



VOLUNTEER TRAINING

Food & Nutrition Project

4-H Food Challenge

Prepared by Emily H. Cooper
County Extension Agent
Texas A&M AgriLife Extension Service



Getting set up on eXtension:

- Log on to : <http://campus.extension.org/>
 - Set up a profile
 - Enroll in the Food Challenge Volunteer Training
- The online course will provide the opportunity to choose and select which area of the training and resources you want to visit and interact with at your convenience.

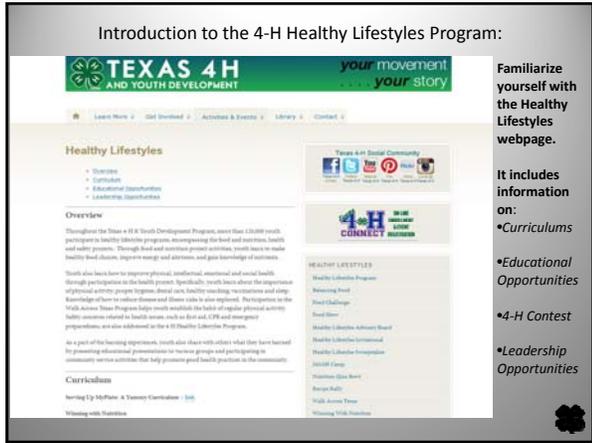


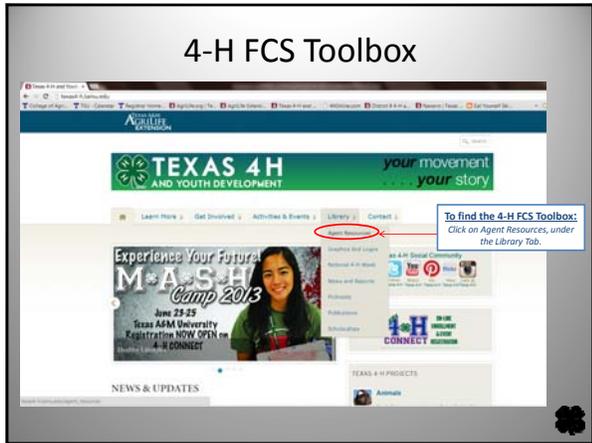
Program Structure

- Overview of the 4-H Healthy Lifestyles Program
- Volunteer Orientation
- Food Challenge Contest
 - Food and Nutrition
 - Food Safety
 - Food Preparation
 - Team Presentation
 - Resources









Volunteer Basics

- Youth Protection Standards
 - Screening [process](#)
 - <http://texas4-h.tamu.edu/enroll#volunteer>
 - 4-H Connect Instructions (PDF)
- Green Injection
 - The Land-Grant University [System](#)
 - Using the [Clover](#)
 - The 4-H Pledge & Motto (PDF)
 - 4-H Age Divisions (PDF)



Getting started with Food Challenge

- Before you begin with your teams, make sure you have acquired a copy of your county and district Food Challenge Rules and be aware of the following:
 - 4-H membership requirements
 - 4-H Age Divisions
 - Resources needed
 - [Supply Box](#)
 - Watch all YouTube videos



The Texas 4-H Food Challenge Guidelines

- A full explanation of the contest
- Includes rules and guidelines for state contest
- Provides overview of:
 - Rules of play
 - Group leader responsibilities
 - Judges orientation
 - Score cards for each age division
 - Team worksheets



Food and Nutrition

- **MyPlate**
 - MyPlate Leader Guide
 - Note the changes from MyPyramid
 - Key messages to take home about Food and Nutrition
 - MyPlate- Fun learning activities for your team
 - Choose MyPlate- 10 tips to a great plate



Food and Nutrition

- **Nutrient Needs at a Glance**
 - Glossary of terms on page 1
 - know how Nutrients, Water-soluble vitamins, Fat-soluble vitamins, Mineral/Elements, and Electrolytes all do the following:
 1. Functions in the body
 2. Sources that provide
 3. Deficiency
 - Additional resources are available on the course page or On the 4-H Healthy Lifestyles page and FCS Toolbox



Food Safety

- **Fight BAC- Four Simple Steps to Food Safety**
- **Is It Done Yet? – USDA publication**
- **Additional PowerPoint presentations should be printed off and utilized with your teams.**
 - Understanding the Dates on Food Labels
 - Keeping Food Safe for You and Your Family
- **Utilize the activities provided in the PowerPoints**



Food Preparation

- Food Preparation and how it relates to Food Safety
 - How to prepare and handle raw meats
 - How to avoid cross contamination during food preparation
 - Familiarize yourself with healthy meal substitutions
 - Work with team's on how to handle all items in the supply box and how to properly use them.



Team Presentation

- Review the scorecards for each age division
- Have a team meeting and decide on presentation responsibilities
- Have a set script that your team members will be able to remember the day of the contest and be able to input the dish information into that script.
- Practice, practice, practice!!!



Conclusion

- Make sure you have completed your volunteer screening.
- Make sure you double check the ages of your team members and that they are in the correct age division.
- Cover all the Food Challenge categories with your team.
- Complete the evaluation in the conclusion section of the online course.
- Make sure you have completed all quizzes in order to receive your certification.



Good luck with your teams!

- For more information, or resources for this volunteer training, contact the County Extension Agent below.



Emily H. Cooper, CEA
4-H and Youth Development
Texas A&M AgriLife Extension Service
ehcooper@ag.tamu.edu
navarro.agrilife.org