463 – SPORTS NUTRITION: Ready, Set, Go!
FOODS AND NUTRITION

◆ Member MUST participate in County Project/Interview Judging or 4-H Project will be INCOMPLETE.

◆ Member must attend FCS (Family & Consumer Sciences) Project Judging Day to be eligible for County Placement and State Fair Selection (if applicable).

◆ If the member cannot attend Project Judging, your project can be judged at Early Judging. However, Early Judging participants will not qualify for County Placement or State Fair.

◆ Project must be displayed at the Ross County Fair to receive fair premiums. Your exhibit can be participation in the “Bake Revue (refer below to “Fair Exhibit”) OR a poster displayed in fair booth. The Bake Revue is Tuesday of fair; entries accepted 9:00am – 12noon in Jr. Fair Building.

◆ For Project Judging Dates & Times & Details:
  ASK your Club Advisor
  READ the May Family HOTLINE sent to every 4-H family
  LOOK on the 4-H website http://ross.osu.edu

Learn about MyPlate – to help you identify the amount needed daily from each food group.
Go to: http://www.choosemyplate.gov/food-groups

SKILL LEVEL: Intermediate

COMPLETION:
1. All 5 Activities
2. All of the “Talking It Over” questions
3. At least 2 Learning Experiences
4. At least 2 Leadership/Citizenship activities
5. “Portfolio” – Develop a 3-pronged folder that includes 8 ½" x 11" pages. Member will create a maximum of one page (one-sided only) per “Activity Area” or “Interest Area” as designated in the front of project book. Pages could be in collage, journaling, timeline, photo, or any other format that would illustrate the work and knowledge of member.

JUDGING:
1. Prepare and exhibit one recipe from the project book. Do not bring the food you are bringing to the Bake Revue.
2. Bring a menu for one day which includes all the foods necessary to meet the MyPlate. Your menu will probably have 3 meals and 1 or 2 snacks. Include the foods brought to Judging on the menu. When writing your menu, think about: nutrients, flavors, colors, textures, shapes and temperatures. This menu can be written or typed.
3. Bring appropriate table setting for one person based on the food brought to Judging.

COUNTY FAIR EXHIBIT:
Enter one (1) cup Granola (page 30) using the Raisins and Almonds ingredients
If NOT in Bake Revue, display a poster 14” x 22” in a fair booth on Activity 2 “Exercising Your Heart Rate”

STATE FAIR COMPETITION:
1. State Fair participants will be selected during county-level competition on FCS Project Judging Day.
2. Event: Food & Nutrition Days. Pencil, Project Presentation Folder, and Blank Clipboard (optional)