



# 4-H Food Leader's Training

## Want to learn more about the Foods & Nutrition Project?

This FREE 4-H Food Leader's Training will be an educational workshop on the Foods and Nutrition project as well as the 4-H Food Show & 4-H Food Challenge. 4-H Members and Project leaders can attend and learn how to complete a Foods & Nutrition project for the year, receive information about our County Food Show/Food Challenge Contests, and engage in hands-on learning for the day.

**WHEN:** Saturday, **September 26, 2015** @ 10AM—12PM OR  
Saturday, **November 7, 2015** @ 10AM—12PM

**WHERE:** EFNEP Office @ 8842 Tradeway, San Antonio, TX 78217

**CONTACT US:**

Please contact Natalie Cervantes with questions at:  
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# Foods & Nutrition Project

## Do you love to cook? Are you the next top chef?

**If so, JOIN 4-H TODAY and begin the Foods and Nutrition project!**

Youth interested in sharpening their culinary skills will also have fun learning about nutrition in the Foods & Nutrition Project. The Food Show, Food Challenge and Nutrition Quiz Bowl are exciting events to get kids involved in the Foods & Nutrition Project during the 4-H year. Members who compete in these contests will improve their cooking skills, understanding of nutrition, and public speaking skills!

**Food Show:** Participants pre-prepare a dish at home and present it at the Food Show. Dishes fall into four categories: Protein, Fruit & Vegetable, Breads and Cereals, Grains, and Dairy.

**Food Challenge:** Teams of 3-5 4-H members create a dish using only a predetermined set of ingredients. From these ingredients, team members must identify and prepare a dish, then make a presentation about it to a panel judges. Dishes fall into four categories: Main Dish, Fruit & Vegetable, Breads & Cereal, and Nutritious Snacks.

**Nutrition Quiz Bowl:** Teams of four 4-H members compete in a contest of knowledge similar to a quiz show, but all of the questions and categories are about nutrition! Youth are provided with a study guide of sample questions to study in advance.