



# Foods: Fruits & Vegetables

## Member Booklet

**Name:** \_\_\_\_\_ **Club:** \_\_\_\_\_ **Age:** \_\_\_\_\_

**Food & You** is a four part food series that allows members to explore the main food groups. Members will be learning about proper measuring techniques with metric vs. imperial measurements, along with the best way to measure different ingredients and the different methods to cook/bake food preparations. Canada's Food Guide will be visited in each topic, teaching members how to make healthy food choices. Hopefully at the end of the series, members will have a healthy recipe file (box) highlighting all of the foods they have made.

**Fruits & Vegetables** features a recipe for carrot cake, planting (and using) herbs and learning about different vegetable preparation techniques!

### Project Completion Requirements (PCR)

- One Quarter of a Carrot Cake (made in tube pan & not iced)
- Recipe File with at least 4 fruit and 4 vegetable recipes
- 1 Potted Herb Plant
- Leader test on one of the following: Cutting techniques or blanching, steaming, frying boiling, sautéing, freezing, preserving, etc
- Member Booklet (*with completed member reflection pages*)

**Please make sure that ALL PCR's are completed and present at the Club Achievement Day.  
Resource material (including recipes) is available from the 4-H PEI Office**

### Exhibition Requirements

One Quarter Carrot Cake (not iced) plated for display

**Members are strongly encouraged to participate in the 4-H Classes at PEI Fairs & Exhibitions.  
Please check with your Project Leader or visit [www.pei4h](http://www.pei4h) for more Exhibition information.**

### 4-H Year Completion

**In order to complete the 4-H year members are required to:**

- Complete the PCR's (**Project Completion Requirements**) as outlined above
- Complete a **Communication** Project
- Complete a **Community Service** Activity
- Complete an **Agriculture Awareness** Activity

# 4-H Judging

Judging is an important skill that you will use in 4-H and beyond. As a 4-H member, judging will help you develop important assessment skills, and with practice, you will learn to carefully **observe, evaluate, make decisions, communicate with confidence.**

## Is Judging a requirement for THIS project?

Judging is not a requirement for **ALL** 4-H PEI projects, but you are encouraged participate in the practice whenever possible.

- When Judging is a requirement, it will be listed in the PCR's (Project Completion Requirements) on the front page of this member booklet. Members will need to fill out the score card below showing that the activity has been completed. The judging activity will be arranged by your project leader!
- When Judging is not a requirement, members and leaders may use the information and scorecard below for practice and learning. The skills learned from 4-H judging are used in everyday life situations, so it is always a useful skill to build!

## Score Card for Judging

I place this class of: \_\_\_\_\_ in the order of \_\_\_\_\_  
(Description - specify type of animals or items) (1st) (2nd) (3rd) (4th)

I place \_\_\_\_\_ over \_\_\_\_\_ because:

Reasons: \_\_\_\_\_  
\_\_\_\_\_

I place \_\_\_\_\_ over \_\_\_\_\_ because:

Reasons: \_\_\_\_\_  
\_\_\_\_\_

I place \_\_\_\_\_ over \_\_\_\_\_ because:

Reasons: \_\_\_\_\_  
\_\_\_\_\_

I place \_\_\_\_\_ at the bottom of this class because:

Reasons: \_\_\_\_\_  
\_\_\_\_\_

For these reasons, I place this class of: \_\_\_\_\_ in the order of \_\_\_\_\_  
(1st) (2nd) (3rd) (4th)

## 4-H MEMBER OPPORTUNITY - Provincial 4-H Judging Competition (Annual Event)

This event is open to all members, ages 9-21, and offers a great opportunity to learn more about judging in a competitive atmosphere (Three age categories & cash prizes awarded to top members for their judging abilities). Senior members (17-21) also compete for the chance to join the **Maritime 4-H Judging Team** to compete at **Agribition** (Regina, SK) in November.



- **4-H Canada Learns** is a resource tool providing information on 4-H projects from different provinces. Check out [www.4-h-learns.org/resources](http://www.4-h-learns.org/resources) - keyword "judging" for resource documents that will help with developing and building your judging skills!
- **4-H PEI** is able to provide information to members and leaders on both livestock and non-livestock judging practices. Check with your 4-H Specialist for more information **AND** be sure to check out the 4-H PEI Judging Resource page at [www.pei4h.ca/4-h-judging-resources](http://www.pei4h.ca/4-h-judging-resources)

# Member Reflection

As a 4-H member, you are encouraged to “Learn to Do by Doing” through hands-on activities. Keeping a record of your 4-H activities with this **Member Reflection** will provide helpful insight for you, your leader and the 4-H Specialist as to skills you have learned and projects you have completed throughout the 4-H year!



**Skill Based Project:** You are encouraged to work on skill development and completion of project requirements (with guidance from the project leader) throughout the 4-H year. Not every activity will have a tangible item (for display), but you are asked to share the activities and learnings in which you participate below...

**Project Activity:**

What I did:

What I learned:

What I liked:

**Project Activity:**

What I did:

What I learned:

What I liked:

**Project Activity:**

What I did:

What I learned:

What I liked:

**Project Activity:**

What I did:

What I learned:

What I liked:

**Project Activity:**

What I did:

What I learned:

What I liked:

*(feel free to use more space if necessary!)*

**LEADER COMMENTS (optional):** Leader observations can be helpful to you in future years with this and other 4-H projects. Be sure to ask your project leader if they would like to reflect on your 4-H year.

I am most impressed by...

I believe that you have learned...

In the future I encourage you to...

## 4-H Year Completion Checklist

In addition to completing a Skill Based 4-H project, members are also required to participate in Communications, at least **ONE** Ag. Awareness Activity and **ONE** Community Service Activity in order to complete the 4-H year.

Use the space provided to reflect on what you have learned through participation in these activities.

If this information has already been completed in another booklet, please indicate where it can be found:

### My Communications Activity

- Speech                     
  Demonstration (Single)                     
  Demonstration (Team)                     
  Alternate Communications: \_\_\_\_\_

What I learned: \_\_\_\_\_

What I can work on: \_\_\_\_\_

### Agriculture Awareness Activity

What did you do to complete this activity this year? (Either on your own or with your 4-H Club)

What area of Agriculture would you like to explore in the future?

### Community Service Activity

What did you do to complete this activity this year? (Either on your own or with your 4-H Club)

What will you do in the future to give back to your community?

## 4-H PEI - Staff Comments (Optional)

| Completion Requirements    |  | Completion Notes |
|----------------------------|--|------------------|
| Skill Based Project        |  |                  |
| Communications             |  |                  |
| Ag. Awareness Activity     |  |                  |
| Community Service Activity |  |                  |