

463 – Sports Nutrition: Ready, Set, Go!

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.

This project will be judged on Non-Livestock judging day – please refer to the 4-H calendar at wood.osu.edu, Wood County Junior Fair building from 1:00-6:00 p.m. Members are scheduled to come at the 4-H Club's assigned time.

Please note: When researching nutrition guidelines and writing your one day's meal menu plan, please refer to the My Plate: <http://www.ChooseMyPlate.gov>.

***Please Note - Food is NOT to be brought to judging. This does not include Cake Decorating.**

Project Description

Eating well and exercising daily are two keys to a healthy life. Ready Set Go 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.

***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).

***Requirements for Judging:**

1. Completed project book and *Project Portfolio.
2. One day's meal menu including a favorite recipe from your project book.
3. **No food should be brought to judging.**
4. 4-H Members are encouraged to participate in the 4-H Bake Off (refer to our Special Events and Programs pages at wood.osu.edu for entry information)

Judging of this Project

Interview judging for this project will be on Non-Livestock judging day at the Jr. Fair building. Please refer to the 4-H calendar for judging dates.

Project Display

Prepare a display that shows the judge and fair visitors what you learned and accomplished in your project. For example, project portfolio, something you made (no food), visuals or other items used to complete project activities, or a poster to share learned information.

Your project book cannot serve as your project display.

Display Areas

At the Wood County Fair, your 4-H project will be displayed in the Wood County Jr. Fair building in your 4-H Club assigned booth.

Project Pick-Up

You must pick up your project display at the end of the fair or arrange for someone to get it for you. Please refer to the Wood County Fair book or the 4-H Newsletter for project release times.

Projects not picked up by 3:00 p.m. on the last day of the fair will be disposed of.

***Ohio State Fair Project**