

4-H Food Activity Worksheet



- Primaries – Complete Page 1 (Background)
 - Be prepared to discuss kitchen safety with the judge
 - Juniors – Complete Page 1 and Steps 1 and 2 of Page 2 (Daily Food Plan)
 - Be prepared to discuss kitchen safety, food groups and serving sizes with the judge
 - Intermediates – Complete Pages 1 and 2 (Steps 1-3)
 - Be prepared to discuss kitchen safety, food groups, serving sizes and major nutrients with the judge
 - Seniors – Complete Pages 1, 2 and 3 (Meal Cost Worksheet)
 - 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:_____

RECIPE	#1	#2
Name of Recipe		
Source of Recipe		
Number of Servings		
Recipe Attached?		

4-H Food Activity Daily Food Plan



Step 1 (Juniors, Intermediates and Seniors):

- Go to <http://www.choosemyplate.gov/myplate/index.aspx>
- Enter your age, gender, weight, height and amount of physical exercise and click Submit
- The screen should show you your personalized Daily Food Plan

Step 2 (Juniors, Intermediates and Seniors):

- Print the Daily Food Plan by clicking the right hand side of the screen and clicking on the PDF of the Daily Food Plan



- Bring the Daily Food Plan, as part of your worksheet, to the judge

Step 3 (Intermediates and Seniors):

- Print the Daily Food Plan Worksheet by clicking the right hand side of the screen and clicking on the PDF of the Daily Food Plan Worksheet



- List the food planned for one day, including all meals and snacks, in the “Write in Your Food Choices for Today” column
- List each food choice in its food group
- Estimate your total and compare to your goal
- Bring this worksheet to the judge