

## 2020 Ohio State Fair Food and Nutrition Portfolio Interest Areas

Project	Activity/ Interest Area
<b>Beginner Skill Level</b>	
Let's Start Cooking (459)	<ul style="list-style-type: none"> <li>-How Does Your Plate Rate?</li> <li>-Safety First</li> <li>-Equipment Check</li> <li>-Decoding Recipes</li> <li>-Measuring Mastery</li> <li>-Slicing and Dicing Practice</li> <li>-Microwave Know-How</li> <li>-Stove Top and Oven Use 101</li> </ul>
Everyday Food and Fitness (481)	<ul style="list-style-type: none"> <li>-Choose My Plate for a Healthier You</li> <li>-Going with the Grains</li> <li>-Eat the Rainbow</li> <li>-Get Fruity with your Food</li> <li>-Pass the Cheese, Please</li> <li>-Get Growing with Proteins</li> <li>-Get Moving for Life</li> </ul>
Snack Attack (484)	<ul style="list-style-type: none"> <li>-Exploring MyPyramid (My Plate)</li> <li>-Is It Snack Time Yet?</li> <li>-Digging for Grains</li> <li>-Color Hunt</li> <li>-Got Dairy?</li> <li>-Protein Protection</li> <li>-Not-So-Hidden Calories</li> </ul>
Take a Break for Breakfast (487)	<ul style="list-style-type: none"> <li>- The Importance of Breakfast</li> <li>- Fruits and Vegetables</li> <li>- Protein, Fruits, and Veggies</li> <li>- Protein and Grains</li> <li>- Breakfast around the World</li> </ul>
<b>Intermediate Skill Level</b>	
Let's Bake Quick Breads (461)	<ul style="list-style-type: none"> <li>-What Makes Grains Great</li> <li>-Digging Into Wheat</li> <li>-Putting It All Together</li> <li>-Mixing It Up</li> <li>-Equipment Experiment</li> <li>-Gluten-Free Baking</li> <li>-Tweaking Recipes for Your Health</li> <li>-Careers in the Kitchen</li> </ul>
Sports Nutrition – Ready Set Go(463)	<ul style="list-style-type: none"> <li>-The Three Parts of Physical Fitness</li> <li>-Exercise and Your Heart Rate</li> <li>-Eating and Burning Calories</li> <li>-How Nutrients Help Performance</li> <li>-Finding Hidden Water for Hydration</li> </ul>

Grill Master (472)	<ul style="list-style-type: none"> <li>-Sizing Up Servings</li> <li>-Ready, Set, Grill</li> <li>-Other Equipment Essentials</li> <li>-Secret Ingredients: Sauces and Marinades</li> <li>-Grilling Fruits and Vegetables</li> <li>-The Final Skill Trial: Grilling Off-Site</li> </ul>
Star Spangled Foods (475)	<ul style="list-style-type: none"> <li>-Wild West Burgers</li> <li>-Star Spangled Salads</li> <li>-Yankee Snickerdoodles</li> <li>-Indian Beans</li> <li>-Country Breakfast</li> <li>-Breakfast Down on the Farm</li> <li>-Jambalaya</li> <li>-Chocolate Dessert</li> </ul>
Party Planner (477)	<ul style="list-style-type: none"> <li>-Sleepover Nutrition Hunt</li> <li>-Recipe Makeover</li> <li>-Show Me the Money!</li> <li>-MyPyramid: All Mine (My Plate)</li> <li>-Perfect Timing</li> <li>-Crowd Pleasers</li> <li>-Picnic in the Parking Lot</li> <li>-Scoring Points with Burgers</li> </ul>
Racing the Clock to Awesome Meals (485)	<ul style="list-style-type: none"> <li>-MyPyramid: The Starting Block (My Plate)</li> <li>-Jump Start Your Day</li> <li>-Pastabilities</li> <li>-Super Soups</li> <li>-Planed Overs</li> <li>-Equipment Helpers</li> <li>-Overcoming Hurdles</li> </ul>
Dashboard Dining (486)	<ul style="list-style-type: none"> <li>-Rating Your Hunger</li> <li>-Eating the Right Portions</li> <li>-Making Healthful Choices</li> <li>-Selecting Nutrient Rich Foods</li> <li>-Designing Your Meals</li> <li>-Comparing Fast Food to Homemade Food</li> <li>-Checking for Restaurant Cleanliness</li> </ul>
<b>Advanced Skill Level</b>	
Yeast Breads on the Rise (462)	<p><b>First Year (see page 6):</b></p> <ul style="list-style-type: none"> <li>-My Plate</li> <li>-Ingredients in Bread Products</li> <li>-Career Options</li> <li>-Methods of Mixing Yeast Breads</li> <li>-Bread Dough Basics</li> <li>-Traditional Method</li> <li>-Sponge Dough Method</li> <li>-Batter/No Knead Method</li> <li>-Mixer Method</li> <li>-Bread Machine Method</li> </ul>

	<b>Second Year (see page 40):</b> -My Plate -Ingredients in Bread Products -Career Options -Methods of Mixing Yeast Breads -Bread Dough Basics -Mixing Method #1 -Mixing Method #2 -Mixing Method #3 (optional) -Mixing Method #4 (optional) -Mixing Method #5 (optional)
You're the Chef (467)	-USDA Nutrition Guideline -Deli Meal -Stir-Fry Meal -Range-Top Meal -Oven Meal -Microwave Meal -Slow Cooker Meal -Vegetarian Meal
Global Gourmet (469)	-Mexico -Africa -Japan -India -Italy -Greece -Germany
Beyond the Grill (474)	-Pack Up and Go-Safely -Cowboy Up with a Campfire -Catch Some Rays and Cook -Go Lean and Know Your Temps -Proteins – Meat and More -Party Time -Dutch Over Treasures
Pathways to Culinary Success (476)	-Basic Equipment -Meats/Meat Cuts -Stocks and Sauces -Planning Meals with Appeal -Pies and Pastries -Putting it All Together -Project Journal