

Project Opportunities

- Contests
- Food & Nutrition Related Community Service:
 - canned food drives
- Healthy Texas Youth Ambassadors

Contests

- Food Challenge
- Food Show
- Family & Community Health Quiz Bowl
- Ag Product ID

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Dates:

9/21 Food & Nutrition Project Information Night

TBD Brazos County Food Challenge

10/29 Food & Nutrition Day Camp

1/3 County Round Up Educational Presentation Entries & Fees Due

1/12 Food Show Entries & Fees Due

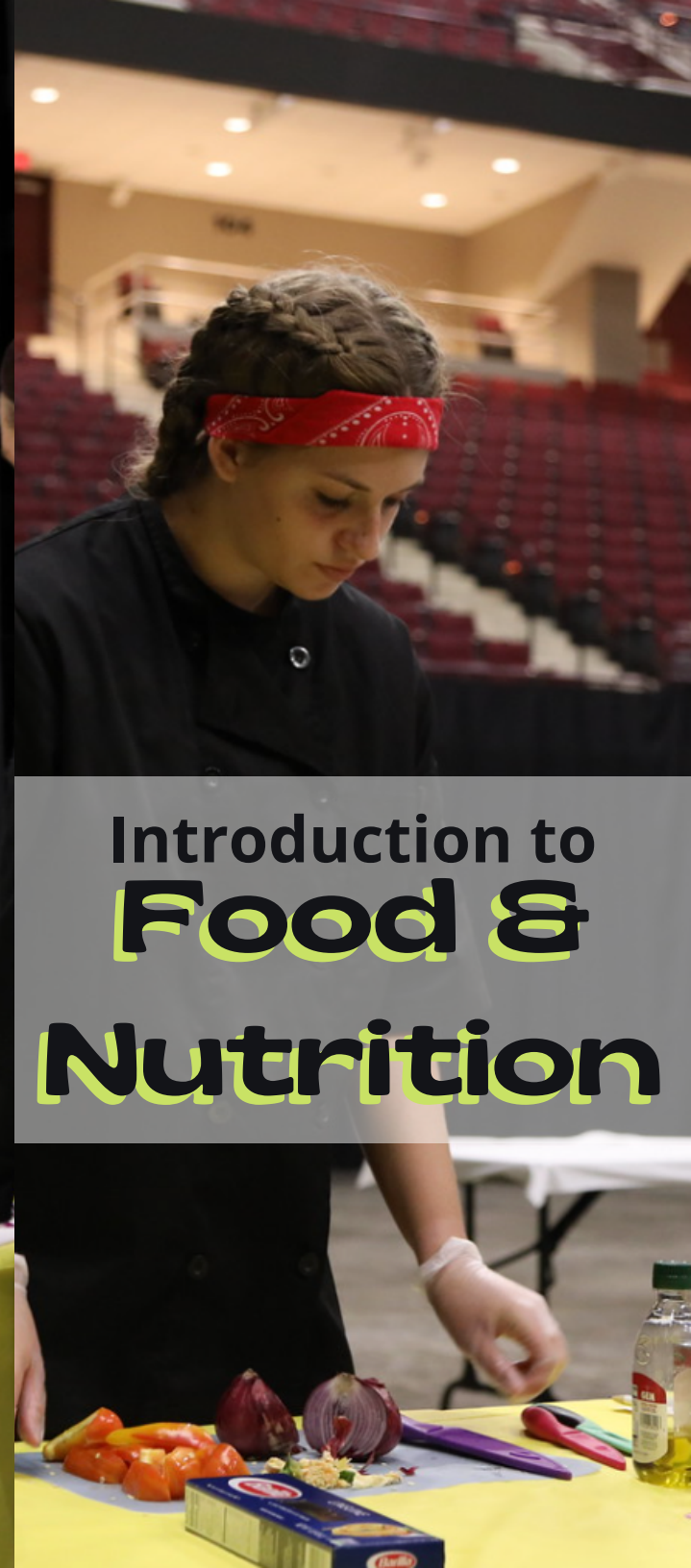
1/24 County Round Up (EP)

1/25 County Food Show

3/6 County FCH Quiz Bowl

4/27-29 District 9 Round Up

6/5-8 State 4-H Round Up



Introduction to Food & Nutrition

Food

Challenge

- Teams of 3-4 members are shown a list of ingredients to use & then given 40 minutes to prepare a dish
- Dishes are then presented to the judges and scored based on the following categories:
 - Preparation
 - Serving
 - Food Safety
 - Nutrition

Food Show

- Choose a recipe from a category & prepare it
- Present your dish to the panel of judges & answer questions related to preparation, nutrition, dietary restrictions, substitutions, etc.

Healthy Texas Youth Ambassadors

Healthy Texas Youth Ambassadors is a great leadership opportunity for youth passionate about healthy living. They are educated & given resources on how to provide informational programs across the state, educating others of the importance of healthy living, as well as how to live a healthy lifestyle.

**** Food & Nutrition projects can be self-led or conducted in a group setting ****

FCH Quiz Bowl

- Compete as teams of 4
- Buzz in to answer questions related to the following categories:
 - basic nutrition
 - consumer information
 - food and kitchen safety
 - food preparation skills and storage
 - health

Ag Product ID

- 20 agricultural products from across the state are selected at random
- Contestants must identify the product and be able to answer a question related to the industry or growing of the product identified