

La Porte County 4-H Dairy Foods Project
Junior Division 1 – 3

Name _____ Age _____ Year _____

Name of Club _____

Number of years in 4-H _____ Number of years in dairy foods _____

I have reviewed this record and believe it to be correct:

Signature of leader _____ Date _____

Purpose: To promote better food habits through the use of the Food Guide Pyramid in preparing well balanced meals, and to gain a better understanding of milk products and their benefit.

Did you give a demonstration on your Dairy Foods project? _____

Name of demonstration _____

List two new things you learned in this project?

1. _____

2. _____

List the six (6) food groups and the number of serving you should get daily from each:

<u>Food Group</u>	<u>Number of servings</u>
1. _____	_____
2. _____	_____
3. _____	_____
4. _____	_____
5. _____	_____
6. _____	_____

List products which belong to the milk group. (Example – yogurt)

Make up a day's menu of meals and snacks that fulfill your nutritional needs from the Food Guide Pyramid. Circle all the items which are in the milk, yogurt, and cheese group.

Breakfast:	Lunch:
Dinner:	Snack (optional)

Exhibit Rules for Judging:

1. Division 1: Exhibit an individual serving of plain baked custard made from milk. Be sure the custards cooled quickly after preparation and kept cold until the judging time.
2. Division 2: Exhibit a one layer, simple butter cake, either round or square. The cake should be cooled and displayed on a piece of covered cardboard one to two inches larger than your cake. Do not frost the cake.
3. Division 3: Exhibit a simple coffee cake – not using yeast. The cake should be cooled and exhibited on a piece of covered cardboard one to two inches larger than your cake.
4. Attach to your exhibit the product's recipe and instructions on a file card and also a one day meal menu (including all three meals) in which the product for exhibit could be used on a file card. These will be judged with the exhibit.

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