

2024 Project Completion Guidelines

Food and Nutrition Projects

General Requirements

- Member must participate in Project Interviews (Judging Day or Early Interviews) with a complete project book for the project to be considered completed for the 4-H year.
- Member must participate in a Project Interview during Judging Day to be eligible to be considered for Ohio State Fair Selection.
- Member must display a representation of their project in their 4-H club fair booth.
- All members should be prepared to know general 4-H information.
- Members do NOT have to bring any food to judging.

Meigs County Clothing Projects Completion Requirements

Let's Start Cooking

1. Complete all 8 activities, including 6 recipes.
2. At least 2 learning experiences.
3. At least 2 leadership/citizenship activities.
4. Project review.
5. Bring to judging:
 - a. Completed project book.
 - b. Completed portfolio.

Sports Nutrition: Ready, Set, Go

1. Complete all 5 activities, including 5 recipes and Talking it Over questions.
2. At least 2 learning experiences.
3. At least 2 leadership/citizenship activities.
4. Project review.
5. Bring to judging:
 - a. Completed project book.
 - b. Completed portfolio.

Everyday Food and Fitness

1. Complete all 7 activities, including 7 recipes and Talking it Over questions.
2. At least 2 learning experiences.
3. At least 2 leadership/citizenship activities.
4. Project review.
5. Bring to judging:
 - a. Completed project book.
 - b. Completed portfolio.

Snack Attack!

1. Complete all 7 activities, including 7 recipes.
2. At least 2 learning experiences.
3. At least 2 leadership/citizenship activities.
4. Project review.
5. Bring to judging:
 - a. Completed project book.
 - b. Completed portfolio.

Take a Break for Breakfast

1. Complete all 5 activities, including 5 recipes.
2. At least 2 learning experiences.
3. At least 2 leadership/citizenship/career activities.
4. Project review.
5. Bring to judging:
 - a. Completed project book.
 - b. Completed portfolio.

Let's Bake Quick Breads

1. Complete all 8 activities, including 7 recipes.
2. At least 2 learning experiences.
3. At least 2 leadership/citizenship activities.
4. Project review.
5. Bring to judging:
 - a. Completed project book.
 - b. Completed portfolio.

Cooking on My Own

1. Complete all 7 activities and all Talking it Over questions.
2. At least 2 learning experiences.
3. At least 2 leadership/citizenship activities.
4. Project review.
5. Bring to judging:
 - a. Completed project book.
 - b. Completed portfolio.

Grill Master

1. Complete all 6 activities, including at least 5 recipes and the Notes for Next Time.
2. At least 2 learning experiences.
3. At least 2 leadership/citizenship activities.
4. Project review.
5. Bring to judging:
 - a. Completed project book.
 - b. Completed portfolio.

Beyond the Grill

1. Complete all 6 activities, including 9 recipes.
2. At least 2 learning experiences.
3. At least 2 leadership/citizenship activities.
4. Project review.
5. Bring to judging:
 - a. Completed project book.
 - b. Completed portfolio.

Star Spangled Foods

1. All 7 recipe sections, including 11 recipes.
2. At least 3 learning experiences.
3. At least 3 leadership/citizenship activities.
4. Bring to judging:
 - a. Completed project book.
 - b. Completed portfolio.

Party Planner: A 4-H Guide to Quantity Cooking

1. Complete all 8 activities, including 8 recipes.
2. At least 2 learning experiences.
3. At least 2 leadership/citizenship activities.
4. Project summary and project review.
5. Bring to judging:
 - a. Completed project book.
 - b. Completed portfolio.

Racing the Clock to Awesome Meals

1. Complete all 7 activities, including 1 recipe and the Notes for Next Time for each activity.
2. At least 2 learning experiences.
3. At least 2 leadership/citizenship activities.
4. Project review.
5. Bring to judging:
 - a. Completed project book.
 - b. Completed portfolio.

Yeast Breads on the Rise***Use the same book 1-2 years***

1. Complete all 5 interest areas, including at least 6 recipes.
2. At least 2 learning experiences.
3. At least 2 leadership/citizenship activities.
4. Project record and summary.
5. Bring to judging:
 - a. Completed project book.
 - b. Completed portfolio.

Global Gourmet

1. Complete all 7 activities, including preparation of meals and Notes for Next Time.
2. At least 2 learning experiences.
3. At least 2 leadership/citizenship activities.
4. Project review.
5. Bring to judging:
 - a. Completed project book.
 - b. Completed portfolio.

Kitchen Boss

1. Complete all 7 activities.
2. At least 2 learning experiences.
3. At least 2 leadership/citizenship activities.
4. Project review.
5. Bring to judging:
 - a. Completed project book.
 - b. Completed portfolio.

Food and Nutrition Evaluation Requirements for all Projects

- Completed project book.
- The interview will be where the participant will apply knowledge learned from their book and the MyPlate information that can be found in their book, their county 4-H office, or online at choosemyplate.gov. The website is an extensive review of the information to study to increase their knowledge. The interview allows the participant to answer questions taken directly from their specific project book. This allows the participant to share information they learned from their project related to food and nutrition.
- The portfolio (This replaces the educational display component.) The participant will be responsible for bringing a 3-pronged folder that includes 8.5 x 11 pages. The 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. These pages could be in collage, journaling, timeline, photo, 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 allowing the 4-Her to reflect on their learning experience. **There will be no points for scrapbooking style.**

Ohio State Fair Exhibition Day – Food and Nutrition Days

- Selections for the Ohio State Fair will be made during the Meigs County Judging Day and based on Meigs County Project Completion Requirements.
- Not everyone who wins first or second place will be eligible for Ohio State Fair selection. This is based on the judge’s decision.

2024 Ohio State Fair Food and Nutrition Portfolio Interest Areas

Project	Activity/ Interest Area
Beginner Skill Level	
Let's Start Cooking (459)	<ul style="list-style-type: none"> -How Does Your Plate Rate? -Safety First -Equipment Check -Decoding Recipes -Measuring Mastery -Slicing and Dicing Practice -Microwave Know-How -Stove Top and Oven Use 101
Everyday Food and Fitness (481)	<ul style="list-style-type: none"> -Choose My Plate for a Healthier You -Going with the Grains -Eat the Rainbow -Get Fruity with your Food -Pass the Cheese, Please -Get Growing with Proteins -Get Moving for Life
Snack Attack (484)	<ul style="list-style-type: none"> -Exploring MyPyramid (My Plate) -Is It Snack Time Yet? -Digging for Grains -Color Hunt -Got Dairy? -Protein Protection -Not-So-Hidden Calories
Take a Break for Breakfast (487)	<ul style="list-style-type: none"> - The Importance of Breakfast - Fruits and Vegetables - Protein, Fruits, and Veggies - Protein and Grains - Breakfast around the World
Intermediate Skill Level	
Let's Bake Quick Breads (461)	<ul style="list-style-type: none"> -What Makes Grains Great -Digging Into Wheat -Putting It All Together -Mixing It Up -Equipment Experiment -Gluten-Free Baking -Tweaking Recipes for Your Health -Careers in the Kitchen
Sports Nutrition – Ready Set Go(463)	<ul style="list-style-type: none"> -The Three Parts of Physical Fitness -Exercise and Your Heart Rate -Eating and Burning Calories -How Nutrients Help Performance -Finding Hidden Water for Hydration

Grill Master (472)	<ul style="list-style-type: none"> -Sizing Up Servings -Ready, Set, Grill -Other Equipment Essentials -Secret Ingredients: Sauces and Marinades -Grilling Fruits and Vegetables -The Final Skill Trial: Grilling Off-Site
Star Spangled Foods (475)	<ul style="list-style-type: none"> -Wild West Burgers -Star Spangled Salads -Yankee Snickerdoodles -Indian Beans -Country Breakfast -Breakfast Down on the Farm -Jambalaya -Chocolate Dessert
Party Planner (477)	<ul style="list-style-type: none"> -Sleepover Nutrition Hunt -Recipe Makeover -Show Me the Money! -MyPyramid: All Mine (My Plate) -Perfect Timing -Crowd Pleasers -Picnic in the Parking Lot -Scoring Points with Burgers
Racing the Clock to Awesome Meals (485)	<ul style="list-style-type: none"> -MyPyramid: The Starting Block (My Plate) -Jump Start Your Day -Pastabilities -Super Soups -Planed Overs -Equipment Helpers -Overcoming Hurdles
Advanced Skill Level	
Yeast Breads on the Rise (462)	<p>First Year (see page 6):</p> <ul style="list-style-type: none"> -My Plate -Ingredients in Bread Products -Career Options -Methods of Mixing Yeast Breads -Bread Dough Basics -Traditional Method -Sponge Dough Method -Batter/No Knead Method -Mixer Method -Bread Machine Method

	Second Year (see page 40): -My Plate -Ingredients in Bread Products -Career Options -Methods of Mixing Yeast Breads -Bread Dough Basics -Mixing Method #1 -Mixing Method #2 -Mixing Method #3 (optional) -Mixing Method #4 (optional) -Mixing Method #5 (optional)
Cooking on My Own (467)	-Kitchen Safety -Timing is Everything -Be a Pro with Proteins -Whole Grain Goodness -Snack Central -One-Dish Wonders -What's for Dinner
Global Gourmet (469)	-Mexico -Africa -Japan -India -Italy -Greece -Germany
Beyond the Grill (474)	-Pack Up and Go-Safely -Cowboy Up with a Campfire -Catch Some Rays and Cook -Go Lean and Know Your Temps -Proteins – Meat and More -Party Time -Dutch Oven Treasures (optional)
Kitchen Boss (476)	-Team Player -Plan and Prepare -Methods -Tools and Equipment -Ingredients -Flavor -Dinner is Served