

Healthy Living

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IT'S TIME SERIES (cont.)

Rev. 09-15

Projects & Materials	Requirements	Exhibit Requirements
<p>It's Time for Dinner, Ages 12-18</p> <p>Youth Materials:</p> <ul style="list-style-type: none"> • <i>It's Time for Dinner</i> (#KY 4JG-04PB) • <i>4-H Involvement Report</i> (#91910) • <i>4-H Project Record Book</i> (#91950) <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 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</i> (#91910) • <i>4-H Project Record Book</i> (#91950) 	<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 bread or rolls 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 with your County Extension office for more information.</p>		
<p>Support Materials: To download the curriculum visit: http://www2.ca.uky.edu/agc/pubs/4jg/4jg04pb/4jg04pb.pdf</p>		