

## **Mmmmm Sugar Cookies** **County Project ONLY**

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](http://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**

Members with intermediate to advanced skills in cookie making are encouraged to take this County Project. 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.

### **Requirements for Judging**

1. Completed project book including three activities or experiments designed by member and the nutritional information of member's favorite recipe(s). Prepare a portfolio as described on page 4 of the project book.
2. Prepare a display that shows the judge and fair visitors what you learned and accomplished in your project. For example, 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.**
3. One day's meal menu including a favorite recipe from your project book.
4. **No food should be brought to judging.**
5. 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](http://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.

### **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.

**\*This is Not an Ohio State Fair Project – County Project only.**