

2018 STARK COUNTY 4-H FOOD AND NUTRITION PROJECT INFORMATION

STANDARDS AND REQUIREMENTS FOR ALL

STARK COUNTY 4-H FOOD AND NUTRITION PROJECTS

1. All Ohio 4-H Food and Nutrition Projects are required to follow the NEW "MyPlate" dietary guidelines. Only the newer books starting in 2012 food and nutrition 4-H books and newer will have the new MyPlate dietary guidelines listed. The older books will still have the outdated food pyramid. It is up to the 4-H youth and/or advisor to pick-up a copy of the MyPlate dietary guidelines which will be at all of the county's Food & Nutrition Clinics or you may print out a copy online at: www.choosemyplate.gov
2. All required information and/or activities in the project book should be completed, unless not applicable (please mark "N/A" in the space). If the book is being re-used or used by more than one member, record information on separate sheets of paper.
3. State Fair selection will be determined by the judge. Judge's decision is final.

What to bring to Food & Nutrition Judging:

1. Using the MENU FORM, write a MENU for the day using NEW MyPlate's guidelines.
2. Completed project book. (You will not bring any food to judging.)
3. 4-H Food Journal (see details below about this journal) No posters.
4. You must have a Food Journal completed to be eligible to participate at the state fair.

The 4-H Food Journal must be prepared as follows:

The 4-H participant will be responsible for bringing a 3 ring binder/folder that includes 8 ½" x11" pages. The participant will create a maximum of one page (one-sided only and could be less than a full page) 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 providing the 4-H'er to reflect on their learning experience. There will be no points for scrapbooking style.

Stark County 4-H Food & Nutrition Judging

Saturday, July 14, 2018

Food & Nutrition Registration is open from 8:45 a.m. to 10 a.m.
at the Stark County Fairgrounds

4-H members will be judged at 3 stations as follows:

Station #1 — 4-H Food Journal

Station #2 — Complete an activity based on "MyPlate" information. MyPlate will be a hands-on activity that will allow the 4-H'er the ability to demonstrate knowledge learned about the plate based on information they gained through their project.

Station #3 — The interview station will provide the participant the opportunity to share their knowledge by answering questions about their project and Food Journal.

Beginner Food & Nutrition 4-H Projects

JR Division - Ages 8-13 & SR Division - Ages 14-18

#459 - LET'S START COOKING (Revised I Spy in the Kitchen) Updated in 2015

This beginning level project is designed for 4-H members of all ages with little or no cooking or baking experience. In this project, members will learn to measure and follow recipes in this book to make simple, nutritious drinks and snacks and how they fit into a healthy lifestyle. They will also have experiences in food shopping, following kitchen safety rules and serving foods they prepared.

To Complete this Project for Judging:

1. Follow the project guidelines in the project book. Complete all of the activities/interest areas, and all the recipes.
2. Prepare your 4-H Food Journal (see above for details).
3. Complete the Menu Form.

#481 - Everyday Food and Fitness New in 2018

Learn how to prepare healthy and hearty snacks using MyPlate as a guide, and discover how powerful healthy food can be for your body and mind. Fun and easy recipes help build your skills in the kitchen. See how well your current diet fits into the MyPlate food groups. Find out what makes grains great, and why vitamins and nutrients are so beneficial. This project shows you how to add exercise to a healthy diet and find the path to a better quality of life.

To Complete this Project for Judging:

1. Follow the project guidelines in the project book. Complete all of the activities/interest areas, and all the recipes.
2. Prepare your 4-H Food Journal (see above for details).
3. Complete the Menu Form.

#484 - SNACK ATTACK

In this beginning level project, you will learn how to select and prepare healthful snacks while learning the ins and outs of MyPlate, an important guide to making healthful food choices and being physically active.

To Complete This Project for Judging:

1. Follow the project guidelines in the project book. Complete all of the activities/interest areas, and all the recipes.
2. Prepare your 4-H Food Journal (see above for details).
3. Complete the Menu Form.

#487 - FAST BREAK FOR BREAKFAST

Fast Break for Breakfast is for youth who have completed at least one beginning-level 4-H food and nutrition project. It has been developed for 4-H members who have a basic knowledge of nutrition and food preparation. In this project, you will learn about the importance of breakfast, good breakfast choices, nutrition, food preparation, and food and equipment safety.

To Complete This Project for Judging:

1. Follow the project guidelines in the project book. Complete all of the activities/interest areas, and all the recipes.
2. Prepare your 4-H Food Journal (see above for details).
3. Complete the Menu Form.

Intermediate Food & Nutrition 4-H Projects

JR Division - Ages 8-13 & SR Division - Ages 14-18

#461 - LET'S BAKE QUICK BREADS (Revised NEW Project Book in 2015)

Learn how and why quick breads are so tasty. You'll also explore careers in the kitchen and learn how to alter a recipe for healthier benefits.

To Complete this Project for Judging:

1. Follow the project guidelines in the project book. Complete all of the activities/interest areas, and all the recipes.
2. Prepare your 4-H Food Journal (see above for details).
3. Complete the Menu Form.

#463 - SPORTS NUTRITION 2: GET SET! (Revised NEW Project Book in 2018)

Learn how to increase your fitness levels, identify nutrient-rich foods, select the best beverage when exercising and gauge how and when to fuel your body for physical activity. Easy food preparation skills are included in 5 activities and related recipes. This project may be taken a second year by completing the Overtime activities.

To Complete this Project for Judging:

1. Follow the project guidelines in the project book. Complete all of the activities/interest areas, and all the recipes.
2. Prepare your 4-H Food Journal (see above for details).
3. Complete the Menu Form.

#472 - GRILL MASTER

This intermediate level project is designed for 4-H members who are 12 and older. It provides experiences in planning, preparing, and serving meals that involve safely preparing, holding, or eating foods outdoors. Plan to spend 4 to 12 weeks working on this project.

To Complete This Project for Judging:

1. Follow the project guidelines in the project book. Complete all of the activities/interest areas, and all the recipes.
2. Prepare your 4-H Food Journal (see above for details).
3. Complete the Menu Form.

#475 - STAR SPANGLED FOODS

This project introduces you to some favorite American regional foods. Through this project, you'll learn customs and traditions that have influenced the foods we eat and the way we like them. If you are older but have a limited knowledge of nutrition and food preparation, you may begin with this project.

To Complete This Project for Judging:

1. Follow the project guidelines in the project book. Complete all of the activities/interest areas, and all the recipes.
2. Prepare your 4-H Food Journal (see above for details).
3. Complete the Menu Form.

#477 - PARTY PLANNER: A 4-H Guide to Quantity Cooking

This project will help you focus on planning, budgeting, and safely preparing food for groups.

To Complete This Project for Judging:

1. Follow the project guidelines in the project book. Complete all of the activities/interest areas, and all the recipes.
2. Prepare your 4-H Food Journal (see above for details).
3. Complete the Menu Form.

#485 - RACING THE CLOCK TO AWESOME MEALS

In this intermediate level project, you will learn how to prepare quick and nutritious meals often with low-cost or handy ingredients. You will also learn how to match food choices to MyPlate, plan for leftovers and make cost comparisons.

To Complete This Project for Judging:

1. Follow the project guidelines in the project book. Complete all of the activities/interest areas, and all the recipes.
2. Prepare your 4-H Food Journal (see above for details).
3. Complete the Menu Form.

#486 - Dashboard Dining: A 4-H Guide to Healthful Fast Food Choices NEW IN 2012

Look at fast food in a whole new light! This project shows you how to make fast food menus part of a healthy lifestyle. From understanding true food portions and healthful choices to “designing” your meals with your new nutrition knowledge – you will learn skills to last a lifetime!

To Complete This Project for Judging:

1. Follow the project guidelines in the project book. Complete all of the activities/interest areas, and all the recipes.
2. Prepare your 4-H Food Journal (see above for details).
3. Complete the Menu Form.

Advanced Food & Nutrition 4-H Projects

(Ages 14 and older unless otherwise stated in the project book.)

#462 - YEAST BREADS ON THE RISE

Master the art of baking delicious yeast breads. Learn the principles of yeast bread preparation and learn how mixing techniques and ingredients determine product character and quality. This project can be taken for two (2) years.

To Complete this Project for Judging:

1. Follow the project guidelines in the project book. Complete all of the activities/interest areas, and all the recipes for the year you are taking: First Year- see page 6. Second Year- see page 40.
2. Prepare your 4-H Food Journal (see above for details).
3. Complete the Menu Form.

#467 - YOU'RE THE CHEF

This advanced level project for members 14 years of age and older focuses on meals prepared in the oven, the range top, the microwave, slow cooker, and stir-fried. It also includes vegetarian foods and selecting foods at the deli. The project may be repeated, although alternative menus should be planned under each meal area to gain additional knowledge and skills.

To Complete this Project for Judging:

1. Follow the project guidelines in the project book. Complete all of the activities/interest areas, and all the recipes.
2. Prepare your 4-H Food Journal (see above for details).
3. Complete the Menu Form.

#469 - GLOBAL GOURMET

Advanced level project is designed for members 14 years of age and older with three or more years experience in the foods and nutrition area. It could be completed in one year. Members who complete this project and desire to learn more are encouraged to take a Self Determined Project (4-H 365) in the country(ies) of your choice.

To Complete this Project for Judging:

1. Follow the project guidelines in the project book. Complete all of the activities/interest areas, and all the recipes.
2. Prepare your 4-H Food Journal (see above for details).
3. Complete the Menu Form.

#474 - BEYOND THE GRILL

In this project members will learn other types of outdoor cookery beyond the grill: campfire, catching some rays (solar), camp cook stove, and the dutch oven while learning about food safety and nutrition.

To Complete This Project for Judging:

1. Follow the project guidelines in the project book. Complete all of the activities/interest areas, and all the recipes.
2. Prepare your 4-H Food Journal (see above for details).
3. Complete the Menu Form.

#476 - PATHWAYS TO CULINARY SUCCESS

This advanced level project is designed for members who have completed projects at the beginning and intermediate levels. It is a comprehensive project that helps the member explore a variety of new experiences to gain a basic understanding of culinary arts. Career exploration and advanced recipes and activities are included in this project.

To Complete This Project for Judging:

1. Follow the project guidelines in the project book. Complete all of the activities/interest areas, and all the recipes.
2. Prepare your 4-H Food Journal (see above for details).
3. Complete the Menu Form.