



The 4-H Food and Nutrition Project I-II is designed to help young people learn about food preparation and how to make wise choices regarding what they eat. Members enrolled in this project will learn important information on selecting foods from MyPlate, using MyPlate as a health tool, and nutrition's important role in their overall health. This project will include the application of scientific principles of nutrition and menu MyPlate planning, measuring, and basic cooking concepts, as well as understanding how to read a nutrition facts label. This program will help youth build confidence in the kitchen and help prepare them for the 4H Club Congress 4H Cook-Off Contest. The winners of this contest will represent Mississippi and compete nationally at the 4H Cookoff in New Orleans, Louisiana.

Project II – MyPlate and Food Label Challenge

The 4-H Food and Nutrition Project II is designed to help young people learn about food preparation and how to make wise choices regarding what they eat. Members enrolled in this project will learn important information on selecting foods from MyPlate, using MyPlate as a health tool, and nutrition's important role in their overall health. This project will include the application of scientific principles of nutrition and menu MyPlate planning, as well as understanding how to read a nutrition facts label.

Connections & Events

Project Achievement Day
4-H State Club Congress

Junior Age Level - (8-13)

Food Nutrition II: Menus and More are recommended for ages 10-13, but any junior-age level participant can compete: **MyPlate Challenge, Snack Food Label Ranking, Quiz**

Suggested Activities

Workshop Ideas: Review the MyPlate PowerPoint (in folder), incorporate the MyPlate game apps: <https://www.myplate.gov/life-stages/kids>, allow participants to be MyPlate champions with the MyPlate pledge certificate (in folder).

Tour/Field Trip Ideas: Grocery Tour

Forms: Food Label Ranking Form, Create Your Own MyPlate Menu, Quiz (see folder)

4-H Thrive

Positive Youth Development

Developing Competence

Adults create environments where youth can develop competence in their chosen project area.

Building Confidence

Youth build confidence as they learn to think for themselves, build mastery, and are recognized for their efforts.

Nurturing Caring

Adults nurture a caring environment where mutual trust between youth and adults is established. Caring relationships with adults are key to resilient youth.

Finding Connection

Youth build solid connections which are critical to their well-being.

Forming Character

Create a community where youth play an active role in developing their character.

Determining Contribution

Youth actively contribute to their clubs and communities.

***Mississippi State University is
an equal opportunity
institution.***

Expand your experiences!

Food and Nutrition II: Menus and More Judging: MyPlate Challenge Information/Directions

Do you have a favorite food you think you could make healthier?

Do you have a favorite healthy recipe you would like to share?

- Fruits and/or vegetables should make up about half of the recipe or dish and include whole grains, lean protein, and low-fat dairy.
- Submissions must also tell the story behind a particular food or the entire plate, including why the food/recipe is your favorite! We would love to hear your story!
- Submissions should be:
 - Healthy
 - Creative and fun
 - Affordable
 - Delicious
 - Original
- What to submit:
 - Submit your plate – be creative!

Snack Ranking Suggestions: These are examples. One of each item will be enough to use for this contestant. Use prepackaged snacks with visible nutrition facts labels.

Snack Rank	
Fair - 1	Salted nuts, nabs, salted pretzels, candy bar (with nuts), chips
Good - 2	Low-sodium chips, cheese sticks, fruit snacks, granola bars (ex. Nature's Own)
Great - 3	Lightly salted nuts, low sodium chips, fruit cups packed in 100% juice, cheese sticks, 100% fruit – fruit snacks
Excellent - 4	Fruit cups packed in water with no added sugar, fruit or veggie pouches like apple sauce, unsalted nuts, Greek yogurt with no added sugar, prepackaged apples/fruit, pre-packaged vegetables, minimal ingredient granola bars (no added sugar),

Resources

MyPlate Resources

1. *My Plate:*
<https://www.myplate.gov/>
2. *My Plate for Kids:*
<https://www.myplate.gov/life-stages/kids>
3. *What is my plate:*
<https://www.myplate.gov/eat-healthy/what-is-myplate>
4. *Start Simple with MyPlate:*
<https://www.myplate.gov/>

Nutrition Facts Label Resources

1. *Understanding Today's Food Label:*
<https://www.fda.gov/food/nutrition-facts-label/read-label-youth-outreach-materials>
2. *Handouts: FDA-ReadtheLabel-CoolTipsforKids-English, FDA-ReadtheLabel-Infographic-English*
3. *Youth Video:*
<https://www.youtube.com/watch?v=OWMSJqnYFMY>
4. *Supplementary: Academy of Nutrition and Dietetics food groups:*
<https://www.eatright.org/food/food-groups>

MyPlate Handouts

- Focus on Whole Fruits
- Vary Your Veggies
- Make Half Your Grains Whole Grains
- Vary Your Protein Routine
- Move to Low Fat or Fat-Free Dairy



PAD Judges' Sheet

Food and Nutrition II: MyPlate and Food Label Challenge

Contest Component	Points Available	Points Received
A written test based on information from My Plate, My Plate for Kids, and Understanding Nutrition Facts Labels. Questions will be based on your knowledge of MyPlate and the Nutrition Facts Label.	100	
Judging: Nutrition Facts Label: Given four different snack items or listed snacks, contestants must rank snacks from fair, good, and great to excellent. My Plate, Cool Tips for Kids, (MSUP3568 Healthy Snacks for Kids on the Go or at Home, The Nutrition Facts Label: Look at it and use it. Contestants will rank from 1 (fair) to 4 (excellent) (<i>Snack Ranking Form</i>) and will be used to record placing. The contestants will also give oral reasons for their ranking by demonstrating their knowledge of reading a food label. Successful scores will be based on the contestant's ability to understand and explain the different components of the Nutrition Facts Label and make a sound recommendation regarding their ranking for each snack food. Ranking 100 (Why did you rank the snack the way you did?) Reason for ranking 100	200	
Demonstrate their knowledge of creating a healthier plate using MyPlate. Contestants will utilize the MyPlate menu activity sheet to make a meal/plate using the activity sheet. Participants should complete each section with foods in each area of the plate. Participants should write, draw, and/or design their plate to be specific to them. Participants should add information about any recipe or food substitutions they used to make their plates healthier. They may have to write this on the back. Participants should share their story about why they chose the foods they chose. Look for creativity, healthfulness, fun, and unique stories that show their understanding. (MYPLATE CHALLENGE) Point considerations: -did the participant go the extra mile in creativity, uniqueness, the health of the plate, etc.?	150	
TOTAL POSSIBLE POINTS	450	
TIEBREAKERS: (If contestants have identical total scores at the end of the contest, the following tiebreakers will be used		
- The highest individual score in the reasoning section of the Nutrition Facts Label Judging will break the tie. - The highest individual score in the demonstration section will break the tie if two or more remain tied.		

Contestant Name _____

Contestant Number _____ Score _____



Snack Ranking Form

Contestant Name: _____

Contestant Number: _____

Score: _____

Snack 1: _____	Fair 1	Good 2	Great 3	Excellent 4
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Snack 2: _____	Fair 1	Good 2	Great 3	Excellent 4
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Snack 3: _____	Fair 1	Good 2	Great 3	Excellent 4
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Snack 4: _____	Fair 1	Good 2	Great 3	Excellent 4
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