

474 – BEYOND THE GRILL

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 make 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.
- ✿ **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: Advanced

COMPLETION:

1. All 6 activities, including 9 recipes
2. At least 2 learning experiences
3. 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. Bring completed project book.
2. Prepare and exhibit a food (serving for one person) from the book.
3. 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.
4. Bring an appropriate table setting for the grilled meal.

COUNTY FAIR EXHIBIT:

Display in a fair booth - The “Hot Dog Cooker” (Activity 3) that you made.

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).

