

La Porte County 4-H Dairy Foods Project
Senior Division 4 and Above

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 create an interest in the preparation of foods, which add to better family living and promote good health; to promote better nutrition through the use of the Food Guide Pyramid in the preparation of adequate meals; and more fully understand the use and value of milk products.

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

Name of Demonstation _____

List three things you learned in this project.

1. _____
2. _____
3. _____

List the 6 food groups below. Select one day to keep a food diary and list all foods you've eaten in the appropriate category.

<u>Food Group</u>	<u>Foods eaten</u>
1. _____	_____
2. _____	_____
3. _____	_____
4. _____	_____
5. _____	_____
6. _____	_____

How could you have improved your diet? _____

Why do the number of servings vary under each group in the Food Guide Pyramid (for example 2 – 4 servings instead of a specific number such as 4). Do people have different needs at different ages? Explain

Milk can be fortified with two vitamins. These vitamins are listed on the cartons which have been fortified. What are the two vitamins and the purpose of each?

<u>Vitamin</u>	<u>Purpose</u>
1.	
2.	

There are many products which contain calcium. One cup of milk is considered to be one serving from the milk group. List three other calcium product equivalents and the amount of each product that would equal one serving from the milk, yogurt and cheese group.

<u>Calcium Equivalent</u>	<u>Amount</u>
1.	
2.	
3.	

Exhibit Rules for Judging:

1. Exhibit a baked non-perishable product (one which does not need refrigeration) which uses at least two (2) dairy products.
2. Attach to the exhibit the recipe and instructions for your baked product on a file card. This will be judged with the exhibit.
3. Attach a three day menu of meals and snacks (including all nine meals); this menu should include the dairy foods baked product you are exhibiting. The menu should also be on a file cards and will be judged with the exhibit.

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