

Superintendent:

Katie Klaus
(360)-887-7665

Assistant Superintendent:

Jolynn Klaus
(360) 887-7665

DIVISION 822: SPECIAL DIETS EXHIBIT

Exhibits are entered on Tuesday, August 3rd, from 10 am to 8 pm at the Clark County Fair Grounds in the Event Center Exhibit Hall A – 4-H Still Exhibit Area.

Points: Blue 12, Red 10, White 8

CLASS:

1. Menu planning for low calories
2. Menu planning for reduced sodium
3. Menu for allergy
4. Menu for diabetic
5. Menu for low cholesterol
6. Other

Member must be enrolled in any 4-H Foods Project.

Using a piece of tag board (14" x 22") draw or attach pictures from magazines, of food to be eaten by an individual on a special diet:

- a place setting
- beverage container
- dessert plate
- 3"x 5" index card with the menu of the day this meal will be eaten. Foods should be chosen to meet the nutritional needs of the person.
- Attach 5"x7" card, with title indicating the special health need.
- Under title list the food items and give reasons why you choose them