

# 4-H Food Activity Worksheet

- Complete **Part A: 4-H Food Activity Background.**
  - Provide 2 copies of recipe(s) used for activity (one for judge, one for yourself).
- Complete **Part B: MyPyramid Activity Sheet.**
- Complete **Part C: MyPyramid Planning.**
- Complete **Part D: Recipe or Meal Cost Worksheet.**
  - Make copies of Recipe or Meal Cost Worksheet as needed.
  - Make sure activity fits into cost limitations listed in most current fair premium books.

## Part A: 4-H Food Activity Background

Name: \_\_\_\_\_

Activity: \_\_\_\_\_

Division: Primary (K-2) \_\_\_\_\_ Junior (3-5) \_\_\_\_\_ Intermediate (6-8) \_\_\_\_\_ Senior (9-12) \_\_\_\_\_

Years in 4-H: \_\_\_\_\_ Years in Project: \_\_\_\_\_ Years in this Activity: \_\_\_\_\_

County: \_\_\_\_\_

Judge's Name: \_\_\_\_\_

Time Started: \_\_\_\_\_ Time Ended: \_\_\_\_\_

Time needed for preparation, service, cleanup, and interview with judge \_\_\_\_\_

RECIPE	#1	#2	#3
Name of Recipe			
Source of Recipe			
Number of Servings			
Recipe Attached?			

## Part B: MyPyramid Activity Sheet

Use a computer with internet access to link to <http://www.mypyramid.gov>

Go to "Inside the Pyramid" to help you complete this worksheet.

<b>SENIOR: Complete 1 thru 6</b>					
<b>INTERMEDIATE: Complete 1 thru 4</b>					
<b>JUNIORS: Complete 1 thru 3</b>					
<b>PRIMARY: Complete 1</b>					
1 MyPyramid Food Groups  List the MyPyramid Food Groups.	2 What foods are in this group?  List at least 2 examples of foods in this group.	3 What counts as an ounce or cup?  List what counts as an ounce or cup for this group.	4 Tips  List at least 2 tips for helping make healthy choices from this group.	5 Major Nutrients  List at least 2 major nutrients provided by this food group.	6 Health Benefits  List at least one health benefit for each nutrient.

## Part C: MyPyramid Planning

### STEP 1: Create your own MyPyramid Plan.

- Use a computer with internet access and link to <http://mypyramid.gov/kids/index.html>
- Under “Subjects” on the left-hand side, click on “MyPyramid Plan.”
- Enter your age, sex, and amount of physical activity, then click on “submit.”
- The screen should show your personalized “MyPyramid Plan.”

### STEP 2: Print MyPyramid.

- Find “View, Print & Learn More:” on the right hand side of the screen under the pyramid.
- View and print a PDF version of *your results*.
- View and print a PDF of a helpful *Meal Tracking Worksheet*.

### STEP 3: Use MyPyramid to plan a day of food *that includes your recipe(s) used in this activity.*

- List the food planned for one day, including all meals and snacks, in the “Write in Your Choices for Today” column. Make sure to list the cup or ounce equivalent for the foods.
- List each food choice in its food group.
- Estimate your total and compare to your goal.

**Primary and Juniors: STEPS 1 and 2 ONLY**

**Intermediate and Seniors: STEPS 1, 2, and 3**

## Part D: Recipe or Meal Cost Worksheet

**STEP 1:** List all food items used for recipe or meal in Column 1.

**STEP 2:** List amount purchased in Column 2.

**STEP 3:** List purchase price for amount purchased for each item in Column 3.

**STEP 4:** List number of units purchased in Column 4.

This may be each (pieces of fruit, slices of bread), cups, ounces, tablespoons, or teaspoons.

**STEP 5:** Find the price per unit:

Purchase Price (Column 3) ÷ Number of Units Purchased (Column 4).

**STEP 6:** List number of units used for the recipe or meal.

**STEP 7:** Find the cost of the amount used:

Price per Unit (Column 5) × Number of Units Used (Column 6)

**STEP 8:** Find the total cost of the recipe or meal by adding Column 7.

**STEP 9:** Find the cost per serving by dividing the total cost of recipe or meal by servings provided.

### EXAMPLE

Column 1 Lunch Item	Column 2 Amount Purchased	Column 3 Purchase Price	Column 4 Number of Units Purchased	Column 5 Price Per Unit (Col. 3 ÷ Col. 4)	Column 6 Number of Units Used for Recipe or Meal	Column 7 Cost of Amount Used (Col. 5 × Col. 6)
Apple	4 apples	\$1.50	4 apples	.38 per apple	1 apple	.38
Bread	1 loaf	1.00	16 slices	.06 per slice	2 slices	.12
Peanut Butter	1 jar	1.50	16 ounces	.09 per ounce	1 ounce (2 T)	.09
Carrots	1 bag	1.00	2 cups	.50 per cup	.5	.25
Milk	1 gallon	2.00	16 cups	.13 per cup	1	.13

Total Cost of Recipe or Meal \$ 0.97

Cost per Serving (Total Cost ÷ Total Servings)  $.97 \div 1 = \$0.97$

