

CLASS A: NUTRITION PROJECT ACTIVITY

You're a Nutritionist! No cooking! Develop and display a one-week menu with at least seven recipes for a specific type of individual (example: toddler, teen, elderly, man, etc.) with unique needs (growing, over-weight, sedentary, nursing a baby, etc.). Recipes must show variety in planning, and represent breakfast, lunch, dinner, snacks; should be neatly typed or hand-written and presented in a format that is easy to understand and use (binder, booklet, recipe card box, poster—any reasonable size, etc.).

CLASS A: NUTRITION PROJECT ACTIVITY LOTS

Lot 11: Ages 9-10

Lot 12: Ages 11-12

Lot 13: Ages 13-15

Lot 14: Ages 16-19