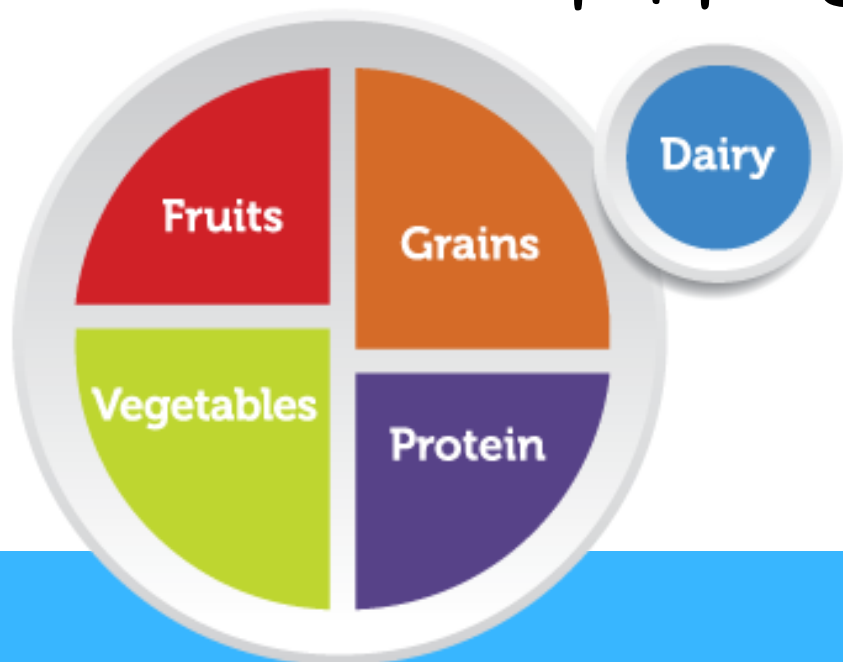


# 4-H Food Challenge



## MyPlate Daily Amounts Jr/Intermediate

Daily Needs Chart:

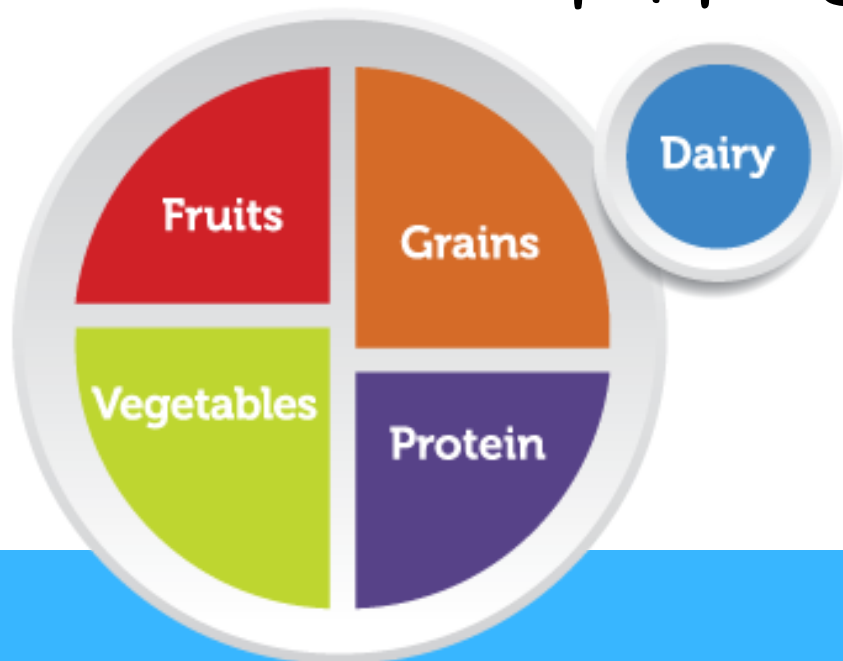
Pick presenters age and they MUST know for presentation those amounts. The amounts are listed for active youth.

### Boys

### Girls

	9y	10y	11y	12y	13y	14y		9y	10y	11y	12y	13y	14y
Grains	6oz	7oz	7oz	8oz	9oz	10oz	Grains	6oz	6oz	6oz	7oz	7oz	8oz
Veggies	2 1/2c	3c	3c	3c	3 1/2c	3 1/2c	Veggies	2 1/2c	2 1/2c	2 1/2c	3c	3c	3c
Fruits	2c	2c	2c	2c	2c	2 1/2c	Fruits	1 1/2c	2c	2c	2c	2c	2c
Dairy	3c	3c	3c	3c	3c	3c	Dairy	3c	3c	3c	3c	3c	3c
Proteins	5 1/2oz	6oz	6 oz	6 1/2oz	6 1/2oz	7oz	Proteins	5oz	5 1/2oz	5 1/2 oz	6oz	6oz	6 1/2oz
Calories	2000	2200	2200	2400	2600	2800	Calories	1800	2000	2000	2200	2200	2400

# 4-H Food Challenge



## MyPlate Daily Amounts

### Seniors

Daily Needs Chart:

Pick presenters age and they MUST know for presentation those amounts. The amounts are listed for active youth.

### Boys

### Girls

	14y	15y	16y	17y	18y		14y	15y	16y	17y	18y
Grains	10oz	10oz	10oz	10oz	10oz	Grains	8oz	8 oz	8oz	8oz	8oz
Veggies	3 1/2c	4c	4c	4c	4c	Veggies	3c	3c	3c	3c	3c
Fruits	2 1/2c	2 1/2c	2 1/2c	2 1/2c	2 1/2c	Fruits	2c	2c	2c	2c	2c
Dairy	3c	3c	3c	3c	3c	Dairy	3c	3c	3c	3c	3c
Proteins	7oz	7oz	7 oz	7oz	7oz	Proteins	6 1/2oz	6 1/2oz	6 1/2 oz	6 1/2oz	6 1/2oz
Calories	2800	3000	3200	3200	3200	Calories	2400	2400	2400	2400	2400