

## 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](http://www.choosemyplate.gov).

To be eligible for the clock trophy in Food and Nutrition Activity at the Ohio State Fair, participants must meet the requirements as listed at:

[https://ohio4h.org/sites/ohio4h/files/imce/Families/state\\_fair/Food%20and%20Nutrition%20Activity\\_12.pdf](https://ohio4h.org/sites/ohio4h/files/imce/Families/state_fair/Food%20and%20Nutrition%20Activity_12.pdf)

**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.

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### Project level guidelines:

**Beginning** – members with little or no experience in food preparation or nutrition

**Intermediate** – members with some experience in food preparation or nutrition

**Advanced** – members with substantial experience in food preparation or nutrition

Project #	Name of Project	Brief Description	Junior Fair Requirements
459	Let's Start Cooking B	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 and at least 2 leadership/citizenship activities. Complete a project review.	See the junior fair requirements in the general rules above.

<b>Project #</b>	<b>Name of Project</b>	<b>Brief Description</b>	<b>Junior Fair Requirements</b>
461	Let's Bake Quick Breads I	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 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  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 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 and at least 2 leadership/citizenship activities Complete a project review.	See the junior fair requirements in the general rules above.
467	You're the Chef A	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 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.

<b>Project #</b>	<b>Name of Project</b>	<b>Brief Description</b>	<b>Junior Fair Requirements</b>
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 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	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 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 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	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 and at least 3 leadership/citizenship activities.	See the junior fair requirements in the general rules above.
476	Kitchen Boss A	Complete all 7 activities and 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.
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 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 and at least 2 leadership/citizenship activities. Complete a project review.	See the junior fair requirements in the general rules above.

<b>Project #</b>	<b>Name of Project</b>	<b>Brief Description</b>	<b>Junior Fair Requirements</b>
484	Snack Attack! B	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 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	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 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 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 and at least 2 leadership/citizenship activities. Complete a project review.	See the junior fair requirements in the general rules above.