

SECTION 18: PROJECT REQUIREMENTS—Food and Nutrition

- 1) Fair exhibits for all food projects will be your portfolio (except proj. #490). See individual projects for special requirements. No prepared food displayed at the fair.
- 2) Projects are judged by the following criteria at interview judging.
 - I. SELECTION OF FOOD IN A MEAL PLAN (20%)

Food nutrients	Temperatures
Form or shape	Texture
Flavor	Quantity
Color	
 - II. PORTFOLIO (5%)

The participant will be responsible for bringing a 3-pronged folder that includes one-sided 8 ½" x 11" pages. Create one page (of knowledge gained) per "activity area" or "interest area," as designated in the front of their project books. These pages could be in:

 - ❖ collage
 - ❖ journaling
 - ❖ timeline
 - ❖ photo, or any other format.
 - III. FOOD (recipe from book) (20%)

Flavor
Appearance
Quality (includes texture)
 - IV. FOOD PREPARATION RECORD/JOURNAL (25%)

Recipe Name	Source of Recipe
Recipe variations (if any)	Cost/serv.(Adv. Proj.)
Family response to recipe	Date food prepared
 - V. MEMBER KNOWLEDGE (25%)

Meal Planning
Table setting (or packed lunch)
Nutrition in prepared foods and meal plan
Food preparation
 - VI. PERSONAL APPEARANCE & ATTITUDE (5%)

Well groomed, dressed appropriately, pleasant, responsive, and positive

TO PREPARE FOR JUDGING, MEMBERS MUST:

1. Follow project guidelines and judging requirements as outlined for each project.
2. Be able to answer any questions and define terms from the project book.
3. Keep accurate record of foods prepared while taking the project and submit record sheet/journal to judge.
4. Bring completed project book to judging.
5. NOTE: Portfolio is only 5% of the total, Selection of Foods in a Meal Plan - 20%, Bring a Prepared Food – 20%; Food Preparation Record - 25%, Member Knowledge - 25%, Personal Appearance & Attitude – 5%.
6. Be able to answer nutrition questions according to the **MyPlate food guidance system.**

NOTE:

- Centerpieces are optional.
- Food preparation records can be on any size file cards or in a notebook.
- All projects are eligible for Ohio State Fair competition.
- **All** projects are required to bring **prepared food (recipe from book), portfolio, food preparation record/journal, completed project book, knowledge of table setting, and recipe** of item brought for judging. (Advanced projects should bring a break down of the cost of the prepared food by ingredients and cost per serving.)
- **The only food guidance system accepted at county and state competition is MyPlate which can be found at: choosemyplate.gov**

SECTION 18: PROJECT REQUIREMENTS – Food and Nutrition

BEGINNING LEVEL

LET'S START COOKING 459

Guidelines: This project is for beginners with little or no cooking or baking experience. Cook and bake your way through this book as you learn about kitchen equipment and food preparation, learn to read recipes correctly, and learn to cook with heat – all with safety in mind.

Judging Requirements: Complete all eight activities. Take part in at least two learning experiences. Become involved in at least two leadership/citizenship activities. Complete a project review. Project will be judged at county judging. Bring completed project book, bring one sample of a recipe you prepared, (recipe from book) have knowledge of the MyPlate food guide system, food safety and nutrition. Bring a completed portfolio which needs to contain 8 one-sided pages- one for each section.

Fair Exhibit: Portfolio

EVERYDAY FOOD AND FITNESS 481

Guidelines: This project is for beginners. Members will learn how to prepare healthy and hearty snacks using MyPlate as a guide to fun and easy recipes that help build skills in the kitchen. This project also shows youth how to add exercise to a healthy diet. Complete all 7 activities, all 5 recipes, all Talking It Over questions, at least 2 learning experiences, at least 2 leadership/citizenship activities, and a project review.

Judging Requirements: Bring completed project book, bring one sample of a recipe you prepared, (recipe from book), have knowledge of the MyPlate food guide system, food safety and nutrition. Bring a completed portfolio (3 ring binder) which needs to contain 7 one-sided pages- one for each section.

Fair Exhibit: Portfolio

SNACK ATTACK! 484

Guidelines: Beginning Level (age 8-10). Focus is on knowledge and skills needed to prepare quick, nutritious, healthy snacks while learning the ins and outs of MyPlate, and being physically active. One year project only. Complete the entire book.

Judging Requirements: Bring completed book to judging and a sample of one recipe you prepared (recipe from book). Completion guidelines are on page 4. Complete a project evaluation within the club and participate in interview judging. See front of Food project section for other food project requirements. Bring completed portfolio which needs to contain 7 one-sided pages, 1 for each "Interest Area," see pg. 5.

Fair Exhibit: Portfolio

TAKE A BREAK FOR BREAKFAST 487

Guidelines: Beginning Level. Used to be "Fast Break for Breakfast." This completely revised project is for members of any age with little or no experience in food preparation and nutrition. Complete all Project Guidelines on page 1 of project book.

Judging Requirements: Bring book and a sample of one recipe you prepared (recipe from book). Demonstrate knowledge of menu planning, MyPlate Food Guide System, food safety and nutrition. Bring completed portfolio which needs to contain 6 one-sided pages, 1 for each "Interest Area," see pg. 2.

Fair Exhibit: Portfolio

SECTION 18: PROJECT REQUIREMENTS – Food and Nutrition

INTERMEDIATE LEVEL

LET'S BAKE QUICK BREADS 461

Guidelines: Youth of any age with some experience in food preparation and nutrition will enjoy making the quick bread recipes. This is an intermediate project designed for members who want to expand their baking skills by making tasty waffles, pancakes, quick breads, muffins and corn bread. You will also learn why grains are important for health, how to bake gluten-free breads and how to adjust a quick bread recipe for a more healthful result. You will need to identify a project helper. Complete all eight activities and all of the "More Challenges" in each activity. Take part in at least two learning experiences and become involved in at least two leadership/citizenship activities. Complete a project review.

Judging Requirements: Bring your completed project book. Bring six muffins, six biscuits, or one loaf of quick bread (recipe from book) with the recipe. Bring completed portfolio, which needs to contain 8 one-sided pages, 1 for each "Project Activity."

Fair Exhibit: Portfolio

SPORTS NUTRITION: READY, SET, GO 463

Guidelines: Intermediate. (Age 11-13). Members will learn how eating well and **READY**, exercising daily are two keys to health. Five activities that include recipes teach members to balance calories they eat with calories they burn, why to hydrate, and how carbs, protein, and fats work to support the body and mind. This project is for youth who want to use what they learn in organized sports or who simply want to increase fitness. Complete all 5 activities, all 5 recipes, all Talking It Over questions, at least 2 learning experiences, at least 2 leadership/citizenship activities, and a project review.

Judging Requirements: Bring completed project book and one complete dish of the food made from the project book. Bring completed portfolio, which needs to contain 5 one-sided pages, 1 for each "Activity," see pg. 3-4.

Fair Exhibit: Portfolio

GRILL MASTER 472

Guidelines: Intermediate. This project is now intended for members of any age with some experience in food preparation and nutrition and adult supervision. You will learn to use MyPlate for appropriate portion sizes, safe food temperatures, working with gas and charcoal grills, utensils and equipment, sauces and marinades, grilling fruits and vegetables and plan an outdoor grill event. You must complete all 6 activities and create 1 portfolio page for each activity. Complete at least 2 learning experiences as described on page 5 of project book, and complete at least 2 leadership/citizenship activities, and complete a project review.

Judging Requirements: Bring your completed project book and one complete dish of the food made from the project book. Bring completed portfolio, which needs to contain 10 one-sided pages, 1 for each "Interest Area," see pg. 2.

Fair Exhibit: Portfolio

STAR SPANGLED FOODS 475

Guidelines: Intermediate. This project is intended for members of any age with some experience in food preparation and nutrition. For this project you will discover customs and traditions that influence favorite regional American foods. Complete the requirements in the project book on page 2.

Judging Requirements: Bring your completed project book and one complete dish of the food made from the project book. Bring completed portfolio, which needs to contain 7 one-sided pages, 1 for each "Recipe Section," see pg. 2-3.

Fair Exhibit: Portfolio

SECTION 18: PROJECT REQUIREMENTS – Food and Nutrition

PARTY PLANNER: A GUIDE TO QUANTITY COOKING 477

Guidelines: Intermediate. Complete all eight project activities. Do two leadership/citizenship activities. Complete all 15 activities and make all recipes. Complete all Notes for Next Time for each activity. Complete project review and interview judge. Ages 11-13.

Judging Requirements: Bring completed project book, write a project summary and bring a sample of food prepared. Bring completed book to judging and a sample of one recipe you prepared (recipe from book). Completion guidelines are on page 4. Complete a project evaluation within the club and participate in interview judging. See front of Food project section for other food project requirements. Bring completed portfolio, which needs to contain 7 one-sided pages, 1 for each "Interest Area," see pg. 5 and a menu. Bring completed portfolio which needs to contain 8 one-sided pages, 1 for each "Activity," see pgs. 3-4.

Fair Exhibit: Portfolio

RACING THE CLOCK TO AWESOME MEALS 485

Guidelines: Intermediate level. Focus is on the knowledge and skills needed to prepare quick, nutritious, low-cost meals. Builds on basic food preparation skills so youth can tackle difficult recipes and be creative with ingredients. One year project. Project Helper needed. See page 3 of Project book. For youth ages 11-13.

Judging Requirements: Complete all seven activities on page 3 as well as one recipe and the Notes for Next Time for each activity. The More Challenges activities are optional in the first year, but are required for second year. Complete 2 Learning Experiences from page 4 or make up your own. Complete at least 2 Leadership/Citizenship activities from page 6. Complete a project evaluation within the club and participate in interview judging. See front of Food project section for other food project requirements. Bring completed project book and one complete dish of the food made from the project book. Also, bring completed portfolio, which needs to contain 7 one-sided pages, 1 for each project activity, see pg. 3.

Fair Display: Portfolio

DASHBOARD DINING 486

Guidelines: This intermediate-level book is designed to help you discover the importance of making healthful choices when eating at fast food restaurants. This project shows youth how to make fast food menus part of a healthy lifestyle. From understanding true food portions and healthful choices to "designing" meals with nutrition knowledge, youth learn skills to last a lifetime. This project does not require food preparation from Sect. 25, page 1.

Judging Requirements: Complete all seven activities, do at least 2 Learning Experiences, complete 2 Leadership/Citizenship Activities, complete project review summary, and participate in interview judging. Bring completed project book to judging. Become familiar with the new nutrition guidelines on MyPlate. Bring completed portfolio which needs to contain 7 one-sided pages, 1 for each project activity, see page 7.

Fair Display: Portfolio

ADVANCED LEVEL

PANTRY PANIC: AN ADVANCED LEVEL FOOD PROJECT FOR COMMUNITY MINDED YOUTH 376

Guidelines: Pantry Panic is an advanced-level food and nutrition project focused on the creativity and skills needed for meal planning, shopping, and food preparation on a limited budget using items on hand or from a food pantry. Must have advanced level cooking skills. Complete all 7 activities. Do at least 2 learning experiences. Become involved in at least 2 leadership/citizenship activities. Write a project summary and take part in a project review/interview. MyPlate knowledge is essential. The Next Steps activities are optional. View the Pantry Panic homepage at www.midohiofoodbank.org/pantrypanic.

Judging Requirements: Project will be judged at county judging. Bring completed project booklet and a sample food with recipe you prepared to judging.

Fair Exhibit: Display of knowledge gained

SECTION 18: PROJECT REQUIREMENTS – Food and Nutrition

YEAST BREADS ON THE RISE 462

Guidelines: This project is now intended for members of any age with substantial experience in food preparation and nutrition. Complete the Planning Section. Complete all activities within 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. Participate in at least two Learning Experiences. Participate in at least two Leadership or Citizenship Activities. Keep records and evaluate your accomplishments by completing the blanks in the project book and summary. This project can be taken for two years. The suggested recipes for the second year require more skill in shaping and preparing the breads.

Year Two: Prepare a minimum of six advanced recipes. At least three must be from the project book and three recipes can be selected on your own. Use at least two different mixing methods. Do two different Learning Experiences from Year One, and two different Leadership/ Citizenship activities from Year One. Keep records/evaluate accomplishments by completing Project Summary.

Judging Requirements: Bring your completed project book and one loaf of yeast bread from a recipe in the book, or six rolls, or six bagels, or six muffins. Bring completed portfolio which needs to contain 10 one-sided pages, 1 for each “Interest Area,” see pg. 5-6.

Fair Exhibit: Portfolio

YOU'RE THE CHEF 467

Guidelines: Advanced. For youth ages 14 and older. Prepare nutritious meals using the oven, range top, microwave, slow cooker and stir-fried foods. Complete the Project Guidelines on page 3. On page 4 complete all “Things to Do.”

Judging Requirements: Bring your completed project book. Bring one sample of a food prepared (recipe from book), have knowledge of the MyPlate food guide system, food safety, and nutrition. Bring completed portfolio, which needs to contain 7 one-sided pages, 1 for each “Things to Do” activity, see pg. 4.

Fair Exhibit: Portfolio

THE GLOBAL GOURMET 469

Guidelines: Designed for youth with advanced-level cooking skills who are interested in learning about cultures from around the world. Follow the Guidelines on pages 3-5 and complete all Project Guidelines.

Judging Requirements: Bring your completed project book and one complete dish made from one of the recipes in one of the cultural interest areas (costume is optional). Bring completed portfolio, which needs to contain 7 one-sided pages, 1 for each “Project Activity,” see pg. 3. Take part in at least 2 learning experiences. Become involved in at least 2 leadership/citizenship activities. Complete a project review. USDA MyPlate guidelines.

Fair Exhibit: Portfolio

BEYOND THE GRILL 474

Guidelines: Advanced. Youth explore a variety of outdoor cooking skills while finding easy ways to follow USDA MyPlate guidelines. Activities cover grills, pie irons, solar cookers, and rotisserie, with a final activity focusing on a cookout party.

Judging Requirements: Bring your completed project book and bring one sample of a food prepared (recipe from book). Complete Activities 1-6. Take part in at least 2 learning experiences. Become involved in at least 2 leadership/citizenship activities. Write a project summary and take part in a project review. This project may be repeated as long as new learning experiences and new skills are developed each time. Bring completed portfolio, which needs to contain 6 one-sided pages, 1 for each “Project Activity.”

Fair Exhibit: Portfolio

KITCHEN BOSS (PREVIOUSLY PATHWAYS TO CULINARY SUCCESS) 476

Guidelines: Advanced. For youth ages 14 and older who have completed projects at the beginning and intermediate levels. Youth must keep a written Project Journal at the back of the project book. Complete “Planning Your Project: section, select a garnish from page 44 for each recipe prepared, journal each experience, collect a minimum of (3) additional recipes/ideas for each chapter, do (3) Learning Experiences, (1) Leadership/Citizenship Activity, evaluate the project at the end of each interest area.

Judging Requirements: Bring a 16" x 20" poster on knowledge gained, completed project book, knowledge of terms, and sample of 3 garnishes and collected recipes/ideas. Bring completed portfolio, which needs to contain 7 one-sided pages, 1 for each “Interest Area,” see pg. 2.

Fair Exhibit: Portfolio