

# Foods

## 4-H Project Newsletter

*This newsletter will be updated in December of each year, if necessary, based on changes made to the project at the 4-H Nova Scotia Annual General Meeting in November.*

Welcome to the 4-H Foods Project. This project newsletter is designed to update you on project requirements and rules and to answer any questions you may have. Please read it carefully because it is your guide to the project year. Foods Leaders will be provided with a link to leader’s resource which includes a Leader Guide, Activity Guide and Recipe Book as well as this newsletter. 4-H members will receive a copy of this newsletter and a record sheet. The 4-H Foods Leader Resource is available online and has a great deal of information in it. A 4-H member can continue to explore and grow in the Foods Project for any number of years.

The focus of the **Foods Project for 2016 - 2017 is VEGETABLES AND FRUITS. Junior Members are now required to complete *any six (6) lessons* and Senior Foods Members will be required to complete *any nine (9) lessons that can include Food Education/Preparation lessons as well as cooking lessons.* Information on *these lessons need to be recorded in the Foods Project Record Sheet.* For each lesson the required activity is the preparation of a food article. There are a number of activities at the end of each lesson leaders can use to enhance their meetings.**

**The foods project continues on the following:**

<b>2016 - 2017 Vegetables and Fruits</b>	<b>2018 - 2019 Grain Products</b>
<b>2017 - 2018 Milk Products</b>	<b>2019 - 2020 Meat and Alternates</b>

### GENERAL 4-H INFORMATION

**Ages for Members:**

Junior Members: 9 - 13 years of age as of January 1, as of the current year.

Senior Members: 14 - 21 years of age as of January 1, as of the current year.

4-H members may register in the club and county of their choice, but must only be registered in one club, in one province. Members may register in one club and access projects in a neighboring club if that club is willing to assist with leadership of a certain project.

## Project Completion:

All 4-H members must complete 'project requirements', for each of their projects, at their club Achievement Day. If you are unable to attend your own club Achievement Day, please make prior arrangements with your Regional ALC. Completion of your project qualifies you to move on to any further county, provincial, or national 4-H competitions relating to that project in the current 4-H year. School projects are not permitted to be used as 4-H projects. Each member must complete and display their own project work (i.e., two members cannot share a project for project completion).

## What is Achievement Day?

Achievement Day allows members to display their project work to the public and have their projects evaluated, non-competitively. Project completion at Achievement Day is based on the following system:

A <b>Green</b> project completion sticker will be given to a member who has completed:	A <b>Silver</b> project completion sticker will be given to a member who has completed:	A <b>Gold</b> project completion sticker will be given to a member who has completed:
<ul style="list-style-type: none"><li>• Record Sheet</li><li>• Project Work</li></ul>	<ul style="list-style-type: none"><li>• Record Sheet</li><li>• Project Work</li></ul>	<ul style="list-style-type: none"><li>• Record Sheet</li><li>• Project Work</li></ul>
Plus <b>one</b> of the following: <ul style="list-style-type: none"><li>• Communications</li><li>• Club Contribution</li><li>• Judging</li></ul>	Plus <b>two</b> of the following: <ul style="list-style-type: none"><li>• Communications</li><li>• Club Contribution</li><li>• Judging</li></ul>	Plus all <b>three</b> of the following: <ul style="list-style-type: none"><li>• Communications</li><li>• Club Contribution</li><li>• Judging</li></ul>

**RECORD SHEET** – Each member must complete a satisfactory record sheet. Record sheets may be hand written or typed. *For more useful information, refer to Record Sheet Guidelines.*

**PROJECT WORK** – Each 4-H project (e.g., woodworking, dairy, etc.) has specific project work requirements. Each members' project work will be evaluated on the quality of the work, degree of difficulty for experience/age, the way articles are displayed/presented, and whether all requirements are met. A 1st, 2nd, or 3rd place ribbon will be given for each project. Please review project requirements for each project carefully. In non-livestock projects, members must complete the required number of items as outlined, unless prior approval is given by the Regional ALC. This request should be made in advance of the member's Achievement Day. Consideration of an item counting as additional items will be given based on members age, degree of difficulty, time required to complete, etc.

**COMMUNICATIONS** – Members who participate in public speaking and/or demonstrations at club level will receive recognition on their Achievement Day Certificate. Each club has its own standards for communications, so members should confirm with the general club leader.

**CLUB CONTRIBUTION** – Members are encouraged to be actively involved in their club, county, province, and community. The club contribution aspect is an assessment on such things as a member’s attendance at meetings and events, attitude, effort, cooperation, and self-expression. Each club has its own standards for club contribution. Evaluation of this Achievement Day component is done by the Club General Leader and / or project leader(s). The standard for club contribution should be communicated clearly to all members by club leaders at the beginning of the 4-H year.

**JUDGING** – In each project, members are asked to compare four (4) articles or livestock (e.g., 4 wooden shelves in the woodworking project or 4 heifers in a dairy class), then evaluate them to place the class in order from first (closest to the ideal), to fourth (furthest from the ideal). Oral reasons, using proper terminology, are given to an official judge for the project to support those choices. There are many useful judging resources available through your Regional ALC, as well online at the [Nova Scotia Department of Agriculture](#) website. In each county, a judging box is also available to borrow to help practice judging skills. It includes judging information and cards as well as judging classes, with reasons. Clubs may book these supplies through the Regional ALC.

At 4-H Nova Scotia Provincial Show, 4-H animals participating in the 4-H Nova Scotia Show competitions are used to make up livestock judging classes (e.g., 4 intermediate Holstein calves). Member are responsible for notifying their Regional ALC by September 15 by email if they do not wish to have their animal used. Please keep in mind that judging classes can only be provided if members are willing to offer their animals for a judging class. As such, 4-H members are encouraged to let their animal be used in a judging class if possible.

## **Foods Project Work Requirements**

The **Project Work** requirements for the Foods Project are:

- **One (1) article of the following: A poster, report, experiment, gift item or baked product that fits in the class list for exhibition and 4-H NS Show.** The project article should reflect the area of focus for the current year.

**NOTE:** If members require computer/video equipment to display their project they must provide their own equipment at Achievement Day, Exhibition and 4-H Show. All reports, posters or displays must include a bibliography for information taken from a source other than the 4-H member. (i.e., downloaded from the internet, etc.)

- **A RECIPE CARD** MUST ACCOMPANY THE FOOD ARTICLE at Achievement Day, Exhibition and 4-H Show.
- **RECIPE BINDER:** containing a minimum of six recipes that members have prepared in the current foods project year, **will be REQUIRED ONLY FOR ACHIEVEMENT DAY** and **is an optional item for Exhibition.** At exhibition, the binder could be entered in:

**CLASS 4:** Foods - **SECTION 3:** Reports, Posters, Experiments and Recipe Binders.

## **OTHER IMPORTANT NOTES FOR ACHIEVEMENT DAY:**

Recipe Binders will be evaluated on:

- Completeness of individual recipes; Neatness; Cover page; Diversity of recipes and Filing system (i.e., Main Course; Appetizers, Desserts, etc.)
- The members will include dividers to separate their recipes into sections for easy reference. In the second and subsequent year, the current year's recipes would be placed together at the front of the binder to make it easier for evaluation and judging.
- Recipes from previous years would be filed in the appropriate section at the back of their recipe binder.
- The recipes may be handwritten, typed or photocopied. On each recipe members would include the date they prepared the recipe and an evaluation of the recipe including changes they would make if preparing it again. See a sample at the end of the newsletter.

**Personal Hygiene:** Cleanliness is very important since you are working with food. Remember to tie hair back, wear an apron, have a clean work area and wash hands before you begin preparation and cooking with food.

### **Community Service Projects:**

Leaders may encourage members to do a group activity at events during the year to demonstrate the skills they've learned in the Foods project. Maybe prepare a lunch for seniors, a Christmas party for 4-H club members or gift baskets for new people in the community.

### **FOOD SAFETY**

Food Safety must be of concern when members are preparing food. No one wants to make family members or a foods judge ill so members need to be aware of and practice food safety when preparing, transporting, and storing all foods.

At Achievement Days, County Competitions and the 4-H Nova Scotia Provincial Show, judges will taste your food articles. The taste of a food product is a significant factor in judging a food article. As a foods member, it is your responsibility to follow safe preparation practices when making the food and when transporting the food to Achievement Day or exhibition competition.

**THE FOOD SAFETY RULE - *Keeping Hot Foods Hot and Cold Foods Cold*** is important! Temperature is especially important if a member is making a food article that has ingredients that could spoil easily (e.g., A casserole that contains a meat product or a dessert that contains eggs or whipping cream.)

Members must keep their food articles at the appropriate temperature at 4-H shows until the judge arrives to judge the food product. If a judge doubts the safety of a food product, he or she may choose not to taste the article which, for the most part means the product will go to the bottom of the class.

## ENTERING YOUR FOOD AT ACHIEVEMENT DAY, EXHIBITION AND 4-H SHOW

The following provides ideas that members may choose to make for Achievement Day, Exhibitions, County Shows and 4- H Nova Scotia Provincial Show. PLEASE NOTE If a 4-H member has completed

the foods project they may exhibit up to three (3) articles at the county 4-H Show or local exhibition. (as of the 2009 annual Nova Scotia 4-H Council Meeting)

**NOTE:** Members - **MUST INCLUDE A RECIPE CARD WITH THEIR FOOD ARTICLE** submitted on Achievement Day, Exhibition and at the 4-H Nova Scotia Provincial Show.

1. The project article should reflect the food group focus for the current year and incorporate as many Nova Scotia food products as possible, (e.g., blueberry loaf, apple crisp, cake, various quick breads or muffins, etc.) Does the article reflect a reasonable degree of preparation difficulty based on your age and food experience?
2. Check to be sure you exhibit the required amounts for the class. Make sure the product is properly displayed on a clean serviceable plate and well-wrapped or covered to ensure freshness.
3. **FOOD SAFETY** - There are several articles in the class list that are perishable, therefore, should not be sitting at room temperature for more than two hours in total unless the proper conditions can be provided. Use a thermos or ice pack, etc. to keep hot foods hot (above 60°C (140°F)) or cold foods cold (below 4°C (40°F)). Avoid perishable foods if the proper conditions are not available. If a judge cannot be assured that the food has been safely kept hot or cold, they will make by a visual placement of the article only.
4. After the food article has been judged, only a piece or portion of the finished product needs to be displayed in sections 2, 6, 7, 11, 12, 13, 14 and 15.

*Members are reminded of the recommendation that only the project requirements be displayed for judging in the foods projects at 4-H Nova Scotia Provincial Show. Judging space is very limited and some foods projects are placed in the judging area as presentations and or displays which include items that are not a part of the required project. The foods judge will bring all necessary tools for judging the articles therefore members don't need to bring utensils, extra plates, etc. if so then they must be disposable ones.*

### **Nova Scotia 4-H Class Show Class & Sections:**

Each county is eligible to send the top two junior and top two senior articles to the Nova Scotia 4-H Show. The classes are as follows:

#### **CLASS #4: FOODS**

<b>Section 1:</b>	<b>SNACKS</b> (3 pieces of individual articles such as potato skins, a single serving of drinks, salads, etc.) - Canapes and appetizers, pretzels, pizza, breakfast bars, nachos, etc.
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<b>Section 2:</b>	<b>YEAST BREAD</b> (whole loaf) - Any variety of plain or multi-grain breads that reflects the area of focus for the current year.
<b>Section 3:</b>	<p><b>POSTERS, REPORTS, EXPERIMENTS AND RECIPE BINDERS</b></p> <p><b>Recipe Binders</b> should contain a minimum of <u>six recipes</u> prepared in the current year, to be complete and neatly handwritten, typed or photocopied. There should be a variety of recipes that reflect the area of focus for the current year. Each recipe indicates the date prepared and member's evaluation of the recipe. (See a sample at the end of the newsletter.) Cover page and dividers separating recipes into sections are attractive and pleasing to the eye. Section headings or filing system is easy to follow and accommodates a wide variety of recipes.</p> <p>A <b>Poster</b> should be Bristol board size or slightly smaller; with a simple design that tells a message, good distinct lettering, balanced and colourful. Posters will be judged on information, neatness, creativity and originality.</p> <p>A <b>Report</b> can be a detailed account of a tour, or further study of a topic that reflects the area of focus for the current year. It can be accompanied or illustrated by pictures, photos or drawings.</p> <p>An <b>Experiment</b> should show the steps followed and the results. It should be written using the following headings- purpose, equipment and materials needed, procedure, observations, and conclusions. A display showing the results may be part of your experiment.</p>
<b>Section 4:</b>	<p><b>GIFT ITEM</b>-Gift baskets featuring homemade items - the basket should have a theme such as "Holiday Greetings", "Between Friends", etc. Items to be attractively presented with a gift tag attached. The contents should feature a majority of homemade items that reflect the area of focus for the current year and incorporate as many Nova Scotia food products as possible. The number of items and number of servings of the item should reflect the number of people the basket is intended for. Some examples include - fancy baked items using Nova Scotia foods, (e.g., scones, oatcakes, doughnuts, bagels, etc.) Decorations and additional items in the basket should be tastefully selected to create a pleasing appearance and not be overdone. <b>RECIPE/S MUST BE INCLUDED WITH THE BASKET.</b></p>
<b>Section 5:</b>	<b>YEAST RAISED ROLLS (3)</b> - Any variety of plain or multi-grain rolls that reflect the area of focus for the current year.
<b>Section 6:</b>	<b>QUICK BREADS</b> (whole loaf) - Any sweetbread loaf that reflects the area of focus for the current year
<b>Section 7:</b>	<b>PIES OR TARTS</b> (whole pie, 3 tarts) - Crumb or pastry crust (whole wheat or plain) featuring dessert or main course pies that reflect the area of focus for the current year.
<b>Section 8:</b>	<b>COOKIES, SQUARES OR BAR COOKIES (3)</b> - Any variety that reflect the area of focus for the current year
<b>Section 9:</b>	<b>MUFFINS (3)</b> - Any variety that reflect the area of focus for the current year
<b>Section 10:</b>	<b>BISCUITS (3)</b> - Any variety that reflect the area of focus for the current year

<b>Section 11:</b>	<b>CAKES</b> (whole, not iced) - Any variety that reflect the area of focus for the current year. Cakes in this section are to be plain without a glaze, frosting or sauce.
<b>Section 12:</b>	<b>SPECIALTY BREADS</b> (using yeast, whole loaf) - That reflect the area of focus for the current year.
<b>Section 13:</b>	<b>MAIN COURSE – CASSEROLES, SOUPS, CHOWDERS, STEWS AND QUICHE</b> - Any variety that reflect the area of focus for the current year
<b>Section 14:</b>	<b>PROJECT SPECIALTY ITEM</b> - Items that reflect the area of focus for the current year
<b>Section 15:</b>	<b>DESSERTS – CHEESECAKES, TORTES, FRUIT PIZZA, CRUMBLES, BUCKLES, CRISPS</b> - Items that reflect the area of focus for the current year

Competitions at County Level and the 4-H Nova Scotia Provincial Show

**NOTE:** As of the 2013 annual 4-H Nova Scotia AGM, the “Bake-Off Competition” will now be called the “Food Preparation Competition” because this competition does not always include baked foods.

**Food Preparation Competition** - This is a competition at local exhibitions/county shows and the 4-H Nova Scotia Provincial Show. It is open to the top foods Junior and Senior 4-H member from each county.

### **CLASS 63: FOOD PREPARATION COMPETITION**

- Open to the Top Junior and Top Senior member of the County Food Preparation Competition (4-H NS AGM, 2011).
- Competitors are required to register Saturday morning and receive the recipe. Refer to the program for the time and location.
- A number of contestants will work simultaneously; and the event repeated until all contestants have participated.
- Contestants will be neat in appearance and because they will be handling food, clean hands are a must and long hair should be tied back.
- Contestants will be supplied with all the necessary utensils, ingredients, metric recipes, aprons, and baker hats.
- Contestants are responsible for their own measurements, preparations, combining ingredients, baking, timing, and cleaning up.
- The proficiency of the competitor and the quality of the finished product will be judged.
- Prizes will be awarded to the top junior and top senior members.
- The Senior Food Preparation Competition will be one hour and the Junior Food Preparation Competition will be 45 minutes long (4-H NS AGM, 2011).
- It is suggested there be two judges - one judge each for the junior and senior competitions. (4-H NS AGM, 2011).

## Sample Page for Recipe Binder

**Note: This sample Recipe Page for your Recipe Binder is provided to give you an idea to get started. You can use your own format but be sure all the elements below are provided in each recipe:**

Date the Recipe was prepared \_\_\_\_\_ Binder Section for Recipe \_\_\_\_\_

### **Lemon Buttered Chicken**

4	Boneless, skinless chicken breasts	4
3 tbsp.	Flour	45 ml
3 tbsp.	Butter	45 ml
1 tbsp.	Water	15ml
3 tbsp.	Maple syrup	45 ml
1	Fresh Lemon	juice of 1
1 ½ tsp	Chicken Bouillon	7 ml
	Chopped Parsley	
	Lemon Slices	

Pound chicken lightly to flatten. Coat with flour and shake to remove excess. In a large frying pan, melt butter. Add chicken breasts and sauté until golden brown on both sides.

In a small bowl combine water, maple syrup, lemon juice and chicken bouillon until dissolved. Add to chicken mixture and bring to a boil over medium-high heat. Reduce heat, cover and simmer 5 minutes - or until chicken is no longer pink in the center.

Remove chicken from pan, keep warm. Cook and stir pan juices over high heat until thickened and syrupy, about 1 to 2 minutes. Pour glaze over chicken, sprinkle with parsley and garnish with lemon slices.

Makes 4 servings

**Recipe Evaluation:** Changes you would make if preparing this recipe again, how it turned out, how you liked it, etc.



## **SPORTSMANSHIP – Be a Good Sport!**

In 4-H, Sportsmanship plays a key role in living by the motto of 'Learn to Do by Doing'. Please take the opportunity to consider good sportsmanship when at 4-H events. Here are some key factors to good sportsmanship:

**GOOD CONDUCT** – Demonstrate and maintain high standards of personal behaviour and conduct. You are representing your family, your club, your community and the 4-H program.

**FAIRNESS** – Learn and follow the rules. Be objective and honest. No matter what the results try your best by using your true skills without cheating. Treat others fairly.

**HONESTY** – Be a reliable person, do not lie or deceive. Be straightforward in everything you say and do. Understand your abilities and skills, accept the fact that you cannot do everything perfectly, but you still can do many things well.

**COMPETITION** - Competition experiences enhance positive youth development and prepare youth with competitive knowledge, skills and attitudes. Take pride in your accomplishments and in improving your skills – you are all winners, even if the ribbon color doesn't appear to reflect this.

**COURTESY** – Be well-mannered in your conduct. Be respectful, thoughtful, considerate, cooperative, friendly, and cheerful, no matter whether you do well or not. When you have concerns, questions, or suggestions, be polite in expressing them. Be pleasant and nice toward other participants, spectators, program officials, judges, the media, your leaders, parents and others. Give others the benefit of the doubt. Treat people and animals kindly. Keep your emotions under control.

**GRACEFUL ACCEPTANCE OF RESULTS** – Accept judges' results and suggestions with a positive attitude. The judge's decision is final. Regardless of the outcome; thank all that were involved in helping you put forth your best effort. Thank the organizers for their efforts; Sponsors for their generous donations; Agriculture Leadership Coordinators for their wisdom and guidance; Judges for their skilled eye and time given to the 4-H program; and anyone else who has helped you along the way.

The work in any 4-H project should always be done by the members. Hiring, or the use, of professionals and/ or adults to prepare projects for 4-H shows are not acceptable. Using these people as resources provides 4-H members with the information and skills to do the job on their own.

4-H Nova Scotia has a Code of Conduct in effect for all members and leaders. It is to be followed always throughout the year. If you would like a copy of what are acceptable practices in the 4-H program, please visit <http://novascotia4h.ca/codeofconduct/>.

## You might also be interested in...

**4-H POSTER CONTEST** – Deadline and evaluation is normally at county rally. [Visit 4-H Nova Scotia's website for more information!](#)

**4-H THEME CONTEST** – Put on your thinking cap and be the one to come up with next year's 4-H theme! (i.e., *Let the Clover be Seen in 2017*). [Visit 4-H Nova Scotia's website for more information!](#)

**WOOL COMPETITION** – Open to all 4-H members. These articles must be made from 100% wool and members must exhibit a Wool Competition Report with their entry. For more information, please visit the [Nova Scotia Department of Agriculture](#) website.

**RECYCLABLE COMPETITION** – Open to all 4-H members. These articles must be made from a minimum of 75% recycled materials and members must exhibit a Recyclable Competition Report with their entry. For more information, please visit the [Nova Scotia Department of Agriculture](#) website.

**GIANT VEGETABLE COMPETITION** – Each year a new vegetable is selected for the Giant Vegetable competition held at 4-H Nova Scotia Provincial Show. Each county can send one junior and one senior giant vegetable entry to the 4-H Nova Scotia Provincial Show. For more information, please visit the [Nova Scotia Department of Agriculture](#) website.

**TRACTOR DRIVING COMPETITION** – The tractor competition is open to teams of 3 members (1 driver and 2 assistants); the driver must hold a valid class#5 driver's license or tractor license. The driver will drive a tractor and trailer through an obstacle course. The score is calculated based on safe operation and judge's evaluation. One team per county will advance to 4-H Nova Scotia Provincial Show. For more information, please visit the [Nova Scotia Department of Agriculture](#) website.

**RECORD KEEPING COMPETITION** – An entry will be one record sheet for a project completed in the current year by that member, with a detailed analysis included. Entries in this competition must include a 1 - 4 page analysis of the work and costs in the project for the given year in order to be eligible. Entries should be displayed in a binder/folder. The top two senior and top two junior record sheets per county will be eligible for the Record Keeping Competition at the 4-H Nova Scotia Provincial Show, but entries must first qualify at county level. All county entries must be forwarded to Truro by September 15th of the current 4-H year for judging prior to the 4-H Nova Scotia Provincial Show." For more information, please visit the [Nova Scotia Department of Agriculture](#) website.

**AWARDS, TRAVEL OPPORTUNITIES, AND SCHOLARSHIPS** – Each year, 4-H Nova Scotia covers the registration fee to National and International travel opportunities for members awarded such travel experiences. Also, there are several scholarships available to 4-H members in Nova Scotia. For more information, interested members should speak to the Regional ALC and check out the [Nova Scotia Department of Agriculture](#) website and Visit [4-H Nova Scotia's](#) website.

**JUNIOR LEADER PROJECT** – This project is designed to build leadership skills by providing members with the opportunity to lead any aspects of their club which interest them (e.g., projects, recreation, communication, etc.).

**GRADE 10 PERSONAL DEVELOPMENT CREDIT** – Members must achieve gold completion and document at least 110 hours of 4-H related work to qualify. For more information visit the [Nova Scotia Department of Education & Early Childhood Development Personal Development Credit website](#) and the Nova Scotia Department of Agriculture website.



# Foods Project RECORD SHEET

Name of Member: \_\_\_\_\_

Name of Club: \_\_\_\_\_

4-H Age: \_\_\_\_\_ Years in 4-H: \_\_\_\_\_ Years in Project: \_\_\_\_\_

## 4-H Project Experiences

Explain why you are taking this project and what you learned this year.

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Please make a few comments about problems you may have encountered, how your goals were accomplished, and what you learned about this project.

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Please make a few recommendations on your project articles, and how you feel they could be improved.

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**Foods Meetings**

<b>PROJECT MEETING DATE</b>	<b>RECIPE PREPARED</b>	<b>SKILLS &amp; TECHNIQUES LEARNED</b>	<b>TOTAL COST OF RECIPE PREPARED</b>

## Meeting Summary

How many general club meetings did you attend this year? \_\_\_\_\_

How many project meetings did you attend this year? \_\_\_\_\_

Please list any other club/county activities that you may have participated in during the past year?

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