

2019

FCS Resource Handbook

Highland County 4-H

For project completion and fair requirements see
the **Project and Fair Requirements Booklet**



THE OHIO STATE UNIVERSITY

COLLEGE OF FOOD, AGRICULTURAL,
AND ENVIRONMENTAL SCIENCES



highland.osu.edu

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4-H FAMILY AND CONSUMER SCIENCES GUIDELINES

(as adopted by Highland County Junior Fair Board)

1. Only 4-H club members duly enrolled in 4-H projects may make an exhibit or participate in activities.
2. Fair premiums shall be paid on project grade only. **No premiums will be awarded to a project not exhibited or appropriately displayed at the Fair nor, ones taken prior to the release time.**
3. No trophy or awards will be given unless the professional judge deems the project worthy of award and it is judged during the regular judging schedule.
4. All previous first place winners are ineligible to receive an award in that class or project for the year immediately following the award, except for ongoing projects (ex: Genealogy, Creative Arts, etc.)
5. Only one entry may be made in any one project.
6. Junior Fair Rules and Regulations shall be followed.
7. State Fair participants may or may not be the winners in the county contest and are chosen by professional judges.
8. All members in clothing projects are expected to participate in the Family and Consumer Sciences Style Review, Thursday evening of judging week.
9. All Family and Consumer Sciences projects are to be brought to the Jr. Fair FCS Building (next to Jr. Fair Building) **NO LATER THAN 9:00 P.M. the Saturday directly before fair.** Those projects not in place at the above stated time will not be awarded a premium.
10. All Family and Consumer Sciences Projects are to remain on exhibition until 3:00 p.m. ON SATURDAY, last day of the fair. **PROJECTS THAT CAN BE CARRIED OUT MAY PICKED UP BETWEEN 3:00 P.M. AND 5:00 P.M. ON LAST SATURDAY OF FAIR.** You still will be able to pick up between 10:00 a.m. and NOON on Sunday but projects must be removed from the Jr. Fair FCS Building no later than NOON when tear down begins. If a member cannot pick up a project(s) personally, arrangements should be made with the advisor as to who will pick up the articles. Anyone not picking up articles that Sunday can contact the Extension Office the following Monday; however the Extension Office is not responsible for any of the items. Items will only be kept at the Extension Office until October 1.
11. The information in the 4-H project book is extremely important.

12. Any state fair participant who doesn't notify the Ohio State University Extension, Highland County Office that he/she will not be participating at the Ohio State Fair is disqualified from participating at the Ohio State Fair the following year.

BOOKS

4-H project books provide information and instructions which serve as a guide for learning in any particular project and are to be used at club meetings. Books are to be turned in to the advisor before judging for evaluation and **must have a letter grade put on them and signed by the advisor**. This is a part of a member's completion. **All project books must be brought to judging.**

If a 4-H member takes the same 4-H project in consecutive years, they should purchase another project book and go into more detail with the project each year.

GRADES

Advisors should let the Extension Office staff know if they feel a 4-H member should not be considered for any special placings (based on club attendance, attitude, lack of interest, or not doing his or her own work, etc.).

JUDGING SCHEDULES

Judging schedules will be available at our website highland.osu.edu at least two weeks prior to judging. **Stop by or contact the Extension Office for a hard copy.**

SCHOOL FAMILY AND CONSUMER SCIENCES PROJECTS AND 4-H PROJECTS

For a member to achieve the progression of a goal needed for development, 4-H projects must be separate and different from those carried in other organizations such as FCCLA, Scouts, Campfire, Grange, Church, School (including Industrial Arts Class, Science Fairs), etc.

CALENDAR OF 4-H FAMILY AND CONSUMER SCIENCES ACTIVITIES

Tuesday, July 9	Clothing & Textiles, Creative Arts, Family Life, Health, Food, Nutrition, and Special Interest Judging – Hillsboro High School
Wednesday, July 10	State Fair Qualifying, Breeding Swine & Demonstrations – Highland County - Administration Building Basement Meeting Rooms
Thursday, July 11	Awards Ceremony and Style Revue – Southern State Community College
Sunday, September 1	4-H Style Revue
Monday, September 2	Jr. Fair Sewing Challenge
Wednesday, September 4	Jr. Fair Nutrition Bowl
Thursday, September 5	Jr. Fair Baking Contest
Friday, September 6	Jr. Fair Demonstration Contest

RESOURCES TO HELP ADVISORS

1. Food & nutrition bulletins are available from the Extension Office.
2. Check with the OSU Extension Office regarding resource materials in any of the enclosed areas.
3. Family and Consumer Sciences project clinics will be announced as need arises, check your 4-H newsletter.
4. Members of the Highland County 4-H Family and Consumer Sciences Board would be happy to visit your club to help younger members in modeling, accessorizing, cost per serving, menu planning, etc.
5. Advisors are responsible for making sure members know when and where judging is to be.
6. **PROJECT GUIDELINES** – Read all project guidelines carefully. If there are any questions, **PLEASE CALL THE OSU EXTENTION OFFICE FOR CLARIFICATION.**
7. **THE 4-H EDUCATOR IS INTERESTED IN YOUR CLUB AND YOUR MEMBERS. DON'T HESITATE TO CALL ON HER AS A RESOURCE. (937-393-1918)**

FOODS AND NUTRITION

GENERAL INFORMATION

1. Follow project completion requirements and county requirements as listed in the Project Completion and Fair Requirements for Highland County 4-H.
2. Advisors are responsible for making sure members know their time of judging. If members cannot be judged at scheduled time, make arrangements for “make-up” judging by calling the Extension Office, 937-393-1918. Those who attend make-up judging will not be eligible for awards.
3. Important phases of food judging include:
 - a. Member’s knowledge in nutrition, information given in project book, My Plate Food Guide, nutritional value, meal planning, proper writing of menus. The 4-Her should have knowledge of nutrition information about menus planned and food brought to judging.
 - b. Neatness, cleanliness, and enthusiasm of member are evaluated.
 - c. The food at time of judging and table setting when required. Include in the table setting any needed dinnerware, silverware, glassware, and appropriate tablecloth or placemat.
 - d. Interview with judge on above items.
4. Advisors and members are encouraged to try their own judging activity to give members confidence and to help them know what judging is all about.
5. Project books should be turned in to advisors before judging so that they can be checked for completion and graded.
6. When food is brought for judging, 4-Hers need to be concerned with food safety. Ohio State University Extension’s position on food safety states that any food not properly stored for longer than **two hours** can be potentially harmful.
7. Cost Per Serving Calculation

Along with food preparations we are trying to teach our 4-H members how to manage money. To help with this, each member in foods and nutrition projects is expected to figure the cost of the food they exhibit. The 4-Her should complete the cost per serving on the food item they bring to judging. **Exception: All beginner level projects, see Family Guide.** These projects **DO NOT** have to complete the cost per serving.

CALCULATING COST PER SERVING

The information below will help you in teaching your members. Members may write out this information on a piece of paper or an index card.

The following is an example of how cost per serving can be calculated. 4-Hers should prepare and bring a similar calculation. A fair market value should be used for items which are home-raised or home-produced, but 4-Hers may wish to indicate that they did not have to purchase these items from a grocery store.

Example of calculating cost per serving:

CHILI CON CARNE – serves 6

Ingredient and Amount Used	Approximate Cost
1 lb. ground beef	\$2.36
¼ cup chopped onions (1 sm. onion)	.10*
½ cup chopped green pepper (1/2 med. pepper)	.25
1 can (15 oz.) chili, kidney, pinto beans	.65
1 can (1 lb. 12 oz.) tomatoes with juice	.60*
1 tsp. salt (sm. quantities of seasonings do not 1 tsp. chili powder need to be calculated)	
*Home Grown	
Total Recipe Cost	\$3.96
\$3.96 ÷ 6 servings = \$0.66 per serving	

HOW TO WRITE MENUS

1. Use capitals for all words except the articles and prepositions.
2. Arrange the food items within a course and within a meal in the order in which they will be eaten.
3. When setting up a menu, place the main item of the course alone in the center (a) or at the left with an accompanying item (b)

(a) Broiled Pork Chops

(b) Broiled Pork Chops Baked Potatoes

4. Place the accompaniment to an item to the right on the same line (a) or in the center directly below (b).

(a) Spiced Tomato Juice Cheese Wafers

(b) Spiced Tomato Juice
Cheese Wafers

5. The beverage is listed as the last item of the course with which it is served.
6. Items such as butter, cream, sugar, or salad dressings are not written on menus unless they are something special.

For example: Lettuce with French Dressing
or
Baked Potato with Sour Cream

7. Space the items of the menu so that the written menu is symmetrical.

Tomato Bouillon Cheese Puffs Celery Curls Grilled Pork Chop Baked Potatoes Asparagus Grapefruit Salad Hot Rolls Apple Pie Coffee	Roast Beef Mashed Potatoes with Gravy Green Beans Tossed Salad Hot Rolls Strawberry Shortcake Milk Coffee
Fresh Orange Juice Cooked Oatmeal Top Milk Popovers Milk Coffee Tomato Juice Scrambled Eggs Bacon Toast Milk Coffee	Creamed Tuna on Toast Lettuce Salad Peaches Cookies Milk

SETTING

The Standard

A Guide to Proper Table Setting



Ohio State University Extension
Highland County 4-H: Nutrition Project
Adapted from: Erika Lynne Eyre

Important Reminders

- ◆ Plates and silverware should be placed one (1) inch from the edge of the table.
- ◆ Silverware is arranged in order of use, from outside in. (Example: if salad is to be eaten first, the salad fork is placed farthest from the plate. In formal settings, the smaller dessert fork is placed next to the plate.)
- ◆ Don't forget the centerpiece! It shouldn't be too tall because that puts a damper on dinner conversation. You should be able to see over the center piece.
- ◆ Place your prepared food where you deem appropriate, and don't forget a serving spoon or fork.

Taking a nutrition project in 4-H involves a lot more than just cooking. Another important aspect of the 4-H nutrition experience is the...TABLE SETTING!

Step 1

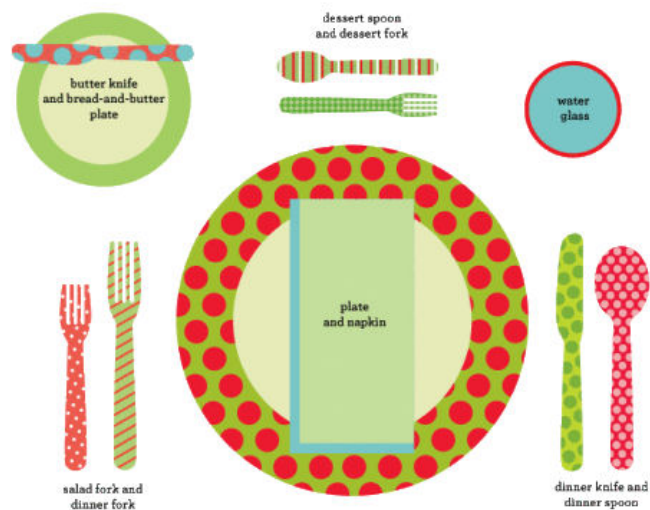
Before you begin to set the table, remember these things...

- ◆ A table setting is logical. Each object is placed in order of use or in the most convenient place to grasp it.
- ◆ Only set out tableware that will be used at the particular meal.

- ◆ The place setting also needs to be appropriate for the food item(s) and menu that you are bringing to judging. (Example: if serving soup, you must provide a soup bowl.)

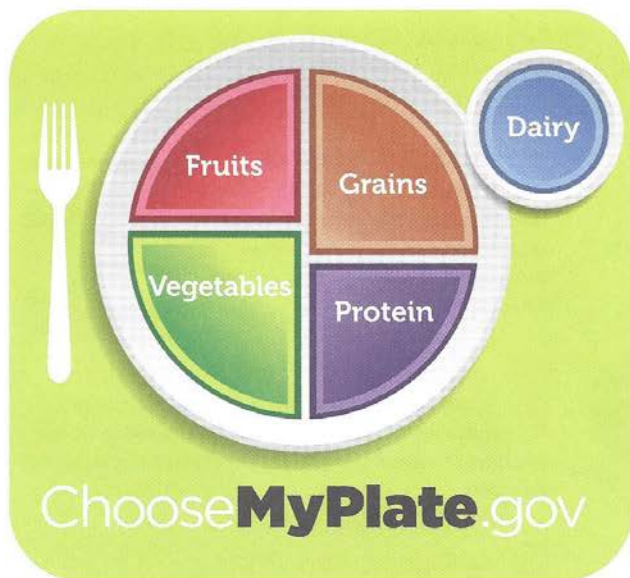
Step 2

Setting the Standard...



1. Plate
2. Knife. Place to the right of the plate, with cutting edge towards the plate.
3. Spoon(s). Place with bowls facing up to the right of knife.
4. Fork(s). Place to the left of plate with tines up.
5. Napkin. Place to the left of the fork, with folded edge on the outside or in the center of the Plate.
6. Water glass. Place directly above tip of knife. Other glasses are placed right of the water glass at the tip of the spoon(s).
7. Bread plate. Place at tip of forks, butter knife being parallel to edge of table.
8. Dessert fork and spoon. Place at the top of the plate and face different directions.

What's on your plate?



Before you eat, think about what and how much food goes on your plate or in your cup or bowl.

Over the day, include foods from all food groups: vegetables, fruits, whole grains, low-fat dairy products, and lean protein foods.

Grains

Make at least half your grains whole.

Vegetables

Eat more red, orange and dark green vegetables.

Fruits

Make half your plate fruits and vegetables.

Dairy

Switch to skim or 1% milk.

Protein

Vary your protein food choices.

Exercise

Get 60 minutes or more of physical activity each day.

Where is MyPyramid? The MyPlate symbol and food guide system, released by USDA in 2011, replaces MyPyramid, but is based on the same food groups and recommendations. Information about what and how much to eat has not changed.

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10 tips

Nutrition Education Series

choose MyPlate

10 tips to a great plate



Making food choices for a healthy lifestyle can be as simple as using these 10 Tips.

Use the ideas in this list to *balance your calories*, to choose foods to *eat more often*, and to cut back on foods to *eat less often*.

1 balance calories

Find out how many calories YOU need for a day as a first step in managing your weight. Go to www.ChooseMyPlate.gov to find your calorie level. Being physically active also helps you balance calories.

2 enjoy your food, but eat less

Take the time to fully enjoy your food as you eat it. Eating too fast or when your attention is elsewhere may lead to eating too many calories. Pay attention to hunger and fullness cues before, during, and after meals. Use them to recognize when to eat and when you've had enough.



3 avoid oversized portions

Use a smaller plate, bowl, and glass. Portion out foods before you eat. When eating out, choose a smaller size option, share a dish, or take home part of your meal.

4 foods to eat more often

Eat more vegetables, fruits, whole grains, and fat-free or 1% milk and dairy products. These foods have the nutrients you need for health—including potassium, calcium, vitamin D, and fiber. Make them the basis for meals and snacks.



5 make half your plate fruits and vegetables

Choose red, orange, and dark-green vegetables like tomatoes, sweet potatoes, and broccoli, along with other vegetables for your meals. Add fruit to meals as part of main or side dishes or as dessert.

6 switch to fat-free or low-fat (1%) milk

They have the same amount of calcium and other essential nutrients as whole milk, but fewer calories and less saturated fat.



7 make half your grains whole grains

To eat more whole grains, substitute a whole-grain product for a refined product—such as eating whole-wheat bread instead of white bread or brown rice instead of white rice.

8 foods to eat less often

Cut back on foods high in solid fats, added sugars, and salt. They include cakes, cookies, ice cream, candies, sweetened drinks, pizza, and fatty meats like ribs, sausages, bacon, and hot dogs. Use these foods as occasional treats, not everyday foods.

9 compare sodium in foods

Use the Nutrition Facts label to choose lower sodium versions of foods like soup, bread, and frozen meals. Select canned foods labeled "low sodium," "reduced sodium," or "no salt added."



10 drink water instead of sugary drinks

Cut calories by drinking water or unsweetened beverages. Soda, energy drinks, and sports drinks are a major source of added sugar, and calories, in American diets.

USDA
Center for Nutrition
Policy and Promotion

Go to www.ChooseMyPlate.gov for more information.

DG TipSheet No. 1
June 2011
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A Guide to Daily Food Choices

A DAILY FOOD GUIDE

Eat a variety of foods daily, choosing different foods from each group. Some people may need more food because of their body size and activity level. Young people should have a variety of foods but may need small servings.

<p>One serving of bread and cereals is:</p> <ul style="list-style-type: none"> 1 slice of bread 1 biscuit 1 ounce ready-to-eat cereal ½ to ¾ cup cooked cereal or pasta 	<p>Vitamin A-rich vegetables and fruits:</p> <table style="width: 100%; border: none;"> <tbody> <tr> <td style="width: 50%;">Apricots</td> <td style="width: 50%;">Spinach</td> </tr> <tr> <td>Broccoli</td> <td>Sweet Potatoes</td> </tr> <tr> <td>Cantaloupe</td> <td>Turnip greens/other</td> </tr> <tr> <td>Carrots</td> <td>dark green leaves</td> </tr> <tr> <td>Pumpkin</td> <td>Winter Squash</td> </tr> </tbody> </table>	Apricots	Spinach	Broccoli	Sweet Potatoes	Cantaloupe	Turnip greens/other	Carrots	dark green leaves	Pumpkin	Winter Squash
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Cantaloupe	Turnip greens/other										
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<p>One serving of protein is:</p> <ul style="list-style-type: none"> 2-3 ounces of lean cooked meat, poultry or fish 2 eggs 1 cup cooked dried beans or peas 4 tablespoons peanut butter ½ to 1 cup nuts, sesame or sunflower seeds 	<p>Vitamin C-rich vegetables and fruits:</p> <table style="width: 100%; border: none;"> <tbody> <tr> <td style="width: 50%;">Broccoli</td> <td style="width: 50%;">Green pepper</td> </tr> <tr> <td>Brussel sprouts</td> <td>Kiwi</td> </tr> <tr> <td>Cantaloupe</td> <td>Sweet red pepper</td> </tr> <tr> <td colspan="2">Grapefruit and oranges & their juices</td> </tr> </tbody> </table>	Broccoli	Green pepper	Brussel sprouts	Kiwi	Cantaloupe	Sweet red pepper	Grapefruit and oranges & their juices			
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Brussel sprouts	Kiwi										
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<p>One serving of dairy is:</p> <ul style="list-style-type: none"> 1 cup milk 1 ½ ounces cheese 1 cup yogurt 2 cups cottage cheese 1 ½ cups ice cream 	<p>Fair sources of Vitamin C are:</p> <table style="width: 100%; border: none;"> <tbody> <tr> <td style="width: 50%;">Asparagus tips</td> <td style="width: 50%;">Spinach</td> </tr> <tr> <td>Honeydew melons</td> <td>Tangerines</td> </tr> <tr> <td>Kohlrabi</td> <td>Watermelons</td> </tr> <tr> <td>Sweet Potatoes &</td> <td>Raw cabbage</td> </tr> <tr> <td colspan="2" style="text-align: center;">Potatoes cooked in the jacket</td> </tr> </tbody> </table>	Asparagus tips	Spinach	Honeydew melons	Tangerines	Kohlrabi	Watermelons	Sweet Potatoes &	Raw cabbage	Potatoes cooked in the jacket	
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CLOTHING & TEXTILES GENERAL GUIDELINES

Methods of construction include sewing, knitting and crocheting. Members are encouraged to **select projects on the basis of wardrobe needs and levels of sewing ability.**

PHILOSOPHY

4-H clothing & textiles projects are designed to give **4-H members experience in construction, selection, coordination and maintenance of their clothing and to help them create a “Total Look.”** Refer to the project book for Total Look guidelines.

JUDGING

Judging is intended to be one of many learning experiences in a 4-H project. Advisors should discuss judging throughout the 4-H year as a positive experience of learning and evaluation.

Clothing & Textiles evaluation is done by the interview method based on the **seven guidelines to the Total Look** which are listed in each project book.

Project books are to be used as a learning tool and as a reference for project guidelines.

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119 Governor Foraker Place, Suite 202
Hillsboro, OH 45133
937-393-1918

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