

FOODS AND NUTRITION FOR BEGINNERS For Members with Little or No Experience in Foods Projects

Project # and Name	Skill Level, Age Time Commitment	Project Requirements for Completion, Project Judging and Fair	4-H Competitive and Educational Opportunities
<p>459 Let's Start Cooking</p> <p>481 Everyday Food and Fitness</p> <p>484 Snack Attack!</p> <p>487 Take a Break for Breakfast</p> <p>Project Progression Foods and Nutrition Projects are designed as one time learning experiences with members progressing through the Foods and Nutrition Series of Projects as their skills and knowledge increases.</p> <p>Repeating Projects: No project may be repeated.</p> <p>Taking More Than One Foods and Nutrition Project: Members may take more than one foods and nutrition project, but must complete separate learning experiences related to each including creating a separate educational exhibit, and preparing separate food items.</p>	<p>Ages 8 to 10</p> <p>Ages 8 to 10</p> <p>Ages 8 to 10</p> <p>Ages 10 to 12 who have completed at least one other beginning foods project.</p> <p>Minimum 1 month Project Work Time for Any Foods Project.</p>	<ul style="list-style-type: none"> ◆ Conduct project experiments and activities and prepare recipes in the project book. ◆ Complete all tasks as outlined in the project guideline's section. <p>Miscellaneous Project Judging Requirements:</p> <ul style="list-style-type: none"> ◆ Project Book: Bring completed project book with documentation of recipes prepared, experiments conducted and activities completed to judging in your project portfolio. ◆ Prepared Food Item and Recipe: Bring one serving of a prepared food item and the recipe for the prepared food. Recipe may be from the project book or a recipe that fits the project. All prepared food items must meet food safety guidelines. Hot foods must be kept hot and cold foods must be kept cold. Please use thermal containers and/or coolers. ◆ Project Portfolio: Bring a 3 prong folder that includes 8 ½ x 11 pages that document and illustrate your work and experiences. Create one page per activity area or interest area. Pages may include collage, journaling, timeline, photo(s) or any other appropriate format including knowledge/skills learned. ◆ My Plate Activity: Will be used in all foods and nutrition projects based on information received in the book or by visiting http://www.choosemyplate.gov/ ◆ Project Interview: Answer questions about your project experience including general 4-H knowledge, project book and nutritional knowledge and activities, prepared food item and recipe. ◆ State Fair Selection: One Junior (8-13) and one Senior (14-18) may be selected in each of these Foods projects. A member may only be selected in one foods project. <p>County Fair Exhibit Requirements:</p> <ul style="list-style-type: none"> ◆ Fair Exhibit: Bring Educational display to exhibit in your club's 4-H booth in the Youth Building. NO FOOD ITEMS! 	<p>County Events 4-H Miscellaneous Judging Tues., July 9, 3 PM - 7 PM, Fgrds., Annex</p> <p>Clark County Fair 4-H Club Booth Set-Up and Deliver 4-H Exhibits: Fri., July 19, 9 AM - 9 PM, Youth Bldg.</p> <p>4-H Winner's Revue: Tues., July 23, 7 PM, Entertainment Tent</p> <p>4-H Bakers Contest and Auction Entry Deadline: Midnight July 10 at https://go.osu.edu/2024clarkco4hbakingcontestentry Judging: Sun., July 14, 2 PM, Ext. Office By Scheduled Judging Time Results: Posted on the 4-H App and Web on July 15 Awards: Presented at Winners Revue, Tues., July 23, 7 PM, Entertainment Tent Auction: Thurs., July 25, 5:30 PM, prior to Wood Carvers Auction, Arts and Crafts Bldg.</p> <p>Ohio State Fair Foods & Nutrition Project Judging Days Thurs., Aug. 1, Lausche Youth Exploration Space</p>



FOODS AND NUTRITION FOR INTERMEDIATES Members 14 years of age and older may apply for a Foods and Nutrition State Achievement Record

<i>Project # and Name</i>	<i>Skill Level, Age Time Commitment</i>	<i>Project Requirements for Completion, Project Judging and Fair</i>	<i>4-H Competitive and Educational Opportunities</i>
<p>461 Let's Bake Quick Breads</p> <p>463 Sports Nutrition 2: Ready, Set Go</p> <p>472 Grill Master</p> <p>475 Star Spangled Foods</p> <p>477 Party Planner: A 4-H Guide To Quantity Cooking</p> <p>485 Racing the Clock for Awesome Meals</p> <p>Project Progression Foods and Nutrition Projects are designed as one time learning experiences with members progressing through the Foods and Nutrition Series of Projects as their skills and knowledge increases.</p> <p>Repeating Projects: No project may be repeated.</p> <p>Taking More Than One Foods and Nutrition Project: Members may take more than one foods and nutrition project, but must complete separate learning experiences related to each including creating a separate educational exhibit, and preparing separate food items.</p>	<p>Age 11 to 13</p> <p>Age 11 to 13</p> <p>Age 11 to 13</p> <p>Age 12 to 14</p> <p>Age 11 to 13</p> <p>Age 11 to 13</p> <p>Minimum 1 month Project Work Time for any Foods Project.</p> <p>For members with some experience in foods projects.</p> <p>488 Team Up With Good Nutrition Excellent Resource for Club Advisors</p>	<ul style="list-style-type: none"> ◆ Conduct project experiments and activities and prepare recipes in the project book. ◆ Complete all tasks as outlined in the project guideline's section. <p>Miscellaneous Project Judging Requirements:</p> <ul style="list-style-type: none"> ◆ Project Book: Bring completed project book with documentation of recipes prepared, experiments conducted and activities completed to judging in your project portfolio. ◆ Prepared Food Item and Recipe: Bring one serving of a prepared food item and the recipe for the prepared food. Recipe may be from the project book or a recipe that fits the project. All prepared food items must meet food safety guidelines. Hot foods must be kept hot and cold foods must be kept cold. Please use thermal containers and/or coolers. ◆ Project Portfolio: Bring a 3 prong folder that includes 8 ½ x 11 pages that document and illustrate your work and experiences. Create one page per activity area or interest area. Pages may include collage, journaling, timeline, photo(s) or any other appropriate format including knowledge/skills learned. ◆ My Plate Activity: Will be used in all foods and nutrition projects based on information received in the book or by visiting http://www.choosemyplate.gov ◆ Project Interview: Answer questions about your project experience including general 4-H knowledge, project book and nutritional knowledge and activities, prepared food item and recipe. ◆ State Fair Selection: One Junior (8-13) and one Senior (14-18) may be selected in each of these Foods projects. A member may only be selected in one foods project. <p>County Fair Exhibit Requirements:</p> <ul style="list-style-type: none"> ◆ Fair Exhibit: Bring educational display to exhibit in your club's 4-H booth in the Youth Building. NO FOOD ITEMS! 	<p>County Events 4-H Miscellaneous Judging Tues., July 9, 3 PM - 7 PM, Fgrds., Annex</p> <p>Clark County Fair 4-H Club Booth Set-Up and Deliver 4-H Exhibits: Fri., July 19, 9 AM - 9 PM, Youth Bldg.</p> <p>4-H Winner's Revue: Tues., July 23, 7 PM, Entertainment Tent</p> <p>4-H Bakers Contest and Auction Entry Deadline: Midnight July 10 at https://go.osu.edu/2024clarkco4hbakingcontestentry</p> <p>Judging: Sun., July 14, 2 PM, Ext. Office By Scheduled Judging Time</p> <p>Results: Posted on the 4-H App and Web on July 5</p> <p>Awards: Presented at Winners Revue, Tues., July 23, 7 PM, Entertainment Tent</p> <p>Auction: Thurs., July 25, 5:30 PM, prior to Wood Carvers Auction, Arts and Crafts Bldg.</p> <p>Ohio State Fair Foods & Nutrition Project Judging Days Wed., July 31 Lausche Youth Exploration Space</p>

FOODS AND NUTRITION FOR ADVANCED Members 14 years of age and older may apply for a Foods and Nutrition State Achievement Record Award.

Project # and Name	Skill Level, Age Time Commitment	Project Requirements for Completion, Project Judging and Fair	4-H Competitive and Educational Opportunities
<p>462 Yeast Breads on the Rise</p> <p>467 Cooking On My Own</p> <p>469 The Global Gourmet</p> <p>474 Beyond the Grill</p> <p>476 Kitchen Boss</p> <p>Project Progression Foods and Nutrition Projects are designed as one time learning experiences with members progressing through the Foods and Nutrition Series of Projects as their skills and knowledge increases.</p> <p>Repeating Projects: May repeat Yeast Breads a maximum of 2 years. You're the Chef may be repeated with new challenges. Other projects may not be repeated.</p> <p>Taking More Than One Foods and Nutrition Project: Members may take more than one foods and nutrition project, but must complete separate learning experiences related to each including creating a separate educational exhibit, and preparing separate food items.</p>	<p>Age 14 to 18</p> <p>Age 14 to 18</p> <p>Age 14 to 18 With 3 or more years in Foods Projects.</p> <p>Age 14 to 18</p> <p>Age 14 to 18 Have completed one or more beg. and int. food's projects.</p> <p>Minimum 1 month Project Work Time for Any Foods Project</p> <p>488 Team Up With Good Nutrition Excellent Resource for Club Advisors</p>	<ul style="list-style-type: none"> ◆ Conduct project experiments and activities and prepare recipes in the project book. ◆ Complete all tasks as outlined in the project guideline's section. <p>Miscellaneous Project Judging Requirements:</p> <ul style="list-style-type: none"> ◆ Project Book: Bring completed project book with documentation of recipes prepared, experiments conducted and activities completed to judging in your project portfolio. ◆ Prepared Food Item and Recipe: Bring one serving of a prepared food item and the recipe for the prepared food. Recipe may be from the project book or a recipe that fits the project. All prepared food items must meet food safety guidelines. Hot foods must be kept hot and cold foods must be kept cold. Please use thermal containers and/or coolers. ◆ Project Presentation: Bring a 3 prong folder that includes 8 ½ x 11 pages that document and illustrate your work and experiences. Create one page per activity area or interest area. Pages may include collage, journaling, timeline, photo(s) or any other appropriate format including knowledge/skills learned. ◆ My Plate Activity: Will be used in all foods and nutrition projects based on information received in the book or by visiting http://www.choosemyplate.gov ◆ Project Interview: Answer questions about your project experience including general 4-H knowledge, project book and nutritional knowledge and activities, prepared food item and recipe. ◆ State Fair Selection: One member may be selected from each of these Foods and Nutrition Projects. A member may only be selected in one foods project. <p>County Fair Exhibit Requirements:</p> <ul style="list-style-type: none"> ◆ Fair Exhibit: Bring educational display to exhibit in your club's 4-H booth in the Youth Building. NO FOOD ITEMS! ◆ Food and Fashion Board: 8th to 12th grade 4-H teens, who have completed a family consumer science related project and are currently enrolled in one may apply to Clark County Family, Food and Fashion Board. Application deadline April 1 on-line at https://go.osu.edu/2024clarkco4hfoodandfashionboardapp 	<p>County Events 4-H Miscellaneous Judging Tues., July 9, 3 PM - 7 PM, Fgrds., Annex</p> <p>Clark County Fair 4-H Club Booth Set-Up and Deliver 4-H Exhibits: Fri., July 19, 9 AM - 9 PM, Youth Bldg.</p> <p>4-H Winner's Revue: Tues., July 23, 7 PM, Entertainment Tent</p> <p>4-H Bakers Contest and Auction Entry Deadline: Midnight July 10 at https://go.osu.edu/2024clarkco4hbakingcontestentry Judging: Sun., July 14, 2 PM, Ext. Office By Scheduled Judging Time Results: Posted on the 4-H App and Web on July 15 Awards: Presented at Winners Revue, Tues., July 23, 7 PM, Entertainment Tent Auction: Thurs., July 25, 5:30 PM, prior to Wood Carvers Auction, Arts and Crafts Bldg.</p> <p>Ohio State Fair Foods & Nutrition roject Judging Days Tues., July 30, Lausche Youth Exploration Space</p>

