

Food and Nutrition

Guidelines for ALL FOOD Projects (Crawford County)

Project Progression: Food and Nutrition Projects are designed as one time learning experiences with members progressing through the Food and Nutrition Series of Projects as their skills and knowledge increase.

Repeating Projects: No project may be repeated (except for certain advanced projects, check project guidelines).

Taking More than One Food Project: Members may take more than one food and nutrition project but must complete separate learning experiences related to each, including creating a separate educational display and preparing separate food items.

1. Project Presentation Folder: Required for all Nutrition Projects

- a. Bring a 3-pronged folder that includes 8 ½" x 11" pages.
 - b. Create a maximum of one page (one-sided only) per "activity area" or "interest area" as designated in the front of their project book.
 - c. Ideas for these pages include journaling, a timeline and photos taken during project, or any other format that would illustrate the work and knowledge of the participant. Each page could be different or could be a combination of styles providing the 4-Her to reflect on their learning experience.
 - d. There will be no points for scrapbooking style.
 - e. Portfolios are judged based on the verbal presentation, organization of the material in the portfolio, inclusion of their efforts in required "Activity or Interest" area pages, and communication with the judge regarding their portfolio.
 - f. The member will present the portfolio to the judge and have the opportunity to explain their active involvement in their project.
 - g. The member's project book may not be a part of their portfolio.
2. **Prepared Food Item & Recipe:** Bring one serving of food you made from a recipe **IN THE PROJECT BOOK** along with service and tableware. Be sure to inform the judge which recipe you used from the project book.
 3. **Project Book:** Bring completed project book with documentation of recipes prepared, experiments conducted, and activities completed to judging.
 4. **Daily Menu Plan:** Prepare and bring a daily menu reflecting what you have focused on in your project. Menu must reflect My Plate food guide. Additional information can be found on www.choosemyplate.gov
 5. **Project Interview:** Answer questions about your project experience, including general 4-H knowledge, project book, and nutritional knowledge and activities, etc.

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.

Project Number & Name	Skill Level*	Project Completion Requirements See each project book for complete details.	County Requirements	State Fair Requirements See the 4-H State Fair Guidebook for complete details for non-livestock projects
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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	<p>JUDGING: See guidelines for all Food and Nutrition Projects. Be prepared to answer questions about the project.</p> <p>Must Participate in an interview judging and bring the following:</p> <ul style="list-style-type: none"> * 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 <p>FAIR: Educational display or place setting. NO FOOD IN CLUB BOOTH</p>	Food and Nutrition Days: Completed Portfolio ohio4h.org/nonlivestockguidebook
481 <i>Everyday Food and Fitness</i>	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	<p>JUDGING: See guidelines for all Food and Nutrition Projects. Be prepared to answer questions about the project.</p> <ul style="list-style-type: none"> * 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 <p>FAIR: Place setting or educational display. NO FOOD IN CLUB BOOTH</p>	Food and Nutrition Days: Completed Portfolio ohio4h.org/nonlivestockguidebook

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484 <i>Snack Attack!</i>	B	All 7 activities, including 7 recipes At least 2 learning experiences At least 2 leadership/citizenship activities Project review	<p>JUDGING: See guidelines for all Food and Nutrition Projects. Be prepared to answer questions about the project.</p> <ul style="list-style-type: none"> * 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 <p>FAIR: Place setting or educational display. NO FOOD IN CLUB BOOTH</p>	<p>Food and Nutrition Days: Completed Portfolio ohio4h.org/nonlivestockguidebook</p>
487 <i>Take a Break for Breakfast</i>	B	All 5 activities, including at least 5 recipes At least 2 learning experiences and 2 leadership/citizenship/career activities Project review	<p>JUDGING: See guidelines for all Food and Nutrition Projects. Be prepared to answer questions about the project.</p> <ul style="list-style-type: none"> * 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 <p>FAIR: Place setting or educational display. NO</p> <p>FOOD IN CLUB BOOTH</p>	<p>Food and Nutrition Days: Completed Portfolio ohio4h.org/nonlivestockguidebook</p>

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461 <i>Let's Bake Quick Breads</i>	I	All 8 activities, including 7 recipes At least 2 learning experiences At least 2 leadership/citizenship activities Project review	<p>JUDGING: See guidelines for all Food and Nutrition Projects. Be prepared to answer questions about the project.</p> <p>*Must participate in an interview and bring a loaf of bread or six muffins/biscuits from a recipe in the book.</p> <p>*Bring a menu using the bread brought for one day using MyPlate.</p> <p>* Bring completed project book</p> <p>* Completed Project Portfolio</p> <p>FAIR: Place setting or educational display. NO FOOD IN CLUB BOOTH</p>	<p>Food and Nutrition Days: Completed Portfolio ohio4h.org/nonlivestockguidebook</p>
463 <i>Sports Nutrition: Ready, Set, Go</i>	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	<p>JUDGING: See guidelines for all Food and Nutrition Projects. Be prepared to answer questions about the project.</p> <p>* One serving of food you made from recipe in the project book with service and tableware.</p> <p>* Completed project book</p> <ul style="list-style-type: none"> • A planned menu for one day using MyPlate <p>* Completed Project Portfolio</p> <p>FAIR: Place setting or educational display. NO FOOD IN CLUB BOOTH</p>	<p>Food and Nutrition Days: Completed Portfolio ohio4h.org/nonlivestockguidebook</p>

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472 <i>Grill Master</i>	I	See each project book for complete details. 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	JUDGING: See guidelines for all Food and Nutrition Projects. Be prepared to answer questions about the project. * 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 FAIR: Place setting or educational display. NO FOOD IN CLUB BOOTH	See the 4-H State Fair Guidebook for complete details for non-livestock projects Food and Nutrition Days: Completed Portfolio ohio4h.org/nonlivestockguidebook
475 <i>Star Spangled Foods</i>	I	All 7 recipe sections, including 11 recipes At least 3 learning experiences At least 3 leadership/citizenship activities	JUDGING: See guidelines for all Food and Nutrition Projects. Be prepared to answer questions about the project. * 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 FAIR: Place setting or educational display. NO FOOD IN CLUB BOOTH	Food and Nutrition Days: Completed Portfolio ohio4h.org/nonlivestockguidebook

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477 <i>Party Planner: A 4-H Guide to Quantity Cooking</i>	I	See each project book for complete details. All 8 activities, including 8 recipes At least 2 learning experiences At least 2 leadership/citizenship activities Project summary and project review	<p>JUDGING: See guidelines for all Food and Nutrition Projects. Be prepared to answer questions about the project.</p> <ul style="list-style-type: none"> * One serving of food you made from recipe in the project book with service and tableware. * Completed project book • Complete a budget for a party and list all the expenses to help decide how to spend the money. • A planned menu for one day using MyPlate * Completed Project Portfolio <p>FAIR: Place setting or educational display. NO FOOD IN CLUB BOOTH</p>	<p>See the 4-H State Fair Guidebook for complete details for non-livestock projects</p> <p>Food and Nutrition Days: Completed Portfolio ohio4h.org/nonlivestockguidebook</p>
485 <i>Racing the Clock to Awesome Meals</i>	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	<p>JUDGING: See guidelines for all Food and Nutrition Projects. Be prepared to answer questions about the project.</p> <ul style="list-style-type: none"> * 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 <p>FAIR: Place setting or educational display. NO FOOD IN CLUB BOOTH</p>	<p>Food and Nutrition Days: Completed Portfolio ohio4h.org/nonlivestockguidebook</p>

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462 <i>Yeast Breads on the Rise</i>	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 <i>(The same book can be used for up to 2 years.)</i>	<p>JUDGING: See guidelines for all Food and Nutrition Projects. Be prepared to answer questions about the project.</p> <p>Must Participate in an interview judging and bring the following:</p> <ul style="list-style-type: none"> - 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 <p>FAIR: Place setting or educational display. NO FOOD IN CLUB BOOTH</p>	<p>Food and Nutrition Days: Completed Portfolio ohio4h.org/nonlivestockguidebook</p>
467 <i>Cooking on My Own</i>	A	All 7 activities and Talking It Over questions At least 2 learning experiences At least 2 leadership/citizenship activities Project review	<p>JUDGING: See guidelines for all Food and Nutrition Projects. Be prepared to answer questions about the project.</p> <ul style="list-style-type: none"> * 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 <p>FAIR: Place setting or educational display. NO FOOD IN CLUB BOOTH</p>	<p>Food and Nutrition Days: Completed Portfolio ohio4h.org/nonlivestockguidebook</p>

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469 <i>Global Gourmet</i>	A	See each project book for complete details. 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	<p>JUDGING: See guidelines for all Food and Nutrition Projects. Be prepared to answer questions about the project.</p> <ul style="list-style-type: none"> * 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 <p>FAIR: Place setting or educational display. NO FOOD IN CLUB BOOTH</p>	See the 4-H State Fair Guidebook for complete details for non-livestock projects Food and Nutrition Days: Completed Portfolio ohio4h.org/nonlivestockguidebook
474 <i>Beyond the Grill</i>	A	All 6 activities, including 9 recipes At least 2 learning experiences At least 2 leadership/citizenship activities Project review	<p>JUDGING: See guidelines for all Food and Nutrition Projects. Be prepared to answer questions about the project.</p> <ul style="list-style-type: none"> * 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 <p>FAIR: Place setting or educational display. NO FOOD IN CLUB BOOTH</p>	See the 4-H State Fair Guidebook for complete details for non-livestock projects Food and Nutrition Days: Completed Portfolio ohio4h.org/nonlivestockguidebook

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476 <i>Kitchen Boss</i>	A	All 7 activities At least 2 learning experiences At least 2 leadership/citizenship/career activity Project review	<p>JUDGING: See guidelines for all Food and Nutrition Projects. Be prepared to answer questions about the project.</p> <ul style="list-style-type: none"> * 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 <p>FAIR: Place setting or educational display. NO FOOD IN CLUB BOOTH</p>	<p>Food and Nutrition Days: Completed Portfolio ohio4h.org/nonlivestockguidebook</p>

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