

* Project skill level indicates the project's intended audience. B = Beginning level—for members with little or no experience in a project area, or 8 to 10 year olds; I = Intermediate level, for members with some experience in a project area, or 11 to 13 year olds; A = Advanced level—for experienced members in a project area, or 14 or older: and X = All levels—for all skill and age levels. Exceptions to these age guidelines are noted. # - Not Eligible for State Fair Competition

Project Number and Name	Skill Level*	Project Completion Requirements See each project book for complete details.	County Requirements	Fair Display Requirement
Writing				
588 <i>The Writer in You</i>	I #	All 11 activities (including a writing portfolio) and all of the Talking It Over questions At least 2 learning experiences At least 2 leadership/citizenship activities Project review	Keep a notebook/scrapbook of ideas. If the project is taken for several years, the required pieces of writing must be new each year. Prior submissions should be a part of your scrapbook. All entries must be neatly printed in blue or black ink, or typed. Writing notebooks/scrapbooks should be organized into categories (rhymed poetry, free style poetry, short story, essay, etc.) Relevant illustrations are encouraged (but not required) in all age categories. The entries should be in the member's own words and be consistent with the skill level displayed in the notebook/scrapbook. The project will be judged on quality of writing, grammar, spelling, and neatness. Be prepared to discuss the project at the interview evaluation.	Exhibit notebook/scrapbook in your 4-H Club Booth or the Countywide Booth No state fair event

Food and Nutrition

Special Note: The Portfolio is project specific and is used to enhance a conversation between the member and a judge about activities the member completed within the project. The participant will be responsible for bringing a 3 pronged folder or binder that includes 8 ½" x 11" pages. Participants will create a maximum of one page (one-sided only) per "activity area" or "interest area" as designated in the front of their project books. Ideas for these pages include journaling, a timeline, and photos taken during their project, or any other format that would illustrate the work and knowledge of the participant. Each page could be different or can be a combination of styles allowing the 4-H'er to reflect on their learning experience. There will be no points for scrapbooking style. The portfolio is to be completed prior to arriving at the state fair.

459 <i>Let's Start Cooking</i>	B	All 8 activities, including 6 recipes At least 2 learning experiences At least 2 leadership/citizenship activities Project Review	Must Participate in an interview judging and bring the following: -one serving of food you made from recipe in the project book with service and tableware - completed project book - a planned menu for one day using MyPlate - completed project portfolio	Exhibit your three pronged project portfolio (see description above). Display in your 4-H Club Booth or countywide booth.
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461 <i>Let's Bake Quick Breads</i> See Special Notes on Food & Nutrition Projects of previous page	I	All 8 activities, including 7 recipes At least 2 learning experiences At least 2 leadership/citizenship activities Project review	Must participate in an interview and bring a loaf of bread or six muffins/biscuits from a recipe in the book. Bring a menu using the bread brought, and a poster with pictures of the member planning, shipping, or preparing food. Bring Completed project book.	Exhibit your three pronged project portfolio (see description above). Display in your 4-H Club Booth or countywide booth.
462 <i>Yeast Breads on the Rise</i> See Special Notes on Food & Nutrition Projects of previous page	A	All 5 interest areas, including at least 6 recipes At least 2 learning experiences At least 2 leadership/citizenship activities Project record and summary	Must Participate in an interview judging and bring the following: - Bring one loaf of bread or five dinner rolls of traditional shapes (may include white, whole wheat, rye, or mixture) and a cutting board and knife for bread or bread basket for rolls. - completed project book - a planned menu for one day using MyPlate - completed project portfolio	Exhibit your three pronged project portfolio (see description above). Display in your 4-H Club Booth or countywide booth.
463 <i>Sports Nutrition: Ready Set Go</i> See Special Notes on Food & Nutrition Projects of previous page	I	All 5 activities, including 5 recipes and Talking It Over questions At least 2 learning experiences At least 2 leadership/citizenship activities Project review	Must Participate in an interview judging and bring the following: -one serving of food you made from recipe in the project book with service and tableware - completed project book - a planned menu for one day using MyPlate - completed project portfolio	Exhibit your three pronged project portfolio (see description above). Display in your 4-H Club Booth or countywide booth.
467 <i>Cooking on My Own</i> See Special Notes on Food & Nutrition Projects of previous page	A	All 7 activities and Talking It Over questions At least 2 learning experiences At least 2 leadership/citizenship activities Project review	Must Participate in an interview judging and bring the following: -one serving of food you made from recipe in the project book with service and tableware - completed project book - a planned menu for one day using MyPlate - completed project portfolio	Exhibit your three pronged project portfolio (see description above). Display in your 4-H Club Booth or countywide booth.
469 <i>Global Gourmet</i> See Special Notes on Food & Nutrition Projects of previous page	A	All 7 activities, including preparation of meals and Notes for Next Time At least 2 learning experiences At least 2 leadership/citizenship activities Project review	Must Participate in an interview judging and bring the following: -one serving of food you made from recipe in the project book with service and tableware - completed project book - a planned menu for one day using MyPlate - completed project portfolio	Exhibit your three pronged project portfolio (see description above). Display in your 4-H Club Booth or countywide booth.

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472 <i>Grill Master</i> See Special Notes on Food & Nutrition Projects from page 20	I	All 6 activities, including at least 5 recipes and the Notes for Next Time At least 2 learning experiences At least 2 leadership/citizenship activities Project review	Must Participate in an interview judging and bring the following: -one serving of food you made from recipe in the project book with service and tableware - completed project book - a planned menu for one day using MyPlate - completed project portfolio	Exhibit your three pronged project portfolio (see description above). Display in your 4-H Club Booth or countywide booth.
474 <i>Beyond the Grill</i> See Special Notes on Food & Nutrition Projects from page 20	A	All 6 activities, including 9 recipes At least 2 learning experiences At least 2 leadership/citizenship activities Project review	Must Participate in an interview judging and bring the following: -one serving of food you made from recipe in the project book with service and tableware - completed project book - a planned menu for one day using MyPlate - completed project portfolio	Exhibit your three pronged project portfolio (see description above). Display in your 4-H Club Booth or countywide booth.
475 <i>Star Spangled Foods</i> See Special Notes on Food & Nutrition Projects from page 20	I	All 7 recipe sections, including 11 recipes At least 3 learning experiences At least 3 leadership/citizenship activities	Must Participate in an interview judging and bring the following: -one serving of food you made from recipe in the project book with service and tableware - completed project book - a planned menu for one day using MyPlate - completed project portfolio	Exhibit your three pronged project portfolio (see description above). Display in your 4-H Club Booth or countywide booth.
476 <i>Kitchen Boss</i> See Special Notes on Food & Nutrition Projects from page 20	A	All 7 activities At least 2 learning experiences At least 2 leadership/citizenship/career activity Project record and project journal	Must Participate in an interview judging and bring the following: -one serving of food you made from recipe in the project book with service and tableware - completed project book - a planned menu for one day using MyPlate - completed project portfolio	Exhibit your three pronged project portfolio (see description above). Display in your 4-H Club Booth or countywide booth.
477 <i>Party Planner: A 4-H Guide to Quantity Cooking</i> See Special Notes on Food & Nutrition Projects from page 20	I	All 8 activities, including 8 recipes At least 2 learning experiences At least 2 leadership/citizenship activities Project summary and project review	Must Participate in an interview judging and bring the following: -one serving of food you made from recipe in the project book with service and tableware - completed project book - a planned menu for one day using MyPlate - completed project portfolio Complete a budget for a party and list all the expenses to help decide how to spend the money.	Exhibit your three pronged project portfolio (see description above). Display in your 4-H Club Booth or countywide booth.

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481 <i>Everyday Food and Fitness</i> See Special Notes on Food & Nutrition Projects from page 20	B	All 7 activities, including 5 recipes and Talking It Over questions At least 2 learning experiences At least 2 leadership/citizenship activities Project review	Must Participate in an interview judging and bring the following: -one serving of food you made from recipe in the project book with service and tableware - completed project book - a planned menu for one day using MyPlate - completed project portfolio	Exhibit your three pronged project portfolio (see description above). Display in your 4-H Club Booth or countywide booth
484 <i>Snack Attack!</i> See Special Notes on Food & Nutrition Projects from page 20	B	All 7 activities, including 7 recipes At least 2 learning experiences At least 2 leadership/citizenship activities Project review	Must Participate in an interview judging and bring the following: -one serving of food you made from recipe in the project book with service and tableware - completed project book - a planned menu for one day using MyPlate - completed project portfolio	Exhibit your three pronged project portfolio (see description above). Display in your 4-H Club Booth or countywide booth.
485 <i>Racing the Clock to Awesome Meals</i> See Special Notes on Food & Nutrition Projects from page 20	I	All 7 activities, including 1 recipe and the Notes for Next Time for each activity At least 2 learning experiences At least 2 leadership/citizenship activities Project review	Must Participate in an interview judging and bring the following: -one serving of food you made from recipe in the project book with service and tableware - completed project book - a planned menu for one day using MyPlate - completed project portfolio	Exhibit your three pronged project portfolio (see description above). Display in your 4-H Club Booth or countywide booth.
487 <i>Take a Break For Breakfast</i> See Special Notes on Food & Nutrition Projects from page 20	B	All 5 activities, including at least 5 recipes At least 2 learning experiences and 2 leadership/citizenship/career activities Project review	Must Participate in an interview judging and bring the following: -one serving of food you made from recipe in the project book with service and tableware - completed project book - a planned menu for one day using MyPlate - completed project portfolio	Exhibit your three pronged project portfolio (see description above). Display in your 4-H Club Booth or countywide booth.