

Healthy Living

IT'S TIME SERIES

[Table of Contents](#)

Rev. 09-15

Projects & Materials	Requirements	Exhibit Requirements
<p>It's Time for Breakfast, Ages 9-12</p> <p>Youth Materials:</p> <ul style="list-style-type: none"> <i>It's Time for Breakfast (#KY 4JG-02PC)</i> <i>4-H Involvement Report (#91910)</i> <i>4-H Project Record Book (#91950)</i> <p>Volunteer Materials: <i>None</i></p> <p>Update Food Pyramid Information at: www.choosemyplate.gov</p>	<p>Project Requirements:</p> <ul style="list-style-type: none"> Complete all seven (7) activities in this project manual. Give an oral presentation (speech, demonstration or illustrated talk) related to this project. Exhibit Project <p>Complete the following:</p> <ul style="list-style-type: none"> <i>4-H Involvement Report (#91910)</i> <i>4-H Project Record Book (#91950)</i> 	<ul style="list-style-type: none"> 4-H Project Record Book (#91950) 4-H Involvement Report (#91910) A non-perishable food item you have learned about by taking this project. Include the recipe, nearly written (or typed), on a 3"x5" or a 4"x6" recipe card. <p>OR</p> <ul style="list-style-type: none"> A poster (14"x22") or display illustrating what you learned in this project this year. <p>Note: Foods such as cheese biscuits, muffins, and coffee cake display well in a fair setting. Exhibits using raw eggs or egg whites, cream cheese, whipped cream, or other ingredients that require refrigeration should not be used.</p>
<p>County Requirements: Check your County Extension office for details.</p>		
<p>Support Materials: To download the curriculum visit: http://www2.ca.uky.edu/agc/pubs/4jg/4jg02pc/4jg02pc.pdf</p>		