

Food and Nutrition Project Information

In all projects, the grading will consist of judge's interview, project book and portfolio, MyPlate and hands on activities and the member's knowledge of nutrition. There will be no posters allowed unless the project book specifically requires a poster. No food will be brought to judging.

All Ohio 4-H food and nutrition projects use MyPlate, which incorporates current USDA recommendations about eating and exercise. Depending on a project book's publication date, it may refer instead to the older MyPyramid or Food Guide Pyramid, but 4-H members should still know the MyPlate recommendations. For information about MyPlate, go to www.choosemyplate.gov.

A 4-H member who has placed 1, 2, 3, 4, or 5 in a food category may not place in that category again with the exception of the following multi-year projects – Yeast Bread on the Rise, You're the Chef, Sports Nutrition 1: On Your Mark!, Sports Nutrition 2: Get Set! and Racing the Clock to Awesome Meals and Beyond the Grill – where 4-H members may place in them as many times as each project allows according to the project guidelines.

To be eligible for the clock trophy in Food and Nutrition Activity at the Ohio State Fair, participants must meet the "designed for" age levels as listed in the member project guide for each project. All participants are eligible for Outstanding of the Day.

AWARDS: See fair book for available awards.

Junior Fair Requirements

1. Members will complete a MyPlate activity for their appropriate project level (beginner, intermediate or advanced). This activity will be completed prior to being interviewed by the judge.
2. Members will complete a hands on activity for their appropriate project level (beginner, intermediate or advanced). This activity will be completed prior to being interviewed by the judge.
3. Completed project book and portfolio - a three pronged folder that includes 8 ½ x 11 pages. The participant will create a maximum of one page (one-sided only) per "activity area" or "interest area" as designated in the front of their project book. The page could be in collage, journaling, timeline, photo, or any other format that would illustrate the work and the knowledge of the participant. Each page could be different or could be a combination of styles allowing the 4-Her to reflect on their learning experience. There will be no points for scrapbooking style.
4. Interview with the judge will include: review of MyPlate and hands on activities and completed project book and portfolio.



THE OHIO STATE UNIVERSITY

COLLEGE OF FOOD, AGRICULTURAL,
AND ENVIRONMENTAL SCIENCES

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| Project # | Name of Project | Brief Description | Junior Fair Requirements |
|------------------|--|---|--|
| 459 | Let's Start Cooking B 8-10 years | Learn about basic cooking and baking skills. Learn about kitchen equipment, food prep, measuring and cooking with heat. Complete all 8 activities. Complete at least 2 learning experiences, and at least 2 leadership/citizenship activities. Complete a project review. | See the junior fair requirements in the general rules above. |
| 461 | Let's Bake Quick Breads I 11 to 13 years | Complete the Planning Your Project section. Familiarize yourself with all Interest Areas, recipes, and related activities. Complete all 8 activities. Complete at least 2 learning experiences and at least 2 leadership/citizenship activities. Complete a project review. | See the junior fair requirements in the general rules above. |
| 462 | Yeast Breads on the Rise A Ages 14 to 18 Can be taken 2 years | <p>First year – Complete the Planning Your Project section. Familiarize yourself with all Interest Areas, recipes and related activities. Complete all activities in each Interest Area. Prepare at least one bread for each mixing method, for a total of five. If a bread machine is not available, bake another recipe from the mixing method of your choice. Complete at least 2 learning experiences and at least 2 leadership/citizenship activities. Keep records and evaluate your accomplishments by completing the blanks throughout this project book and the project summary.</p> <p>Second year – Review activities within each Interest area. Prepare a minimum of 6 advanced recipes. At least 3 must be from the project book, and 3 recipes can be selected on your own. Use at least 2 different mixing methods. Complete at least 2 learning experiences and at least 2 leadership/citizenship activities. Keep records and evaluate your accomplishments by completing the blanks throughout this project book and the project summary.</p> | See the junior fair requirements in the general rules above. |
| 463 | Sports Nutrition: Ready, Set, Go I | Learn about eating well and daily exercise. You will learn about physical fitness, how to balance calorie intake and burn, why to hydrate and ways to get fluids. Complete all 5 activities and all Talking It Over questions. Complete at least 2 learning experiences and at least 2 leadership/citizenship activities. Complete a project review. | See the junior fair requirements in the general rules above. |

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|------------------|--|--|--|
| 467 | You're the Chef A Ages 14 to 18 May be repeated with alternative menus | Complete the Planning Your Project section. Familiarize yourself with the seven meal areas. Complete all 7 meal areas and activities. Complete at least 2 learning experiences and at least 2 leadership/citizenship activities. Keep records and evaluate your accomplishments by completing the blanks throughout this project book and project summary. | See the junior fair requirements in the general rules above. |
| 469 | The Global Gourmet A | Designed for advanced level cooking skills who want to learn about cultures from around the world. Complete all 7 activities, including the Notes For Next Time. Complete at least 2 learning experiences and at least 2 leadership/citizenship activities. Complete a project review. | See the junior fair requirements in the general rules above. |
| 472 | Grill Master I Ages 12 to 14 | Complete all 6 activities, including at least 5 recipes and the Notes for Next Time. Trial Challenge activities are optional. Complete at least 2 learning experiences and at least 2 leadership/citizenship activities. Complete a project review. | See the junior fair requirements in the general rules above. |
| 474 | Beyond The Grill A | Explore a variety of outdoor cooking skills. Complete all 6 activities, including 9 recipes. Complete at least 2 learning experiences and at least 2 leadership/citizenship activities. Complete a project review. | See the junior fair requirements in the general rules above. |
| 475 | Star Spangled Foods I Ages 12-14 | Complete the Planning Your Project section. Explore each recipe and its accompanying menu, food experiments, nutrition information, preparation techniques, and any related buying tips. Fill in all blanks. Complete all the activities within each recipe section. Fill in all blanks. Complete 3 learning experiences and at least 3 leadership/citizenship activities. | See the junior fair requirements in the general rules above. |
| 476 | Pathways to Culinary Success A 14 years and older | Complete the Planning Your Project section. Explore each interest area completing all required activities in each section. Select a different garnish for each recipe you prepare. Complete a journal entry for each experience. Collect at least 3 recipes or additional ideas for each chapter. Complete at least 3 learning experiences and at least 1 leadership/citizenship/career activity. Evaluate your project at the end of each interest area and record completion date under Step One of the Planning Your Project. | See the junior fair requirements in the general rules above. |

| Project # | Name of Project | Brief Description | Junior Fair Requirements |
|------------------|--|--|--|
| 477 | Party Planner: A 4-H Guide to Quantity Cooking I | Complete all 8 activities, as well as each recipe and the Notes for Next Time for each activity. Complete at least 2 learning experiences and at least two leadership/citizenship activities. Complete a project review. | See the junior fair requirements in the general rules above. |
| 481 | Everyday Food and Fitness B | Learn to prepare healthy meals and snacks using MyPlate as a guide. Include physical activity in your daily schedule. Complete all 7 activities and all Talking It Over questions. Complete at least 2 learning experiences and at least 2 leadership/citizenship activities. Complete a project review. | See the junior fair requirements in the general rules above. |
| 484 | Snack Attack! B Ages 8 to 10 and for older members lacking in experience with food and nutrition | Review and complete the Member Project Guide. Complete all 7 activities, the related recipes, and the Notes for Next Time. If an activity has more than one recipe, it's all right to make just one. The Mission Accomplished! Next level activities are optional. Complete at least 2 learning experiences and at least 2 leadership/citizenship activities. Complete a project review. | See the junior fair requirements in the general rules above. |
| 485 | Racing the Clock to Awesome Meals I Ages 11 to 13 or members with some experience in a project area May be taken two years | Complete all 7 activities, as well as 1 recipe and the Notes for Next Time for each activity. More Challenges activities are optional in the first year but are required when this project is taken a second year. Complete at least 2 learning experiences and at least 2 leadership/citizenship activities. Complete a project review. | See the junior fair requirements in the general rules above. |
| 486 | Dashboard Dining: A 4-H Guide to Healthful Fast food Choices I | Complete all 7 activities. Complete at least 2 learning experiences and at least 2 leadership/citizenship activities. Complete a project review. | See the junior fair requirements in the general rules above. |
| 487 | Take A Break for Breakfast B | Complete all five activities and all Talking It Over questions. Complete at least 2 learning experiences and at least 2 leadership/citizenship activities. Complete a project review. | See the junior fair requirements in the general rules above. |