

Project Number and Name	Skill Level*	Project Completion Requirements See each project book for complete details.	Specific County Requirements	State Fair Requirements See the 4-H State Fair Guidebook for complete details.
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Food and Nutrition

<p>All Food and Nutrition projects including the following have the same requirements at the county level.</p> <p>459 461 462 463 467 469 472 474 475 476 477 483 484 485 486** 487</p>	<h3 style="text-align: center;">Evaluation Requirements for ALL Food/Nutrition Projects</h3> <ul style="list-style-type: none"> Completed project book with documentation of preparing 75% of all recipes in the project book and 100% of all project activities. Projects with incomplete project books will not be considered for State Fair 4-H Selection, Alternate or Honorable Mention Awards at the county fair. A prepared food item with recipe related to the 4-H project that meets food safety guidelines. Be prepared to discuss preparation of food item. 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 ½" 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 be 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 the materials, verbal presentation, and communication with the judge regarding their portfolio. 			
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459 Let's Start Cooking	B	All 8 activities, including 6 recipes At least 2 learning experiences At least 2 leadership/citizenship activities Project Review	See Evaluation Requirements for ALL Food/Nutrition Projects above.	Food and Nutrition Days: pencil, three pronged folder with completed "Portfolio" and a blank clipboard (optional)
483 Sports Nutrition 1: On Your Mark!	B	All 5 activities, including 8 recipes At least 2 learning experiences At least 2 leadership/citizenship activities Project review	See Evaluation Requirements for ALL Food/Nutrition Projects above.	Food and Nutrition Days: pencil, three pronged folder with completed "Portfolio" and a blank clipboard (optional)

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484 <i>Snack Attack!</i>	B	All 7 activities, including 7 recipes At least 2 learning experiences At least 2 leadership/citizenship activities Project review	See Evaluation Requirements for ALL Food/Nutrition Projects above.	Food and Nutrition Days: pencil, three pronged folder with completed "Portfolio" and a blank clipboard (optional)
486 <i>Dashboard Dining: A 4-H Guide to Healthful Fast Food Choices</i>	I	All 7 activities At least 2 learning experiences At least 2 leadership/citizenship activities Project review	See Evaluation Requirements for ALL Food/Nutrition Projects above. ** Part of the Franklin County 4-H Food and Nutrition Judging includes bringing a food prepared from your project book. The new "Dashboard Dining" book does not include a recipe that could easily be transported to the fair and kept food safe. As an alternative, you are being asked to prepare a healthy snack (your choice) that you could eat instead of stopping at a fast food restaurant. This will account for 25 points of your score. <u>Bring the recipe and the food item to judging.</u> You should be prepared to share the recipe with the judge, tell the judge how you made the item and why it is a healthy alternative to fast food. You will also discuss how the item is kept food safe.	Food and Nutrition Days: pencil, three pronged folder with completed "Portfolio" and a blank clipboard (optional)
487 <i>Fast Break for Breakfast</i>	B	All 5 interest areas, including at least 2 recipes in each area Allow 4 weeks for the chicken bone experiment At least 2 learning experiences and 2 leadership/citizenship/career activities Project review	See Evaluation Requirements for ALL Food/Nutrition Projects above.	Food and Nutrition Days: pencil, three pronged folder with completed "Portfolio" and a blank clipboard (optional)

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461 <i>Let's Bake Quick Breads</i>	I	All 8 activities, including 7 recipes At least 2 learning experiences At least 2 leadership/citizenship activities Project review	See Evaluation Requirements for ALL Food/Nutrition Projects above.	Food and Nutrition Days: pencil, three pronged folder with completed "Portfolio" and a blank clipboard (optional)
463 <i>Sports Nutrition 2: Get Set!</i>	I	All 5 activities, including 6 recipes At least 2 learning experiences At least 2 leadership/citizenship activities Project review	See Evaluation Requirements for ALL Food/Nutrition Projects above.	Food and Nutrition Days: pencil, three pronged folder with completed "Portfolio" and a blank clipboard (optional)
472 <i>Grill Master</i>	I	All 6 activities, including at least 5 recipes and the Notes for Next Time At least 2 learning experiences At least 2 leadership/citizenship activities Project review	See Evaluation Requirements for ALL Food/Nutrition Projects above.	Food and Nutrition Days: pencil, three pronged folder with completed "Portfolio" and a blank clipboard (optional)
474 <i>Beyond the Grill</i>	A	All 6 activities, including 9 recipes At least 2 learning experiences At least 2 leadership/citizenship activities Project review	See Evaluation Requirements for ALL Food/Nutrition Projects above.	Food and Nutrition Days: pencil, three pronged folder with completed "Portfolio" and a blank clipboard (optional)
475 <i>Star Spangled Foods</i>	I	All 7 recipe sections, including 11 recipes At least 3 learning experiences At least 3 leadership/citizenship activities	See Evaluation Requirements for ALL Food/Nutrition Projects above.	Food and Nutrition Days: pencil, three pronged folder with completed "Portfolio" and a blank clipboard (optional)

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477 <i>Party Planner: A 4-H Guide to Quantity Cooking</i>	I	All 8 activities, including 8 recipes At least 2 learning experiences At least 2 leadership/citizenship activities Project summary and project review	See Evaluation Requirements for ALL Food/Nutrition Projects above.	Food and Nutrition Days: pencil, three pronged folder with completed "Portfolio" and a blank clipboard (optional)
485 <i>Racing the Clock to Awesome Meals</i>	I	All 7 activities, including 1 recipe and the Notes for Next Time for each activity At least 2 learning experiences At least 2 leadership/citizenship activities Project review	See Evaluation Requirements for ALL Food/Nutrition Projects above.	Food and Nutrition Days: pencil, three pronged folder with completed "Portfolio" and a blank clipboard (optional)
462 <i>Yeast Breads on the Rise</i>	A	All 5 interest areas, including at least 6 recipes At least 2 learning experiences At least 2 leadership/citizenship activities Project record and summary	See Evaluation Requirements for ALL Food/Nutrition Projects above.	Food and Nutrition Days: pencil, three pronged folder with completed "Portfolio" and a blank clipboard (optional)
467 <i>You're the Chef</i>	A	All 8 interest areas, including 7 meals At least 2 learning experiences At least 2 leadership/citizenship activities Project record, evaluation at the end of each interest area, and review	See Evaluation Requirements for ALL Food/Nutrition Projects above.	Food and Nutrition Days: pencil, three pronged folder with completed "Portfolio" and a blank clipboard (optional)
469 <i>Global Gourmet</i>	A	All 7 activities, including preparation of meals and Notes for Next Time At least 2 learning experiences At least 2 leadership/citizenship activities Project review	See Evaluation Requirements for ALL Food/Nutrition Projects above.	Food and Nutrition Days: pencil, three pronged folder with completed "Portfolio" and a blank clipboard (optional)

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476 <i>Pathways to Culinary Success</i>	A	All 6 chapters, including at least 3 recipes or additional ideas for each chapter At least 3 learning experiences At least 1 leadership/citizenship/career activity Project record and project journal	See Evaluation Requirements for ALL Food/Nutrition Projects above.	Food and Nutrition Days: pencil, three pronged folder with completed "Portfolio" and a blank clipboard (optional)

Healthy Living

300 <i>You're the Athlete</i>	I	At least 1 (of 7) section (Play Book, Practice Field, and Big Event) Either 2 other Play Book and at least 2 Practice Field activities OR 1 other section ((Play Book, Practice Field, and Big Event) At least 2 special learning experiences At least 2 leadership/citizenship/career applications "My Season highlights" (project summary)	<ul style="list-style-type: none"> Completed project book and records of activities completed. An educational display on a selected topic from the project. Be prepared to discuss project book knowledge and activities. 	Health Day: completed project book, display, and interview
351 <i>Staying Healthy</i>	B	All 12 interest areas 3 of the More Challenges activities At least 2 learning experiences At least 2 leadership/citizenship activities Project review	<ul style="list-style-type: none"> Completed project book and records of activities completed. An educational display on a selected topic from the project. Be prepared to discuss project book knowledge and activities. 	Health Day: completed project book, display, and interview
352 <i>Keeping Fit</i>	I	All 12 interest areas 3 of the More Challenges activities At least 2 learning experiences At least 2 leadership/citizenship activities Project review	<ul style="list-style-type: none"> Completed project book and records. An educational display on a selected topic from the project. Be prepared to discuss project book knowledge and activities. 	Health Day: completed project book, display, and interview

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