4-H Food & Nutrition Judging  
Saturday, June 29, 2019  
10am – 1pm  
Specific judging times will be arranged later  
Judging at the Mahoning County Extension Office

What you need to bring and be prepared with:

1. **A completed project book**

2. **Knowledge of MyPlate**

   ![MyPlate Image]

   You should have an understanding of:
   - The names of the food groups
   - The number of servings required per day
   - What foods make up each group

   A copy of MyPlate is enclosed

3. **One food item presented from the theme of the project** (judges are not required to taste the food item; you are judged on the knowledge of your project)
   - You may be questioned on the ingredients used and how you made the item.

4. **Recipe for your food item must be presented along with the food item.**

5. **A Portfolio displaying your knowledge**
   - *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.*

6. **A judge interview**