

# NJ 4-H State Foods Day

## For 4-H Members in Grades 4-13

### Workshops

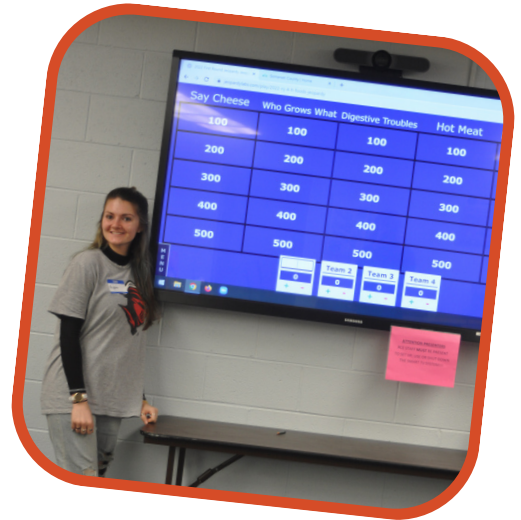
How to Present a Dish  
Milk: It Does a Body Good  
Knife Skills

### Competitions

Food & Nutrition Jeopardy  
Foods Skill-a-Thon

Click [HERE](#) for Study Guide  
Quick Cook-Off

Click [HERE](#) for rules



QUESTIONS: EMAIL [4HMASTERCHEFS@GMAIL.COM](mailto:4HMASTERCHEFS@GMAIL.COM)