487 – TAKE A BREAK FOR BREAKFAST

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: Beginner / Intermediate

COMPLETION:
1. Complete all 5 activities and all of the “Talking It Over” questions
2. Take part in at least 2 learning experiences
3. Become involved in at least 2 leadership/citizenship activities
4. “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 two foods, individual size serving, 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. Appropriate table setting for one person, based on the foods brought to Judging.

COUNTY FAIR EXHIBIT:
Enter 1 cup of “Simple Granola” (in zip baggie) in Bake Revue (recipe listed on pg. 11 of book). If NOT in Bake Revue, display a poster 14” x 22” in a fair booth showing Food Safety Tips and Information from project book.

STATE FAIR COMPETITION:
1. State Fair participants will be selected during county-level competition on FCS Project Judging Day.