

Food and Nutrition

2023 Project Completion Guidelines

Skill Level – Listed by Project

General Requirements

- ✿ Member must participate in Project Interviews (County or Club level) for the project to be considered completed for the 4-H year.
- ✿ Member must participate in a Project Interview during the Franklin County Fair, on the appropriate day, to be eligible to be considered for Ohio State Fair Selection.
- ✿ Member must display a representation of their project in their 4-H club fair booth.

Franklin County Food and Nutrition Projects Completion Requirements

Let's Start Cooking - Beginner

1. All 8 Activities, including 6 recipes.
2. At least 2 learning experiences.
3. At least 2 leadership/citizenship activities.
4. Completed Portfolio and project review.
5. Be prepared to discuss your project experiences.

Sports Nutrition: Ready, Set, Go – Intermediate

1. All 5 Activities, including 5 recipes and Talking it Over questions.
2. At least 2 learning experiences.
3. At least 2 leadership/citizenship activities.
4. Completed Portfolio and project review.
5. Be prepared to discuss your project experiences.



Everyday Food and Fitness - Beginner

1. All 7 Activities, including 5 recipes and Talking it Over questions.
2. At least 2 learning experiences.
3. At least 2 leadership/citizenship activities.
4. Completed Portfolio and project review.
5. Be prepared to discuss your project experiences.

Snack Attack!

1. All 7 Activities.
2. At least 2 learning experiences.
3. At least 2 leadership/citizenship activities.
4. Completed Portfolio and project review.
5. Be prepared to discuss your project experiences.

Dashboard Dining: A 4-H Guide to Healthful Fast Food Choices

1. All 7 Activities.
2. At least 2 learning experiences.
3. At least 2 leadership/citizenship activities.
4. Completed Portfolio and project review.
5. Be prepared to discuss your project experiences.

Take a Break for Breakfast - Beginner

1. All 5 Activities, including 5 recipes.
2. At least 2 learning experiences.
3. At least 2 leadership/citizenship activities.
4. Completed Portfolio and project review.
5. Be prepared to discuss your project experiences.



Let's Bake Quick Breads – Intermediate

1. All 8 Activities, including 7 recipes.
2. At least 2 learning experiences.
3. At least 2 leadership/citizenship activities.
4. Completed Portfolio and project review.
5. Be prepared to discuss your project experiences

Grill Master – Intermediate

1. All 6 Activities, including 5 recipes and Notes for Next Time
2. At least 2 learning experiences.
3. At least 2 leadership/citizenship activities.
4. Completed Portfolio and project review.
5. Be prepared to discuss your project experiences.

Star Spangled Foods - Intermediate

1. All 7 Activities, including 11 recipes.
2. At least 3 learning experiences.
3. At least 3 leadership/citizenship activities.
4. Completed Portfolio and project review.
5. Be prepared to discuss your project experiences.

Party Planner: A 4-H Guide to Quantity Cooking

1. All 8 Activities, including 8 recipes.
2. At least 2 learning experiences.
3. At least 2 leadership/citizenship activities.
4. Completed Portfolio and project review.
5. Be prepared to discuss your project experiences.



Racing the Clock to Awesome Meals - Intermediate

1. All 7 Activities, including 1 recipes and Notes for Next Times for each activity.
2. At least 2 learning experiences.
3. At least 2 leadership/citizenship activities.
4. Completed Portfolio and project review.
5. Be prepared to discuss your project experiences.

Yeast Breads on the Rise - Advanced

1. All 5 Activities, including 6 recipes.
2. At least 2 learning experiences.
3. At least 2 leadership/citizenship activities.
4. Completed Portfolio and project review.
5. Be prepared to discuss your project experiences.

Cooking on My Own - Advanced

1. All 8 Activities, including 7 meals.
2. At least 2 learning experiences.
3. At least 2 leadership/citizenship activities.
4. Completed Portfolio and project record, evaluation at the end of each interest area, and review.
5. Be prepared to discuss your project experiences.

Global Gourmet – Advanced

1. All 7 Activities, including preparation of meals and Notes for Next Time.
2. At least 2 learning experiences.
3. At least 2 leadership/citizenship activities.
4. Completed Portfolio and project review.
5. Be prepared to discuss your project experiences.



Kitchen Boss - Advanced

1. All 7 Activities.
2. At least 2 learning experiences.
3. At least 2 leadership/citizenship activities.
4. Completed Portfolio and project record and journal.
5. Be prepared to discuss your project experiences.

Food and Nutrition Evaluation Requirements for all Projects

- ✿ Completed project book with documentation of preparing 75% of all recipes in the project book and 100% of all project activities.
- ✿ Be prepared to participate in a planned menu activity utilizing MyPlate.
www.myplate.gov
- ✿ Be prepared to answer five questions on any nutrition facts or other project information contained in the project book.
- ✿ A Presentation Project – Portfolio (This replaces the educational display component.)
The “Presentation Project” is a project specific to the participant’s book. The participant will be responsible for bringing a 3 pronged folder that includes 8.5 x 11 pages. The participants will create a maximum of one page (one-sided only) per “activity area” or “interest area” as designated in the front of their project books. These pages could be in collage, journaling, timeline, photo, or any other format that would illustrate the work and knowledge of the participant. Each page could be different or could a combination of styles allowing the 4-Her to reflect on their learning experience. **There will be no points for scrapbooking style.** The portfolios will be judged on the inclusion of information about the interest or activity areas listed in the front of each book, the organization of materials, verbal presentation, and communication with the judge regarding their portfolio.

Ohio State Fair Exhibition Day – Food and Nutrition Day

- ✿ Selections for the Ohio State Fair will be made during the Franklin County Fair and will be based on Franklin County Project Completion Requirements.

