

Healthy Living

FANTASTIC FOODS

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Rev. 09-16

Projects & Materials	Requirements	Exhibit Requirements
<p>You're the Chef, Level C, Ages 14-16</p> <p>Youth Materials:</p> <ul style="list-style-type: none"> National 4-H Curriculum <i>You're the Chef, Level C</i> (#53067) <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. 47) 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 quick breads, yeast breads, or bread sticks or canned items: salsa, jam or pickles (must follow USDA canning guidelines). 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>		