

Creating Your Food and Nutrition Project Portfolio

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Important Guidelines:

- Binder with 8 ½ x 11 pages.
 - May include a cover page with title of project and your name

- One page (one side only) for each activity or interest area. [SEE PORTFOLIO INTEREST AREAS ON 4H WEBSITE!]
 - Where do you find these in your project book?
 - Under “Contents”.
 - Sometimes on the inside front cover.
 - Project Completion Guide

 - Is everything under “Contents included in your portfolio?”
 - NO!
 - Member project guide and any Notes to project helper are not included.

 - Are all activity areas numbered in all books?
 - NO!
 - Sometimes you will need to number them yourself.

Let's look at a couple of examples.

Dashboard Dining

- Contents are listed on p.3
- There are 7 Activity Areas.
- So, your portfolio will have 7 pages of activities.

Fast Break for Breakfast

- Contents are listed on p.1
- There are 6 Interest Areas.
- So, your portfolio will have 6 pages of activities.

*Below is a Sample Portfolio
(I Spy in the Kitchen has 10 topic/areas)*

I Spy in the Kitchen

Susie 4H

1. The Secret of My Plate



Describe what you did in this section of your book.

You could include pictures you take yourself or someone takes of you doing activities. Write a few sentences to explain what you did. Be ready to talk to the judge and explain what you did in this section.

2. Clues in the Kitchen



Green Monster Soup

Ingredients:

- 1 cup carrots
- 1 cup zucchini
- 1 cup yellow squash
- 1/2 whole onion
- 2 garlic cloves
- 1 cup quinoa
- 1 1/2 cups split peas (dried)
- 8 cups vegetable broth
- 1/4 tsp cayenne pepper (to taste)

Safety:
Ask a parent or guardian for help when using the stove. Keep your fingers curled under when using the knife.

Directions:

1. Wash and cut carrots, zucchini and squash into large pieces.
2. Dice onions and garlic cloves. Sauté in oil until soft.
3. In a large pot, combine all ingredients except quinoa and bring to a boil.
4. Continue to simmer on medium low for about 45 minutes or until peas are soft.
5. Meanwhile, prepare quinoa according to package directions. Set aside.
6. Place a scoop of quinoa in each bowl and ladle soup over the top. Sprinkle a few pieces of quinoa on top of soup to create monster scales and serve!

Nutrition:
Recipe makes 5 servings
Each serving counts as 2 vegetables

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Thank You! University of Wisconsin-Madison

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3. The Secrets of Measuring



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4. Private-Eye Protein



Plan School Lunches Using **MyPlate.gov**

In general, 1 ounce of meat, poultry or fish, $\frac{1}{4}$ cup cooked beans, 1 egg, 1 tablespoon of peanut butter, or $\frac{1}{2}$ ounce of nuts or seeds can be considered as 1 ounce equivalent from the Protein Foods Group. Meat and poultry choices should be lean or low-fat.

Protein

BEANS



Dietitians-Online

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5. “Moo”steries of Milk



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6. Super Sleuth Snacks



Describe what you did in this section of your book.

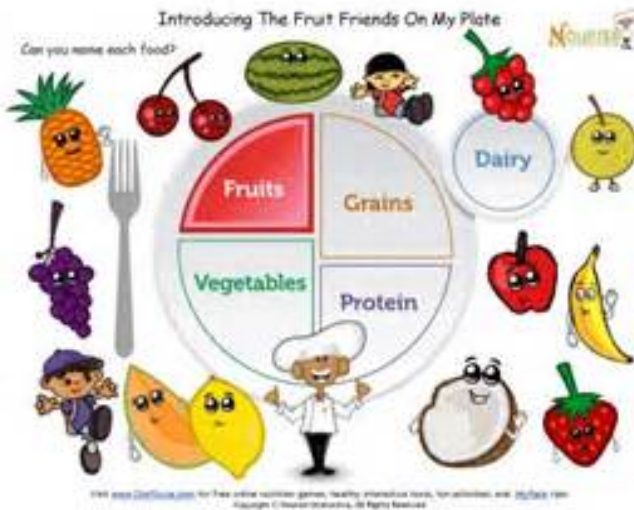
You could include pictures you take yourself or someone takes of you doing activities. Write a few sentences to explain what you did. Be ready to talk to the judge and explain what you did in this section.

7. Digging for Vegetable Snacks



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8. Fact Finding Fruit



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9. Cookie Capers



Nutrition Facts

Serving Size: (397g)

Amount Per Serving

Calories 720 Calories from Fat 340

% Daily Value*

Total Fat 37 g 57%

Saturated Fat 24 g 120%

Trans Fat

Cholesterol 100 mg 33%

Sodium 350 mg 15%

Potassium

Total Carbohydrate 79 g 26%

Dietary Fiber 1 g 4%

Sugars 64 g

Sugar Alcohols

Protein 16 g

Vitamin A

Vitamin C

Calcium

Iron

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10. Take the Mystery out of Manners



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