

SECTION 21: PROJECT REQUIREMENTS – Food and Nutrition

The Ohio 4-H Food and Nutrition Program helps develop knowledge, skills, and understanding of nutrition, menu planning, safe food handling, kitchen equipment safety, consumer knowledge, fitness, meal and time management, and food and nutrition related careers.

Non Livestock project judging will be on Tuesday, July 12th at the Fairgrounds from 1:00 pm-6:00 pm. Members may come at the 4-H Club's assigned time. Please note: When writing your one day's meal menu plan, please refer to the My Plate: <http://www.ChooseMyPlate.gov>.

***Please Note - Food is NOT Required for judging in 2022. If brought, it will not be judged or considered for extra credit. This does not include Cake Decorating.**

Beginner-Level

Beginning-level projects are for members of any age with little or no experience in food preparation and nutrition.

***New Requirements for Nutrition Projects:**

***PROJECT PORTFOLIOS: All members taking Nutrition Projects need to complete a project portfolio for judging in addition to the food items prepared. This portfolio can be a paper/plastic folder with center binder tabs or a three ring notebook (no 12x12 scrapbooks). Members should devote one page for each activity they have completed (no more than one page per activity). Ideas for pages could include pictures or graphs with captions, journaling, collages, etc. to help describe what you did with your project. There will be no points for scrapbooking style. These portfolios are required at state fair, therefore we are including them in county judging. (Posters are NO longer required and no extra points will be given for them).**

Let's Start Cooking 459

Guidelines: This project takes a fresh look at basic cooking and baking skills. You'll learn about kitchen equipment and food prep, and how to read recipes and measure ingredients. Then you'll tackle how to slice and dice food, and how to cook in a microwave oven, on the stove, and in a conventional oven – all while keeping safety in mind.

Judging Requirements: 1) Completed project book and **Project Portfolio (see above)*. 2) Select, prepare and bring one single size serving of food made from a recipe in the project book. 3) One day's meal menu including the food you prepared for judging. **Food is not required for 2022 judging**

Everyday Food and Fitness 481

Guidelines: 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.

Judging Requirements: 1) Completed project book and **Project Portfolio (see above)*. 2) Select, prepare and bring one single size serving of food made from a recipe in the project book. 3) One day's meal menu including the food you prepared for judging. **Food is not required for 2022 judging**



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Beginner-Level

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Snack Attack! 484

Guidelines: 4-H members learn how to select and prepare healthful snacks while learning the ins and outs of MyPlate, an important guide to making food choices and being physically active.

Judging Requirements: 1) Completed project book and **Project Portfolio (see above)*. 2) Select, prepare and bring one single size serving of food made from a recipe in the project book. 3) One day's meal menu including the food you prepared for judging. **Food is not required for 2022 judging**

Take A Break For Breakfast 487

Guidelines: Starting each day with a nutritious breakfast is important, and now it's fun too. See how you can combine foods from different food groups for fun and delicious ways to start the day. Intended for members who have completed at least one other beginning-level food and nutrition project.

Judging Requirements: 1) Completed project book and **Project Portfolio (see above)*. 2) Select, prepare and bring one single size serving of food made from a recipe in the project book. 3) One day's meal menu including the food you prepared for judging. **Food is not required for 2022 judging**

Science Fun with Dairy Foods: The Case of the Missing Milk 490

Please see Section 33 (Engineering and Food Science) for more information.

Mmmmm Cookies! COUNTY PROJECTS ONLY

Guidelines: Members will learn basic baking terms, techniques and experiment various chocolate chip cookie baking variables. Participants will also learn to make cookies for alternative dietary needs.

Judging Requirements: Completed project book, 6 cookies from a recipe in the project book, 6 cookies for alternative dietary needs or from the chocolate chip cookie experiment section. *Portfolio NOT required for cookie project.
COUNTY PROJECTS ONLY **Food is not required for 2022 judging**

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Intermediate-Level

Intermediate-level projects are for members of any age with some experience in food preparation and nutrition.

Let's Bake Quick Breads 461

Guidelines: Learn how and why quick bread recipes are so tasty as you bake your way through updated activities. See what makes wheat kernel tick and learn how the quick bread ingredients react with one another. You'll also explore careers in the kitchen, and learn how to alter a recipe for more healthful benefits.

Judging Requirements: 1) Completed project book and **Project portfolio*
2) Select, prepare and bring 3 muffins or 3 biscuits or a loaf of quick bread from a recipe found in the project book. 3) One day's meal menu including the food you prepared for judging. **Food is not required for 2022 judging**

Sports Nutrition: Ready Set Go 463

Guidelines: Eating well and exercising daily are two keys to a healthy life. This project shows why these habits are worth forming. Learn how to balance the calories you eat with the calories you burn, why to hydrate, and how carbs, protein, and fats work to support your body and mind. Use what you learn as you compete in sports or just want to increase your fitness level.

Judging Requirements: 1) Completed project book and **Project Portfolio (see above)* 2) Select, prepare and bring one single size serving of food made from a recipe in the project book. 3) One day's meal menu including the food you prepared for judging. **Food is not required for 2022 judging**

Grill Master 472

Guidelines: Intermediate, 11-13. Progress from grill apprentice to grill master as you focus on the safe use of a grill while preparing delicious meals. By completing six activities and a selection of recipes, you'll learn about appropriate portion sizes, cooking meat to safe temperatures, using gas and charcoal accessories, all while learning to prepare a complete meal.

Judging Requirements: 1) Completed project book and **Project Portfolio (see above)* 2) Select, prepare and bring one single size serving of food made from a recipe in the project book. 3) One day's meal menu including the food you prepared for judging. **Food is not required for 2022 judging**

Star Spangled Foods 475

Guidelines: Discover the customs and traditions that influence some favorite regional American foods and the way we like them experimenting with keeping and serving food at its best.

Judging Requirements: 1) Completed project book and **Project Portfolio (see above)* 2) Select, prepare and bring one single size serving of food made from a recipe in the project book. 3) One day's meal menu including the food you prepared for judging. **Food is not required for 2022 judging**

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Party Planner 477

Guidelines: The secrets of successful party planning can be yours. These eight activities and a selection of recipes show you how to plan, budget, and safely prepare foods for small or large groups. Learn how to give recipes a healthy makeover and enjoy making numerous dishes for your friends and family.

Judging Requirements: 1) Completed project book and **Project Portfolio (see above)* 2) Select, prepare and bring one single size serving of food made from a recipe in the project book. 3) One day's meal menu including the food you prepared for judging. **Food is not required for 2022 judging**

Racing the Clock to Awesome Meals 485

Guidelines: This project focuses on the knowledge and skills needed to prepare quick, nutritious, low-cost meals. It builds on basic food preparation skills so that youth can tackle difficult recipes while being creative with ingredients.

Judging Requirements: 1) Completed project book and **Project Portfolio (see above)* 2) Select, prepare and bring one single size serving of food made from a recipe in the project book. 3) One day's meal menu including the food you prepared for judging. **Food is not required for 2022 judging**

Dashboard Dining 486

Guidelines: 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.

Judging Requirements: 1) Completed project book and **Project Portfolio (see above)* 2) Plan a one day's menu including snacks using the My Plate guidelines from at least two food establishments in your area.

Intermediate & Advanced Mmmmm Cookies! COUNTY PROJECT ONLY 365.92

Guidelines: Members with intermediate to advanced skills in cookie making are encouraged to develop a cookie project using the Self-Determined project guide and the Mmmmm Cookie Book. Members should research nutrition values of recipes and develop skills in making frosted cookies, sandwich cookies and cut-out cookies. Develop project activities and experiments related to cookie research.

Judging Requirements: Completed developed project book including three activities or experiments designed by member, 6 cookies from one or two recipes selected by member, the nutritional information for the recipe(s) of the cookies brought for judging.

*Portfolio NOT required for cookie project. **COUNTY PROJECT ONLY**

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**Intermediate & Advanced
Mmmmm Sugar Cookies!
COUNTY PROJECT ONLY
365.93**

Guidelines: Members with intermediate to advanced skills in cookie making are encouraged to develop a cookie project using the Self-Determined project guide and the Mmmmm Sugar Cookies Book. Members should research nutrition values of recipes and develop skills in making various types of Sugar Cookies. Develop project activities and experiments related to cookie research.
Judging Requirements: Completed developed project book including three activities or experiments designed by member, 6 cookies from one or two recipes selected by member, the nutritional information for the recipe(s) of the cookies brought for judging.

*Portfolio NOT required for cookie project. **COUNTY PROJECT ONLY**

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**Easy as Pie!
COUNTY PROJECT ONLY**

Guidelines: This project is recommended for intermediate to advanced members. Participants will learn the basic skills and techniques of making various pies. Subjects covered will include crusts, meringues and fillings.

Judging Requirements: Completed project book, one pie from a recipe in the project book, one day's meal menu including the pie you made for judging.

*Portfolio NOT required for cookie project. **COUNTY PROJECT ONLY**

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Advanced-Level

Advanced-level projects are for members of any age with some experience in food preparation and nutrition.

**Yeast Breads on the Rise
Year One – 462-1
Year Two - 462-2**

Guidelines: **This project may be taken for two years.**

Year One - 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.

Year Two - Member should prepare a minimum of six advanced recipes using at least two different mixing methods. Recipes can be from the project book or other source.

Judging Requirements:

Year One - 1) Completed project book and **Project Portfolio (see above)* representing your first year experiences. 2) Select, prepare and bring one loaf of bread, or 5 rolls, from the project book. 3) One day's meal menu including the food you prepared for judging.

Food is not required for 2022 judging

Year Two - 1) Completed project book and **Project Portfolio (see above)* highlighting your second year experiences. 2) Select, prepare and bring one loaf of bread, or 5 rolls, or another yeast bread product representing a new method you learned this year. 3) Written recipe of prepared food if not in the project book. 4) One day's meal menu including the food you prepared for judging.

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Advanced-Level

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You're the Chef 467

Guidelines: Prepare creative, nutritious meals using the oven range top, the microwave, slow cooker and stir-fried foods. Vegetarian foods and selecting foods at the deli are included in this project.

Judging Requirements: 1) Completed project book and **Project Portfolio (see above)* 2) Select, prepare and bring one single size serving of food made from a recipe in the project book. 3) One day's meal menu including the food you prepared for judging. **Food is not required for 2022 judging**

The Global Gourmet 469

Guidelines: Create rich and delicious meals from Mexico, Africa, Japan, India, Italy, Greece and Germany as you explore food history, customs, and nutrition to better understand our world.

Judging Requirements: 1) Completed project book and **Project Portfolio (see above)*. 2) Select, prepare and bring one single size serving of food made from a recipe in the project book. 3) One day's meal menu including the food you prepared for judging. **Food is not required for 2022 judging**

Beyond the Grill 474

Guidelines: Explore a variety of outdoor cooking skills while finding easy ways to follow the USDA's MyPlate guidelines. Experiment with a pie iron, solar cooker, and rotisserie, and hone your skills on the grill, then throw a cookout party and use what you've learned.

Judging Requirements: 1) Completed project book and **Project Portfolio (see above)*. 2) Select, prepare and bring one single size serving of food made from a recipe in the project book. 3) One day's meal menu including the food you prepared for judging. **Food is not required for 2022 judging**

Pathways to Culinary Success 476

Guidelines: This project explores a variety of new experiences to gain a basic understanding of culinary arts. Learn techniques used by cooks and chefs, the use of basic equipment and the art of meal presentation. Prepare meats; stocks and sauces; pies and pastries; and garnishes. Career exploration, advanced recipes, and lots of activities are included in this project. Members taking this project should have completed projects at the beginning and intermediate levels.

Judging Requirements: 1) Completed project book and **Project Portfolio (see above)*. 2) An outline of plans for a gathering including a meal. 3) Select, prepare and bring one single size serving of food made from the project book. 4) One day's meal menu including the food you prepared for judging.

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Cake Decorating
492

Please refer to Section 40 (Writing/Creative & Leisure Arts) for more information. **Requirements remain the same for 2022**

Canning & Freezing
670

Please refer to Section 27 (Canning/Freezing, Gardening & Lawn Care) for more information.

Pantry Panic
376

Please refer to Section 29 (Leadership & Citizenship) for more information.

**Science Fun with Kitchen
Chemistry**
493

Please refer to Section 33 (Engineering & Food Science) for more information.