

Food and Nutrition Project Resources

Table Setting Guidelines

A complete table setting for one person is called a cover. This includes flatware, glassware, dinnerware, and linens.

Flatware- Knives, forks, and spoons

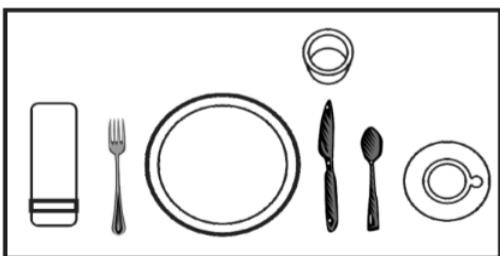
Dinnerware- Plates, bowls, and cups

Glassware- Beverage glasses

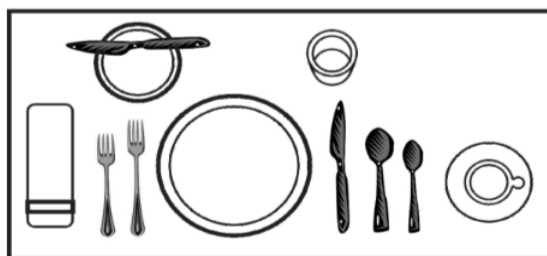
Linens- Napkins, placemats, and/or table clothes

A basic and complete table cover should have the following elements:

- The cover should start 1 inch from the edge of the table
- Napkin edges should face the plate
- Forks and napkins to the left of the plate- *If desired napkin can be in center of plate*
- Knife edges face the plate
- Glasses are above knife
- Knives and spoons are to the right of the plate



Casual Cover (all members know)

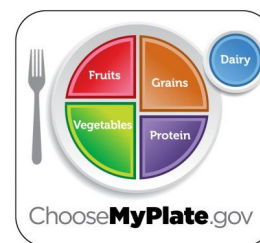


Formal Cover (advanced projects only)

MY PLATE

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 and is a valuable resource for planning your project menu. <http://www.choosemyplate.gov>