



Foods: Creating A Balanced Meal

Project Information Page



Creating A Balanced Meal will introduce members to the preparation of food that will help grow and sustain a balanced diet each and every day. As part of Canada's Food Guide, a balanced diet consists of fruit, vegetables, grains, proteins and dairy. Each provides the range of vitamins and minerals our bodies need to function efficiently and part of this is learning portion sizes as well. At the end of the class, members will have a healthy recipe file (box) highlighting all of the foods they have made.

Creating A Balanced Meal – BBQ chicken flatbread pizza, chocolate zucchini muffins, fruit kabobs and more learning about the tools in the kitchen!

Project Completion Requirements (PCR)

- Attend Project Day and fully participate in making:
 - BBQ Chicken Flatbread Pizza
 - Chocolate Zucchini Muffins
 - Fruit Kabobs
- Portion sizes per Canada's Food Guide activity
- Complete Kitchen tool activity sheet and display at Achievement Day
- Four (4) Chocolate Zucchini Muffins on display at Ach. Day
- Recipe file with at least eight (8) healthy recipes using Canada's Food Guide to be on display at Ach. Day
- Project page specific to Home Economics or Life Skill Projects

4-H Year Completion

The following must be on display at the Club Achievement Day in order to complete the 4-H year

- 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

Exhibition Requirements

Four (4) Chocolate Zucchini Muffins 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.ca for more Exhibition information.

General Notes

- 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.