

## 4-H FOOD AND NUTRITION DEPARTMENT

**Committee:** Lindsey Clausing, Hannah Kramer, Emme Prine, Emma Pax, Connor Brown, Alli Wilker, Courtney Nuss

**Advisors:** Cathy Richard, Judy Taylor

**Show Time:** Monday, July 20, 2020  
9:00 a.m. - Junior Fair Building

### GENERAL RULES:

1. No foods will be brought to judging. Judging will consist of a MyPlate activity and interview with the judge (including project book and portfolio).
2. No photographs are permitted. No posters are allowed unless the project book specifically requires a poster.
3. A 4-H member who has placed 1, 2, 3, 4, or 5 in a food category may not place in that category again with the exception of the following multi-year projects – Yeast Bread on the Rise, You're the Chef, Sports Nutrition 1: On Your Mark!, Sports Nutrition 2: Get Set!, Racing Around the Clock To Awesome Meals and Beyond the Grill – where 4-H members may place in them as many times as each project allows according to the project guidelines.
4. Age categories will be enforced for clock trophy awards at the Ohio State Fair. Participants must be within the “designated for” age category listed in the project book.
5. Winners will be posted the day following judging.
6. Junior Fair Requirements are as follows:
  - a. Members will complete a MyPlate activity for their appropriate project level (beginner, intermediate or advanced).
  - b. Completed project book and portfolio - a three pronged folder that includes 8 ½ x 11 pages. The participant will create a maximum of one page (one-sided only) per “activity area” or “interest area” as designated in the front of their project book. The page could be in collage, journaling, timeline, photo, or any other format that would illustrate the work and the knowledge of the participant. Each page could be different or could be a combination of styles allowing the 4-Her to reflect on their learning experience. There will be no points for scrapbooking style.
7. No entries are required for this department. Final judging schedule will be mailed in July.
8. To receive premium money, the actual project must be judged during the judging day. Nutrition project premiums will be paid at judging.

### Classes:

#### Beginners

- 459 Let's Start Cooking
- 481 Everyday Food and Fitness
- 484 Snack Attack!
- 487 Take a Break for Breakfast

#### Intermediates

- 461 Let's Bake Quick Breads
- 463 Sports Nutrition: Ready, Set, Go!
- 472 Grill Master
- 475 Star Spangled Foods
- 477 Party Planner
- 485 Racing the Clock to Awesome Meals
- 486 Dashboard Dining: A 4-H Guide to Healthful Fast Food Choices – completed project book, project review and educational display

#### Advanced

- 462 Yeast Breads on the Rise
- 467 You're the Chef
- 469 Global Gourmet
- 474 Beyond the Grill
- 476 Pathways to Culinary Success

### Premiums:

A - \$4.00                      B - \$3.00                      C - \$2.00

Each class will be placed 1 through 5

### Awards – presented 12:45 p.m., Sunday, August 2 in the Gospel Tent:

Outstanding Nutrition Knowledge Awards - one 13 years and under as of January 1 and one 14 years of age and over as of January 1. Winners are selected by the judges and may receive the award more than once.

Food Achievement Awards (2) - to qualify for one of these awards, member must meet the following criteria: at least 6 years of 4-H work, enrolled in foods project, and nominated by advisor. The awards are based on total foods record and can only be won once.