

## **476 – PATHWAYS TO CULINARY SUCCESS**

### **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:** Advanced

#### **COMPLETION:**

1. All 6 chapters, including at least 3 recipes or additional ideas for each chapter
2. At least 3 learning experiences
3. At least 1 leadership/citizenship/career activity
4. Project record and project journal
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 1 food (single size serving), which uses techniques from the project book in preparation. This food should be garnished (as suggested in pages 46 - 48 of project book).
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 foods brought to Judging and your menu. A napkin, folded in a design from the project book, should be included.
4. Bring completed project book.

#### **COUNTY FAIR EXHIBIT:**

Enter IN the Bake Revue – two (2) Cream Puff Shells (plain with no filling; recipe page 56).

If NOT in Bake Revue – display in a fair booth, a 14" x 22" poster showing one learning experience from the project book.

#### **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).

