



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 Requirements

- Picture of Member with a Carrot Cake** (made in tube pan & not iced)
NOTE: in effort to eliminate unnecessary food waste, members are asked to submit only a picture of themselves with the food item listed above - *Exhibition requirements are different & are listed below*
- Recipe File** with at least 4 fruit and 4 vegetable recipes (one of which must be for the item above)
- 1 Potted Herb Plant** (preferably grown by the member)
- Leader Test** on one of the following: Cutting techniques or blanching, steaming, frying boiling, sautéing, freezing, preserving, etc
- Project Page** specific to Home Ec. Projects

4-H Year Completion

The following must be completed/documentated by the Club's Achievement Day in order to complete the 4-H year

- Project Requirements** as outlined above
- Communications** (public speaking or demonstration)
- Community Service** Activity
- Agriculture Awareness** Activity
- Member Documentation** (4) pages found in the member's binder **OR** on the 4-H PEI website

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 pei4h.ca for more Exhibition information.**

NEED TO KNOW...

- Project Resources (if available) can be found on the 4-H PEI Website or by contacting your 4-H Specialist.
- The Provincial Newsletter is published & emailed mid-month and is updated regularly with project/program info
- Achievement Day serves as the completion event for the 4-H year. Members are expected to have all project documentation and any tangible items present at this event and only members in good standing (in receipt of 4-H Year completion) will be able to participate in classes at Exhibitions and/or be nominated /apply for Annual Awards.