Purpose and Procedure of Nutrition Fair

To reach 4-H'ers and other youth with a nutrition activity that will enhance their knowledge and skills for a healthy lifestyle and to teach them how to properly set a table (from left to right: Napkin, fork beside the napkin, the plate, knife with the blade to the plate, spoon and the beverage glass over the knife and spoon).

The 4-H'er will choose a dish from one of the six categories: Main Dish, Salad/Vegetable, Beverage, Snack, Dessert, and Bread. NOTE: The 4-H'er should practice preparing this dish or beverage prior to Nutrition Fair. Please send a copy of your recipe to 4H@forsyth.cc using size 12, Times New Roman font, using the format below, approximately two weeks before the event. This is so that we can publish a recipe book with everyone’s recipe in it.

4-H'ers should bring: a table cloth, place setting (including a plate, napkin, spoon, fork, knife and beverage glass), a centerpiece or theme for your table is a plus, a prepared dish or beverage (everything should already be cooked...if you would like to wait until you arrive before mixing a salad or adding a topping to your dish it is allowed), a plate (paper is fine), napkins and spoons for two judges to sample your dish.

4-H'ers should wear nice clothes unless you want to dress in a costume reflecting the theme of your prepared dish. If an after school snack has been planned then you may wear nice school clothes, but T-shirts should not be worn since this is a 4-H presentation.

What happens at the Nutrition Fair?
• Upon arrival, you should sign-in on the sign-in sheet.
• Look for the signs with your category and age group on it.
• Fill out two (2) judges’ forms with your name, category, recipe title and age group (if they have not already been completed). Leave them at your place.
• Arrange your table setting and present your dish in an attractive manner on your table.
• Each participant should do his/her own preparation, exhibition and cleaning up.
• Each 4-H member will be given a space roughly the size of a card table to set up their display. Spaces will be marked on the large meeting tables in Auditorium C.
• Relax until the judges arrive at your table, but make certain to keep your food warm or cold (as appropriate) to keep it safe from bacteria.
• When the judges arrive at your table, you should tell them your name and what you fixed and then ask them if they have any questions.
• The judges will then ask you about how you prepared your dish or beverage, and why your dish is healthy. The judges also look at how you are dressed and if you have combed your hair, tucked your shirt in, etc.
• Once you have been judged, please take your dish to the buffet line. Cut your food into bite-sized pieces or pour your beverage into the little cups that are provided so that everyone may have a “taste” of the item that you prepared. Make certain that your dish has a serving utensil in it.
• After the judges confer and make their decision, an awards ceremony will be held. Prizes will be given in each category for the best presentation, the best tasting recipe, etc. EVERY youth will receive a ribbon and 4-H scholarship dollars for participating.
Sample 4-H Nutrition Fair Questions

(This is only a sample of questions that may be asked. Questions are not limited to these.)

1. Name the sections of My Plate.

2. Which section of My Plate does your dish belong to?

3. What makes your recipe healthy?

4. Tell me how you prepared your recipe.

5. How do you measure ¾ cup of flour?

6. How do you know when chicken is thoroughly cooked?

Writing a Recipe Correctly

1. Name of recipe – centered over top of card.

2. List of ingredients – list ingredients in the order they are used in the recipe.

3. It is preferred that you write out the unit of measurement. If you do abbreviate, use the same abbreviation throughout the whole recipe. For example: use either t or tsp. for teaspoon each time you have that measurement listed.

4. Write the directions – Write in the correct order of preparation. Indent the first line five spaces or about ½ inch. Use punctuation. Be sure you include oven temperatures or other temperatures when necessary and the time to cook the product.

5. Tell the number of servings the recipe will make.

Orange Smoothie

Your Name
Age (as of January 1st)
Category: Main Dish, Salad/Vegetable, Beverage, Snack, Dessert, and Bread

1 ½ cup milk
1 ½ cup water
6 ounce can of frozen orange juice concentrate, softened
1 ½ teaspoon vanilla (optional)

Pour the milk in a large bowl. Add the other ingredients. Using a hand egg beater, mix well until the mixture is foamy. Serve at once. Makes 6-8 servings.