



4-H Food & Nutrition Judging

Monday, July 10, 2023

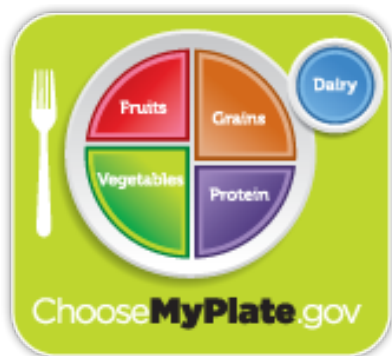
10am – 3pm

Specific judging times will be arranged later
Canfield Fairgrounds, Event Center

What you need to bring and be prepared with:

1. *A completed project book*

2. *Knowledge of MyPlate*



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*