



Foods: Fruits & Vegetables

Project Information Page



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
- Project (1) Page specific to Home Economic or Life Skill Projects

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** (public speaking) Project
- Complete a **Community Service** Activity
- Complete an **Agriculture Awareness** Activity
- Complete the **Member Documentation** (4) pages found in your Portfolio or on the website
- Compile all documentation and PCRs to have on display at Club Achievement Day

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 for more Exhibition information.

General Notes

- Leader Resources are available on the website or by contacting your 4-H Specialist
- Each month on the 15th (or thereby) a Provincial Newsletter is released with up to date information
- The Provincial Website www.pei4h.ca is regularly updated and the home of the Provincial Newsletter
- The second last Saturday in July each year is the deadline for Members to submit project work and portfolios to their 4-H Specialist for completion and to remain as a member in good standing. Only members in good standing can participate in summer exhibitions and be nominated/apply for special awards.