

Food and Nutrition Project Resources

TABLE SETTING

Table Setting Guidelines: A complete table setting for one person is called a **cover**. This includes the flatware, glassware, dinnerware, & linens.

FLATWARE - knives, forks, and spoons

GLASSWARE - beverage glasses

The cover is 1 inch from the edge of the table.

Napkin edges face the plate.

Forks and napkins are to the left of the plate.

If desired, napkins may be placed in the center of plate.

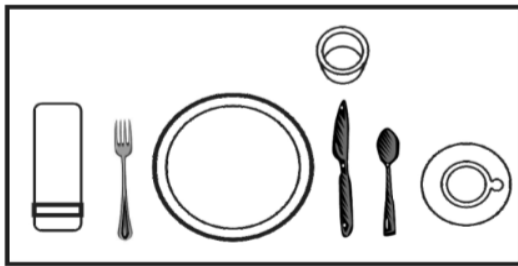
DINNERWARE - plates, bowls, and cups

LINENS - napkins and placemats

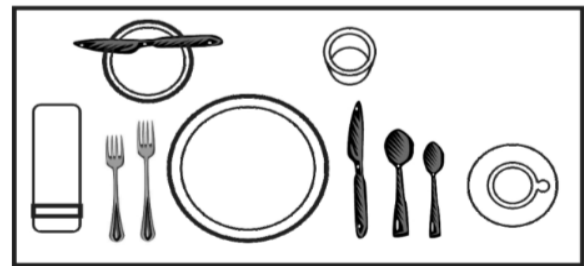
Knife edges face the plate.

Glasses are above the knife

Knives and spoons are to the right of the plate.



Casual Cover (all members know)



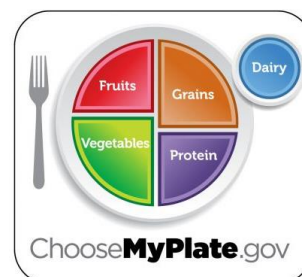
Formal Cover (advanced projects only)

MY PLATE

In 2012, Ohio 4-H began using the My Plate model instead of the My Pyramid model. Every food and nutrition project book should now have an insert with the basic information about My Plate. If for any reason your book did not have an insert, please contact the OSU Extension office to receive a copy.

At judging every member taking a food or nutrition project, will be required to have the basic knowledge about My Plate and will answer basic questions to test their knowledge and understanding of the basic nutritional guidelines. Members should be prepared to:

- Identify the major food groups
- Place food groups in correct “portion” of plate
- Sort a variety of food into the correct food groups
- Plan a healthy menu that reflects the appropriate use of My Plate



The official MyPlate website has additional pictures and interactive activities youth can use to prepare for judging. The MyPlate website is also a valuable resource for planning your project menu. You can find this information at: <http://www.choosemyplate.gov>