

Healthy Living

FANTASTIC FOODS

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Rev. 09-16

Projects & Materials	Requirements	Exhibit Requirements
<p>Tasty Tidbits, Level B, Ages 11-13</p> <p>Youth Materials:</p> <ul style="list-style-type: none"> • National 4-H Curriculum <i>Tasty Tidbits, Level B</i> (#53066) • <i>4-H Involvement Report</i> (#91910) • <i>4-H Project Record Book</i> (#91950) <p>Volunteer Materials:</p> <ul style="list-style-type: none"> • National 4-H Curriculum <i>Food Curriculum Helper's Guide</i> (#53069) <p>Update Food Pyramid Information at: www.choosemyplate.gov</p>	<p>In the member's current Manual:</p> <ul style="list-style-type: none"> • Complete a minimum of 7 activities. Finish at least 21 of the required activities within 3 years to pass each level. • Complete manual for activities selected. • Have your project helper date (month and day) each activity when it is finished p. 51). • 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, neatly 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 muffins, dry cocoa mix, pretzels, biscuits, or cookies 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: Idaho 4-H Fantastic Foods page: https://www.uidaho.edu/extension/4h/projects/fantastic-foods To order National 4-H Curriculum visit: http://www.4-hmall.org/Category/4-hcurriculum-foods.aspx Additional recipes "Fantastic Foods" at http://www.youthlearningnet.org/</p>		