



# Foods

## 4-H Project Newsletter

*This Foods Project Newsletter contains information specific to the Foods Project. Please use it in conjunction with the General 4-H Information Bulletin, so that you are aware of Achievement Day completion requirements as well as general opportunities and information pertaining to all 4-H members. This Project Newsletter, as well as the General 4-H Information Bulletin, will be updated in December of each year, if necessary, based on changes made at the 4-H Nova Scotia Annual General Meeting.*

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. Please read it carefully because it contains rules and project requirements, as well as ideas and resources available for project meetings. If you have any questions, contact your project leader or the [Regional Program Coordinator \(RPC\)](#). 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 2022-2023 is Grain Products. Junior Foods members are required to complete any six (6) lessons and Senior Foods members are required to complete any nine (9) lessons.** Lessons 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.

**The foods project rotates on the following schedule:**

<b>2022 - 2023 Grain Products</b>	<b>2023-2024 Meat and Alternatives</b>
<b>2024-2025 Vegetables and Fruits</b>	<b>2025 - 2026 Milk Products</b>

### **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 Nova Scotia Provincial Show. The project article should reflect the area of focus for the current year.
- **A recipe card: MUST ACCOMPANY THE FOOD ARTICLE** at Achievement Day, Exhibition and 4-H Nova Scotia Provincial Show.
- **A recipe binder:** containing a minimum of six (6) 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 or judges at a 4-H event, a party for 4-H club members or gift basket for new people in the community.

## Food Safety

Food Safety must be of concern when members are preparing food. Members need to be aware of and practice food safety when preparing, transporting, and storing all foods. **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, they 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 Nova Scotia Provincial 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.

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 (2) 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.

**Reminder:** Members are reminded of the recommendation that only the foods project requirements are to be included for judging at the 4-H Nova Scotia Provincial Show. **Judging space is very limited and it is not necessary that foods projects are placed in the judging area with extra items such as utensils for tasting, plates, etc.** These items can be included with the foods project in the county display. The foods judge will bring all the necessary utensils needed for judging the foods projects therefore members don't need to bring utensils, extra plates, etc.

**4-H Nova Scotia Provincial Show Class & Sections:** Each county is eligible to send the top two (2) junior and top two (2) senior articles to the 4-H Nova Scotia Provincial 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.
<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 <b>six (6)</b> recipes 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 a 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>	<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>
<b>Section 5:</b>	<b>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, Bar Cookies, or Squares (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. Cakes will be judges on finished baked cake.
<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 reflects 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
<b>Section 16:</b>	<b>Jams and Preserves</b> – Jams, Jellies, Marmalades, Preserves, Etc.

### **Food Preparation Competition**

This project offers a hands-on competition, where members are provided with materials to complete a project related task during a defined time frame. Members will be evaluated on their technique and finished product/outcome. This competition is hosted at County Shows/Exhibitions and members may advance to 4-H Nova Scotia Provincial Show. Pre-registration is required; to register please talk to your General or Project Leader. If you are looking for more information, please contact your General Leader or RPC and they would be happy to provide you with the competition newsletter.

## 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***

#### Ingredients:

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	

#### Instructions:

1. 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.
2. In a small bowl combine water, maple syrup, lemon juice and chicken bouillon until dissolved.
3. 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.
4. 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.