



COLORADO STATE UNIVERSITY  
EXTENSION

4-H



## FOODS AND NUTRITION UNITS TIP SHEET

### Literature Needed:

#### Leader Literature:

LJ1400 Cooking Helper's Guide (Cooking 101, 201,301, 401 )  
Members manuals Unit 25, Unit 30 and Unit 35

#### Member Literature:

MJ1001 Cooking 101 Unit 1 Jr./Int./Sr.  
MJ1002 Cooking 201 Unit 2 Jr./Int./Sr.  
MJ1003 Cooking 301 Unit 3 Jr./Int./Sr.  
MJ1004 Cooking 401 Unit 4 Jr./Int./Sr.  
MJ1025 Outdoor Cooking Unit 25, Jr./Int./Sr.  
MJ1030 Cultural and Ethnic Foods Unit 30, Jr./Int./Sr.  
MJ1035 Passport to Foreign Cookery Unit 35, Int./Sr.

Exhibit Requirements can be found at:

<http://co4h.colostate.edu/statefair/StateFairExhibitReq.pdf>

Score Sheets can be found at:

<http://co4h.colostate.edu/program-areas/state-fair-information/score-sheets/>

E-records can be found at:

<http://co4h.colostate.edu/program-areas/projects/e-records-general/>



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### Project Tips

- Remember that all food items must be able to sit at room temperature for long periods of time without refrigeration and be safe to eat at the time of judging
- Be sure to complete the correct e-record for your project and place it in a secure binder.
- Cooking 101 and Cooking 201 -need to have documentation of two completed learning activities from the manual in the e-record. Unit 2 one activity needs to be on food safety and the other one on cooking basics.
- Cooking 301 and 401 are required to have one completed food science experiment from the manual recorded in the e-record.
- Party planning and celebrations meals exhibits can be a creative exhibit in a notebook that includes the theme, timeline and menu that includes one or more home-prepared foods.
- All food exhibits are required to have the recipe. Recipe is to be securely attached in the e-record.
- In Outdoor Cooking be sure to list the number of times you prepared foods for an outdoor activity in the e-record.
- Outdoor Cooking and Living piece of equipment exhibit have a size limit of no larger than 5'x'5'x3'.
- Passport to Foreign Cookery Tips.

This unit is for youth ages 11-18.

Select a foreign country or some ethnic group within the United States to study.

Assemble information about your selected country or group. Include: food habits, customs, nutritional aspects of diet, religion, geography, and maps, menus and recipes.

Plan, prepare, and serve a minimum of three foreign meals. At least one meal should be typical of the country you selected in this project.

Report the meals in the e-record.

Resource information: public libraries, Internet, check with your community. Check with State 4-H Office, visit international food markets, ethnic grocery stores, and cultural centers, check with local cooking stores to see if they have information on foreign cookery, tour a culinary institute.

- Enter your exhibit in the county fair.
- Share the information learned in a demonstration or a display.
- For those members who are exhibiting more than one item in a unit, they may copy their e-record. Each exhibit must have an e-record. Be sure to highlight what you are exhibiting in your e-record.

### Judging Criteria:

- Completeness of the e-record related to your project.
- Include in your e-record, demonstrations, talks, story and pictures with at least one action shot of you working on your project.
- Neatness and legibility
- Community service project -related to your project if possible
- Quality of exhibit.