to see what reads the best and still fits everything.
- Have nothing sticking out from the backboard.
- Fancy computer graphs may look like your parents did them, depending on your age.
- Plan ahead! Start your project now!
- Use your exhibit in a school science fair or other competition. Visit other fairs to get some good ideas.

SCIENTIFIC METHOD

PURPOSE

•

PROBLEM

•

PROCEDURE

•

RESULTS

•

CONCLUSION

Name: _____

IDEA FOR FOOD SCIENCE PROJECT

Type of Experiment or Investigation:

_____

_____

_____

_____

_____

_____

Things you might need:

_____

_____

_____

_____

_____

_____

How long would this experiment take? _____

If the judging date is March 21, that means I would have to begin this project no later than _____

For ideas go to: www.ars.usda.gov/is/kids/fair/story.htm

Name: _____

IDEA FOR FOOD SCIENCE PROJECT

Type of Experiment or Investigation:

_____

_____

_____

_____

_____

_____

Things you might need:

_____

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How long would this experiment take? _____

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