

**Food and Nutrition**

\*Denotes Project is Eligible for State Fair

**\*\*Clarification of Portfolio:**

The portfolio is project specific and is used to enhance a conversation between the member and the 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) per "activity area" or "interest area" as designated in the front of their project books. Ideas for these pages include journaling, 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 at the state fair for scrapbooking style. The project book should not be a part of the portfolio.

Project	Age Division	Type of Evaluation	Materials to Bring to Judging	Special Notes
459* Lets Start Cooking	Junior 8-13 Senior 14-18	Judges will evaluate participants on the following: <ul style="list-style-type: none"> <li>Quality of presentation</li> <li>Overall appearance of the display</li> <li>Clarity of display</li> <li>Project analysis (project book completion and records)</li> <li>Professional appearance of youth</li> <li>Interview evaluation with the judge.</li> <li>Knowledge of My Plate</li> </ul>	-Completed Project Book (based on the stated guidelines in the project book) -Be prepared to discuss your project with the judge -Bring a **portfolio (members will share their learning experience in a folder or binder using pictures, illustrations, written information-documenting what they learned from their project) -Bring one food item to county judging (It is prohibited at state judging) -A printed recipe for the food item presented at county judging	If you are selected as a State Fair Delegate – additional information will be given to you by the 4-H Educator – At State each individual will participate in 3 different stations. *My Plate station (the youth will be able to apply their knowledge of the My Plate) *Portfolio station *Interview station When going to state youth must bring: Pencil, 3 pronged folder with their completed "Portfolio" and a blank clipboard.
461* Let's Bake Quick Breads	Junior 8-13 Senior 14-18	Judges will evaluate participants on the following: <ul style="list-style-type: none"> <li>Quality of presentation</li> <li>Overall appearance of the display</li> <li>Clarity of display</li> <li>Project analysis (project book completion and records)</li> <li>Professional appearance of youth</li> <li>Interview evaluation with the judge.</li> <li>Knowledge of My Plate</li> </ul>	-Completed Project Book (based on the stated guidelines in the project book) -Be prepared to discuss your project with the judge -Bring a **portfolio (members will share their learning experience in a folder or binder using pictures, illustrations, written information-documenting what they learned from their project) -Bring one food item to county judging (It is prohibited at state judging) -A printed recipe for the food item presented at county judging	If you are selected as a State Fair Delegate – additional information will be given to you by the 4-H Educator – At State each individual will participate in 3 different stations. *My Plate station (the youth will be able to apply their knowledge of the My Plate) *Portfolio station *Interview station When going to state youth must bring: Pencil, 3 pronged folder with their completed "Portfolio" and a blank clipboard.
462* Yeast Breads on the Rise		Judges will evaluate participants on the following: <ul style="list-style-type: none"> <li>Quality of presentation</li> <li>Overall appearance of the display</li> <li>Clarity of display</li> <li>Project analysis (project book completion and records)</li> <li>Professional appearance of youth</li> <li>Interview evaluation with the judge.</li> <li>Knowledge of My Plate</li> </ul>	-Completed Project Book (based on the stated guidelines in the project book) -Be prepared to discuss your project with the judge -Bring a **portfolio (members will share their learning experience in a folder or binder using pictures, illustrations, written information-documenting what they learned from their project) -Bring one food item to county judging (It is prohibited at state judging) -A printed recipe for the food item presented at county judging	If you are selected as a State Fair Delegate – additional information will be given to you by the 4-H Educator – At State each individual will participate in 3 different stations. *My Plate station (the youth will be able to apply their knowledge of the My Plate) *Portfolio station *Interview station When going to state youth must bring: Pencil, 3 pronged folder with their completed "Portfolio" and a blank clipboard.



<p>463* Sports Nutrition</p>	<p>Junior 8-13 Senior 14-18</p>	<p>Judges will evaluate participants on the following:</p> <ul style="list-style-type: none"> <li>• Quality of presentation</li> <li>• Overall appearance of the display</li> <li>• Clarity of display</li> <li>• Project analysis (project book completion and records)</li> <li>• Professional appearance of youth</li> <li>• Interview evaluation with the judge.</li> <li>• Knowledge of My Plate</li> </ul>	<p>-Completed Project Book (based on the stated guidelines in the project book) -Be prepared to discuss your project with the judge -Bring a **portfolio (members will share their learning experience in a folder or binder using pictures, illustrations, written information- documenting what they learned from their project) -Bring one food item to county judging (It is prohibited at state judging) -A printed recipe for the food item presented at county judging</p>	<p>If you are selected as a State Fair Delegate – additional information will be given to you by the 4-H Educator – At State each individual will participate in 3 different stations. *My Plate station (the youth will be able to apply their knowledge of the My Plate) *Portfolio station *Interview station When going to state youth must bring: Pencil, 3 pronged folder with their completed “Portfolio” and a blank clipboard.</p>
<p>467* You are the Chef</p>		<p>Judges will evaluate participants on the following:</p> <ul style="list-style-type: none"> <li>• Quality of presentation</li> <li>• Overall appearance of the display</li> <li>• Clarity of display</li> <li>• Project analysis (project book completion and records)</li> <li>• Professional appearance of youth</li> <li>• Interview evaluation with the judge.</li> <li>• Knowledge of My Plate</li> </ul>	<p>-Completed Project Book (based on the stated guidelines in the project book) -Be prepared to discuss your project with the judge -Bring a **portfolio (members will share their learning experience in a folder or binder using pictures, illustrations, written information- documenting what they learned from their project) -Bring one food item to county judging (It is prohibited at state judging) -A printed recipe for the food item presented at county judging</p>	<p>If you are selected as a State Fair Delegate – additional information will be given to you by the 4-H Educator – At State each individual will participate in 3 different stations. *My Plate station (the youth will be able to apply their knowledge of the My Plate) *Portfolio station *Interview station When going to state youth must bring: Pencil, 3 pronged folder with their completed “Portfolio” and a blank clipboard.</p>
<p>469* Global Gourmet</p>		<p>Judges will evaluate participants on the following:</p> <ul style="list-style-type: none"> <li>• Quality of presentation</li> <li>• Overall appearance of the display</li> <li>• Clarity of display</li> <li>• Project analysis (project book completion and records)</li> <li>• Professional appearance of youth</li> <li>• Interview evaluation with the judge.</li> <li>• Knowledge of My Plate</li> </ul>	<p>-Completed Project Book (based on the stated guidelines in the project book) -Be prepared to discuss your project with the judge -Bring a **portfolio (members will share their learning experience in a folder or binder using pictures, illustrations, written information- documenting what they learned from their project) -Bring one food item to county judging (It is prohibited at state judging) -A printed recipe for the food item presented at county judging</p>	<p>If you are selected as a State Fair Delegate – additional information will be given to you by the 4-H Educator – At State each individual will participate in 3 different stations. *My Plate station (the youth will be able to apply their knowledge of the My Plate) *Portfolio station *Interview station When going to state youth must bring: Pencil, 3 pronged folder with their completed “Portfolio” and a blank clipboard.</p>
<p>472* Grill Master</p>	<p>Junior 8-13 Senior 14-18</p>	<p>Judges will evaluate participants on the following:</p> <ul style="list-style-type: none"> <li>• Quality of presentation</li> <li>• Overall appearance of the display</li> <li>• Clarity of display</li> <li>• Project analysis (project book completion and records)</li> <li>• Professional appearance of youth</li> <li>• Interview evaluation with the judge.</li> <li>• Knowledge of My Plate</li> </ul>	<p>-Completed Project Book (based on the stated guidelines in the project book) -Be prepared to discuss your project with the judge -Bring a **portfolio (members will share their learning experience in a folder or binder using pictures, illustrations, written information- documenting what they learned from their project) -Bring one food item to county judging (It is prohibited at state judging) -A printed recipe for the food item presented at county judging</p>	<p>If you are selected as a State Fair Delegate – additional information will be given to you by the 4-H Educator – At State each individual will participate in 3 different stations. *My Plate station (the youth will be able to apply their knowledge of the My Plate) *Portfolio station *Interview station When going to state youth must bring: Pencil, 3 pronged folder with their completed “Portfolio” and a blank clipboard.</p>



<p>474* Beyond the Grill</p>		<p>Judges will evaluate participants on the following:</p> <ul style="list-style-type: none"> <li>• Quality of presentation</li> <li>• Overall appearance of the display</li> <li>• Clarity of display</li> <li>• Project analysis (project book completion and records)</li> <li>• Professional appearance of youth</li> <li>• Interview evaluation with the judge.</li> <li>• Knowledge of My Plate</li> </ul>	<p>-Completed Project Book (based on the stated guidelines in the project book)                  -Be prepared to discuss your project with the judge                  -Bring a **portfolio (members will share their learning experience in a folder or binder using pictures, illustrations, written information- documenting what they learned from their project)                  -Bring one food item to county judging (It is prohibited at state judging)                  -A printed recipe for the food item presented at county judging</p>	<p>If you are selected as a State Fair Delegate – additional information will be given to you by the 4-H Educator –                  At State each individual will participate in 3 different stations.                  *My Plate station (the youth will be able to apply their knowledge of the My Plate)                  *Portfolio station                  *Interview station                  When going to state youth must bring:                  Pencil, 3 pronged folder with their completed “Portfolio” and a blank clipboard.</p>
<p>475* Star Spangled Foods</p>	<p>Junior 8-13 Senior 14-18</p>	<p>Judges will evaluate participants on the following:</p> <ul style="list-style-type: none"> <li>• Quality of presentation</li> <li>• Overall appearance of the display</li> <li>• Clarity of display</li> <li>• Project analysis (project book completion and records)</li> <li>• Professional appearance of youth</li> <li>• Interview evaluation with the judge.</li> <li>• Knowledge of My Plate</li> </ul>	<p>-Completed Project Book (based on the stated guidelines in the project book)                  -Be prepared to discuss your project with the judge                  -Bring a **portfolio (members will share their learning experience in a folder or binder using pictures, illustrations, written information- documenting what they learned from their project)                  -Bring one food item to county judging (It is prohibited at state judging)                  -A printed recipe for the food item presented at county judging</p>	<p>If you are selected as a State Fair Delegate – additional information will be given to you by the 4-H Educator –                  At State each individual will participate in 3 different stations.                  *My Plate station (the youth will be able to apply their knowledge of the My Plate)                  *Portfolio station                  *Interview station                  When going to state youth must bring:                  Pencil, 3 pronged folder with their completed “Portfolio” and a blank clipboard.</p>
<p>476* Pathways to Culinary Success</p>		<p>Judges will evaluate participants on the following:</p> <ul style="list-style-type: none"> <li>• Quality of presentation</li> <li>• Overall appearance of the display</li> <li>• Clarity of display</li> <li>• Project analysis (project book completion and records)</li> <li>• Professional appearance of youth</li> <li>• Interview evaluation with the judge.</li> <li>• Knowledge of My Plate</li> </ul>	<p>-Completed Project Book (based on the stated guidelines in the project book)                  -Be prepared to discuss your project with the judge                  -Bring a **portfolio (members will share their learning experience in a folder or binder using pictures, illustrations, written information- documenting what they learned from their project)                  -Bring one food item to county judging (It is prohibited at state judging)                  -A printed recipe for the food item presented at county judging</p>	<p>If you are selected as a State Fair Delegate – additional information will be given to you by the 4-H Educator –                  At State each individual will participate in 3 different stations.                  *My Plate station (the youth will be able to apply their knowledge of the My Plate)                  *Portfolio station                  *Interview station                  When going to state youth must bring:                  Pencil, 3 pronged folder with their completed “Portfolio” and a blank clipboard.</p>
<p>477* Party Planner: A 4-H Guide to Quantity Cooking</p>	<p>Junior 8-13 Senior 14-18</p>	<p>Judges will evaluate participants on the following:</p> <ul style="list-style-type: none"> <li>• Quality of presentation</li> <li>• Overall appearance of the display</li> <li>• Clarity of display</li> <li>• Project analysis (project book completion and records)</li> <li>• Professional appearance of youth</li> <li>• Interview evaluation with the judge.</li> <li>• Knowledge of My Plate</li> </ul>	<p>-Completed Project Book (based on the stated guidelines in the project book)                  -Be prepared to discuss your project with the judge                  -Bring a **portfolio (members will share their learning experience in a folder or binder using pictures, illustrations, written information- documenting what they learned from their project)                  -Bring one food item to county judging (It is prohibited at state judging)                  -A printed recipe for the food item presented at county judging</p>	<p>If you are selected as a State Fair Delegate – additional information will be given to you by the 4-H Educator –                  At State each individual will participate in 3 different stations.                  *My Plate station (the youth will be able to apply their knowledge of the My Plate)                  *Portfolio station                  *Interview station                  When going to state youth must bring:                  Pencil, 3 pronged folder with their completed “Portfolio” and a blank clipboard.</p>



481* Everyday Food and Fitness	Junior 8-13 Senior 14-18	Judges will evaluate participants on the following: <ul style="list-style-type: none"> <li>• Quality of presentation</li> <li>• Overall appearance of the display</li> <li>• Clarity of display</li> <li>• Project analysis (project book completion and records)</li> <li>• Professional appearance of youth</li> <li>• Interview evaluation with the judge.</li> <li>• Knowledge of My Plate</li> </ul>	-Completed Project Book (based on the stated guidelines in the project book) -Be prepared to discuss your project with the judge -Bring a **portfolio (members will share their learning experience in a folder or binder using pictures, illustrations, written information- documenting what they learned from their project) -Bring one food item to county judging (It is prohibited at state judging) -A printed recipe for the food item presented at county judging	If you are selected as a State Fair Delegate – additional information will be given to you by the 4-H Educator – At State each individual will participate in 3 different stations. *My Plate station (the youth will be able to apply their knowledge of the My Plate) *Portfolio station *Interview station When going to state youth must bring: Pencil, 3 pronged folder with their completed “Portfolio” and a blank clipboard.
484* Snack Attack!	Junior 8-13 Senior 14-18	Judges will evaluate participants on the following: <ul style="list-style-type: none"> <li>• Quality of presentation</li> <li>• Overall appearance of the display</li> <li>• Clarity of display</li> <li>• Project analysis (project book completion and records)</li> <li>• Professional appearance of youth</li> <li>• Interview evaluation with the judge.</li> <li>• Knowledge of My Plate</li> </ul>	-Completed Project Book (based on the stated guidelines in the project book) -Be prepared to discuss your project with the judge -Bring a **portfolio (members will share their learning experience in a folder or binder using pictures, illustrations, written information- documenting what they learned from their project) -Bring one food item to county judging (It is prohibited at state judging) -A printed recipe for the food item presented at county judging	If you are selected as a State Fair Delegate – additional information will be given to you by the 4-H Educator – At State each individual will participate in 3 different stations. *My Plate station (the youth will be able to apply their knowledge of the My Plate) *Portfolio station *Interview station When going to state youth must bring: Pencil, 3 pronged folder with their completed “Portfolio” and a blank clipboard.
485* Racing the Clock to Awesome Meals	Junior 8-13 Senior 14-18	Judges will evaluate participants on the following: <ul style="list-style-type: none"> <li>• Quality of presentation</li> <li>• Overall appearance of the display</li> <li>• Clarity of display</li> <li>• Project analysis (project book completion and records)</li> <li>• Professional appearance of youth</li> <li>• Interview evaluation with the judge.</li> <li>• Knowledge of My Plate</li> </ul>	-Completed Project Book (based on the stated guidelines in the project book) -Be prepared to discuss your project with the judge -Bring a **portfolio (members will share their learning experience in a folder or binder using pictures, illustrations, written information- documenting what they learned from their project) -Bring one food item to county judging (It is prohibited at state judging) -A printed recipe for the food item presented at county judging	If you are selected as a State Fair Delegate – additional information will be given to you by the 4-H Educator – At State each individual will participate in 3 different stations. *My Plate station (the youth will be able to apply their knowledge of the My Plate) *Portfolio station *Interview station When going to state youth must bring: Pencil, 3 pronged folder with their completed “Portfolio” and a blank clipboard.
486* Dashboard Dining	Junior 8-13 Senior 14-18	Judges will evaluate participants on the following: <ul style="list-style-type: none"> <li>• Quality of presentation</li> <li>• Overall appearance of the display</li> <li>• Clarity of display</li> <li>• Project analysis (project book completion and records)</li> <li>• Professional appearance of youth</li> <li>• Interview evaluation with the judge.</li> <li>• Knowledge of My Plate</li> </ul>	-Completed Project Book (based on the stated guidelines in the project book) -Be prepared to discuss your project with the judge -Bring a **portfolio (members will share their learning experience in a folder or binder using pictures, illustrations, written information- documenting what they learned from their project) -Bring one food item to county judging (It is prohibited at state judging) -A printed recipe for the food item presented at county judging	If you are selected as a State Fair Delegate – additional information will be given to you by the 4-H Educator – At State each individual will participate in 3 different stations. *My Plate station (the youth will be able to apply their knowledge of the My Plate) *Portfolio station *Interview station When going to state youth must bring: Pencil, 3 pronged folder with their completed “Portfolio” and a blank clipboard.



<p>487* Take a Break for Breakfast</p>	<p>Junior 8-13 Senior 14-18</p>	<p>Judges will evaluate participants on the following:</p> <ul style="list-style-type: none"> <li>• Quality of presentation</li> <li>• Overall appearance of the display</li> <li>• Clarity of display</li> <li>• Project analysis (project book completion and records)</li> <li>• Professional appearance of youth</li> <li>• Interview evaluation with the judge.</li> <li>• Knowledge of My Plate</li> </ul>	<p>-Completed Project Book (based on the stated guidelines in the project book)                  -Be prepared to discuss your project with the judge                  -Bring a **portfolio (members will share their learning experience in a folder or binder using pictures, illustrations, written information- documenting what they learned from their project)                  -Bring one food item to county judging (It is prohibited at state judging)                  -A printed recipe for the food item presented at county judging</p>	<p>If you are selected as a State Fair Delegate – additional information will be given to you by the 4-H Educator –                  At State each individual will participate in 3 different stations.                  *My Plate station (the youth will be able to apply their knowledge of the My Plate)                  *Portfolio station                  *Interview station                  When going to state youth must bring:                  Pencil, 3 pronged folder with their completed "Portfolio" and a blank clipboard.</p>
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