

Healthy Living

IT'S TIME SERIES

(cont.)

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Rev. 09-15

Projects & Materials	Requirements	Exhibit Requirements
It's Time for Lunch, Ages 10-12 Youth Materials: <ul style="list-style-type: none"> <i>It's Time for Lunch (#KY 4JG-03PB)</i> <i>4-H Involvement Report (#91910)</i> <i>4-H Project Record Book (#91950)</i> Volunteer Materials: <i>None</i> <i>Update Food Pyramid Information at:</i> www.choosemyplate.gov	Project Requirements: <ul style="list-style-type: none"> Complete all six (6) activities in this project manual. Give an oral presentation (speech, demonstration or illustrated talk) related to this project Exhibit Project Complete the following: <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. OR <ul style="list-style-type: none"> A poster (14"x22") or display illustrating what you learned in this project this year. Note: Foods such as quick breads, homemade master mix, and biscuits 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.
County Requirements: Check with your County Extension office for more information.		
Support Materials: To download the curriculum visit: http://www2.ca.uky.edu/agc/pubs/4jg/4jg03pb/4jg03pb.pdf		