

## 481 – EVERYDAY FOOD & FITNESS

### FOODS AND NUTRITION

- ✿ For project COMPLETION and GRADE, Member MUST participate in either:
  1. **County 4-H Project Judging Day** – Ross County Fairgrounds  
Member is eligible for County Awards (Judges' Choice, Outstanding, Honorable Mention) and State Fair Selection (if applicable)
  2. **Early 4-H Project Judging** – Ross County Service Center  
Members unable to attend County Project Judging Day should plan to attend Early Judging. Member is eligible for County Rosettes (Outstanding, Honorable Mention).  
*\* Exception for State Fair selection at Early Judging - If there is only one member judged in a project, then the judge has the option to select a state fair representative.*
- ✿ Complete "Thank You" note activity (see copy of instruction sheet included in your project book)
- ✿ To receive Fair Premiums, your project must be displayed at the Ross County Fair in a Jr. Fair Building booth.
- ✿ **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 App or website <http://ross.osu.edu>

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**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:** Beginning

#### COMPLETION:

1. All 7 Activities, including 5 recipes
2. All 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 two foods (single serving size) 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.
4. Bring completed project book.

#### COUNTY FAIR EXHIBIT:

1. Enter IN the Bake Revue - one (1) 4" x 4" piece of Black Bean Brownies (recipe at <http://go.osu.edu/brownies>)
2. If NOT in Bake Revue - Display in a fair booth, a 14" x 22" poster from Activity 3 "Eat the Rainbow"

#### STATE FAIR COMPETITION:

1. State Fair participants will be selected during county-level competition on 4-H Project Judging Day.
2. Event: Food & Nutrition Days. Pencil, Project Presentation Folder, and Blank Clipboard (optional).

