

2019 What to Exhibits

Food & Nutrition Judging

Ohio Hi-Point
2280 OH-540, Bellefontaine
Monday, June 24th, 2019



TO BE ELIGIBLE FOR AWARDS AND/OR STATE FAIR PARTICIPATION, MEMBERS ARE REQUIRED TO ATTEND THEIR REGULAR SCHEDULED JUDGING TIME

Information on specific time of judging will be sent in the mail closer to judging or may be found at www.logan.osu.edu in early June.

Tuesday, June 18, 2019 - MAKE-UP Judging (OSU Extension Office)
BY APPOINTMENT ONLY

Members attending make-up evaluation are NOT eligible for awards or State Fair participation.

GENERAL GUIDELINES

1. Age of Participants:
 - Please note ages under specific project classes below.
2. Type of Evaluation:
 - Each individual will participate in three different stations.
 - Station 1: will include a skill station – being an activity applying knowledge focusing on MyPlate (www.choosemyplate.gov) and topics from the 4-H project books.
 - Station 2: will be a food display in which the member will set up, on their own, a place setting, a menu, a cost analysis, and a family-sized serving of prepared food. (refer to project classes below as some beginning projects do not require all of this)
 - Station 3 will include members sharing their learning experience in a folder or binder using pictures, illustrations, written information – documenting what they learned from their project, and an interview -- answering questions directly from their book as well as a book and portfolio review.
 - Portfolios are judged based on the verbal presentation, organization of the material in the portfolio, inclusion of their efforts in required “Activity or Interest” area pages, and communication with the judge describing their portfolio.
 - Activity stations will be based on information contained in the 4-H project books. Participants may not bring project book or portfolio into the skill station area.
 - Adults are not permitted in the judging area and should only give encouragement (not assistance) from the sidelines.

3. Participant to bring:

1. Completed Project Book.

2. Portfolio

○ The Portfolio is project specific and is used to enhance a conversation between the member and a judge about activities the member completed within the project. The participant will be responsible for bringing a 3-pronged folder or binder that includes 8 ½" x 11" pages. 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. Ideas for these pages include journaling, a timeline, and photos taken during their project, or any other format that would illustrate the work and knowledge of the participant. Each page could be different or can be a combination of styles allowing the 4-H'er to reflect on their learning experience. There will be no points for scrapbooking style.

○ The member's project book may not be a part of their portfolio.

3. Food Display

○ A place setting, appropriate to the menu prepared for evaluation, is required for all projects. A tablecloth and centerpiece are optional.

○ Prepared food should be family-size servings (a plate of cookies, a casserole, a dessert). Half servings of casseroles will be accepted. Bring necessary utensils to be used for tasting and for food to be served attractively. The food brought for project evaluation should be from project book or similar to recipes found in the project book. Food items displayed should include the food preparation principles discussed in the project book. First year members should not be bringing casseroles, difficult breads, etc., unless mentioned in the project book. (Encourage members to start a recipe file their first year in a foods project and add to it each year).

4. Recipe

○ Bring recipe if not included in your project book.

5. Menu Form

○ All members taking food & nutrition projects are required to bring a food plan for the entire day including snacks, if eaten. The same meal plan form will be used by all members enrolled in nutrition projects: beginners, intermediate and advanced. Menus should include types of food prepared in the project. (refer to the form below)

6. Cost Per Serving Calculation

○ Members in all projects should bring a calculation on the approximate cost per serving of the food item they exhibit. The purpose of this activity is to teach 4-H'ers how to calculate cost per serving and to encourage the awareness of food costs. The exact cost per serving does not affect project grade. Please check individual projects as cost per serving calculations are optional on some beginner's projects. (refer to example below)

4. Project Display at Junior Fair:

- Projects may be displayed as part of your 4-H Club's Booth in the 4-H Building or as another Junior Fair Entry.
- The 4-H'er may choose what is exhibited in the Junior Fair Booth.
- Booth Setup is Friday, July 5th, 5:00 – 9:00pm and Saturday July 6th, 8:00am – 2:00pm. All booths need to be completed by 2:00pm on Saturday July 6th.
- The 4-H'er may take what they need from the booth for judging and return it back to the booth when done with judging.
- Booth Removal is on Sunday, July 14th, 8:00am – 5:00pm. All items needed to be removed Sunday, any items past 5:00pm will be discarded.

5. Awards & State Competitions

- Awards for this category will be announced and presented at the Awards Presentation Thursday, July 11th, 4:00pm in the Activity Building at the Fairgrounds.
- The following projects DO have the opportunity to display at the Ohio State Fair for 2019:

- 459 Let's Start Cooking
- 461 Let's Bake Quick Breads
- 462 Yeast Breads on the Rise
- 463 Sports Nutrition: Ready, Set, Go
- 467 You're the Chef
- 469 Global Gourmet
- 472 Grill Master
- 474 Beyond the Grill
- 475 Star Spangled Foods
- 476 Pathways to Culinary Success
- 477 Party Planner: A 4-H Guide to Quantity Cooking
- 481 Everyday Food and Fitness
- 484 Snack Attack
- 485 Racing the Clock to Awesome Meals
- 486 Dashboard Dining: A 4-H Guide to Healthful Fast Food Choices
- 487 Take a Break for Breakfast

Refer to additional project requirements as listed in class list below.

Projects are Listed by Skill Level

Beginning-Level Projects

459 Let's Start Cooking

- Participants will be split into two classes:
 - Junior – (4-H Age 13 and under)
 - Senior – (4-H Age 14 and over)
- Judging Requirements: 1.) Bring food which you have prepared. 2.) A menu for the meal including the food prepared for judging. 3.) One place setting and service for the above meal. 4.) Family size serving of food. 5.) Breakdown of cost of exhibit recipe by ingredients and cost per serving (*optional*). 6.) Completed project book. 7.) A portfolio.

481 Everyday Food and Fitness

- Participants will be split into two classes:
 - Junior – (4-H Age 13 and under)
 - Senior – (4-H Age 14 and over)
- Judging Requirements: 1.) Bring food which you prepared. 2.) A menu for the meal including the food prepared for judging. 3.) A place setting and service for the above meal. 4.) Family-size serving of food. 5.) Breakdown of cost of exhibit recipe by ingredients and cost per serving (*optional*). 6.) Completed project book. 7.) A portfolio.

484 Snack Attack

- Participants will be split into two classes:
 - Junior – (4-H Age 13 and under)
 - Senior – (4-H Age 14 and over)
- Judging Requirements: 1.) Bring food which you prepared. 2.) A menu for the meal including the food prepared for judging. 3.) A place setting and service for the above meal. 4.) Family-size serving of food. 5.) Breakdown of cost of exhibit recipe by ingredients and cost per serving (*optional*). 6.) Completed project book. 7.) A portfolio.

487 Take a Break for Breakfast

- Participants will be split into two classes:
 - Junior – (4-H Age 13 and under)
 - Senior – (4-H Age 14 and over)
- Judging Requirements: 1.) A plan of food for one day written on form provided including snacks if eaten. 2.) Prepare one food from your breakfast menu. 3.) Family-size serving. 4.) Place setting and service for the meal. 5.) Breakdown of cost of exhibit recipe by ingredients and cost per serving (*required*). 6.) Completed project book. 7.) A portfolio.

Intermediate-Level Projects

461 Let's Bake Quick Breads

- Participants will be split into two classes:
 - Junior – (4-H Age 13 and under)
 - Senior – (4-H Age 14 and over)
- Judging Requirements: 1.) A plan of food for 1 day written in menu form using bread item brought for judging in menu. 2.) Bring a food representative of food products in projects. 3.) Family-size serving of prepared food. 4.) Appropriate table service for selected meal and for the bread. 5.) Breakdown of cost of exhibit recipe by ingredients and cost per serving. 6.) Completed project book. 7.) A portfolio.

463 Sports Nutrition: Ready, Set, Go

- Participants will be split into two classes:
 - Junior – (4-H Age 13 and under)
 - Senior – (4-H Age 14 and over)
- Judging Requirements: 1.) Bring food which you prepared. 2.) A menu for the meal including the food prepared for judging. 3.) A place setting and service for the above meal. 4.) Family-size serving of food. 5.) Breakdown of cost of exhibit recipe by ingredients and cost per serving. 6.) Completed project book. 7.) A portfolio.

472 Grill Master

- Participants will be split into two classes:
 - Junior – (4-H Age 13 and under)
 - Senior – (4-H Age 14 and over)
- Judging Requirements: 1.) A complete day's menu including your special activity event menu. 2.) A family-size serving of one of the foods you served and appropriate serving needs. 3.) Your complete plans for entertaining at the event. 4.) Appropriate table setting. 5.) Breakdown of cost of exhibit recipe by ingredients and cost per serving. 6.) Completed project book. 7.) A portfolio.

475 Star Spangled Foods

- Participants will be split into two classes:
 - Junior – (4-H Age 13 and under)
 - Senior – (4-H Age 14 and over)
- Judging Requirements: 1.) A plan of food for one day written in menu form (include snacks if usually eaten.) 2.) A prepared food from one of the menus. 3.) Family-size serving. 4.) One place setting for serving the meal. Any other necessary utensils. 5.) Breakdown of cost of exhibit recipe by ingredients and cost per serving 6.) Completed project book. 7.) A portfolio.

477 Party Planner: A 4-H Guide to Quantity Cooking

- Participants will be split into two classes:
 - Junior – (4-H Age 13 and under)
 - Senior – (4-H Age 14 and over)
- Judging Requirements: 1.) A plan of food for one day written in menu form (include snacks if usually eaten.) 2.) A prepared food from one of the menus. 3.) Family-size serving. 4.) One place setting for serving the meal and any other necessary utensils. 5.) Breakdown of cost of exhibit recipe by ingredients and cost per serving 6.) Completed project book. 7.) A portfolio.

485 Racing the Clock to Awesome Meals

- Participants will be split into two classes:
 - Junior – (4-H Age 13 and under)
 - Senior – (4-H Age 14 and over)
- Judging Requirements: 1.) A plan of food for one day written in menu form (include snacks if usually eaten.) 2.) A prepared food from one of the menus. 3.) Family-size serving. 4.) One place setting for serving the meal. Any other necessary utensils. 5.) Breakdown of cost of exhibit recipe by ingredients and cost per serving 6.) Completed project book. 7.) A portfolio.

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

- Participants will be split into two classes:
 - Junior – (4-H Age 13 and under)
 - Senior – (4-H Age 14 and over)
- Judging Requirements: 1.) A plan of food for one day written in menu form (include snacks if usually eaten) 2.) One place setting for a meal. 3.) Nutritional comparison between Fast Food and Homemade Food for one meal from your menu. 4.) Cost analysis comparison between Fast Food and Homemade Food for one meal from your menu. 5.) Completed project book. 6.) A portfolio.

Advanced-Level Projects

462 Yeast Breads on the Rise

- All participants will be in one class:
 - 4-H Age 8 and over
- Judging Requirements: 1.) A plan of food for 1 day written in menu form including snacks using bread item brought for judging in menu. 2.) Bring a food representative of food products in project. 3.) Family-size serving of prepared food. 4.) Appropriate table service for selected meal and for the bread. 5.) Breakdown of cost of exhibit recipe by ingredients and cost per serving. 6.) Completed project book. 7.) A portfolio.

467 You're the Chef

- All participants will be in one class:
 - 4-H Age 8 and over
- Judging Requirements: 1.) A plan of food for one day written in menu form (include snacks if usually eaten). 2) A prepared food from one of the menus. 3.) Family-size serving. 4.) One place setting for serving the meal with any other necessary utensils. 5.) Breakdown of cost of exhibit recipe by ingredients and cost per serving 6.) Completed project book. 7.) A portfolio.

469 Global Gourmet

- All participants will be in one class:
 - 4-H Age 8 and over
- Judging Requirements: Select a country as your theme of study for the day. 1.) Complete day's menu including snacks eaten for the day. 2.) A prepared food from one of the menus. 3.) Family -size serving. 4.) A place setting for serving the meal and any other necessary utensils. 5.) Breakdown of cost of exhibit recipe by ingredients and cost per serving 6.) Completed project book. 7.) A portfolio.

474 Beyond the Grill

- All participants will be in one class:
 - 4-H Age 8 and over
- Judging Requirements: 1.) A plan of food for one day written in menu form (include snacks if usually eaten.) 2.) A prepared food from one of the menus. 3.) Family-size serving. 4.) One place setting for serving the meal. Any other necessary utensils. 5.) Breakdown of cost of exhibit recipe by ingredients and cost per serving 6.) Completed project book. 7.) A portfolio.

476 Pathways to Culinary Success

- All participants will be in one class:
 - 4-H Age 8 and over
- Judging Requirements: 1) Bring completed project book. No food or place setting is required. 2) Interview with judge.

Cost Per Serving Example

The following is an example of how cost per serving can be calculated. 4-H'ers should prepare and bring a similar calculation. A fair market value should be used for items which are home-raised or home-produced, but 4-H'ers may wish to indicate that they did not have to purchase these items from a grocery store. Example of calculating cost per serving:

Chili Con Carne - serves 6

Ingredient and Amount Used	Approximate Cost
1 lb. ground beef	\$1.79
¼ cup chopped onions (1 small onion)	.05*
½ cup chopped green pepper (½ medium pepper)	.15
1 can (15 oz.) chili, kidney, pinto beans	.55
1 can (1 lb. 12 oz.) tomatoes with juice	.85
1 tsp. salt (small quantities of seasonings)	
1 tsp. chili powder (do not need to be calculated)	_____
* home grown	Total recipe cost: \$3.29

\$3.29 divided by 6 servings = \$0.57 per serving

Menu Form

NAME _____ CLUB NAME _____

PROJECT NAME _____

4-H FOOD AND NUTRITION -- MENU FORM

Note: In the space provided, write a menu for the day including any snacks you may have eaten. Also write how much you would eat of each menu item and the food group(s) the menu item represents. Consider what a serving is and decide if you eat a portion of a serving or more than one serving when you list your food groups. Include in your list of menu items a food that you prepared for your project. Example:

Menu	Amount You Will Eat	Number of Servings from Food Group(s)
Pepperoni Pizza	2 slices	½ Vegetable, 2 Breads, ½ Meat, ½ Milk
Tossed Salad/Ranch Dressing	1 cup/1 Tbsp.	1 Vegetable, other

Menu	Amount you would eat	= Number of Servings from Food Group(s)

Does your menu have:
 ____ variety, ____ color, ____ temperature, ____ shape, ____ texture, ____ flavor, ____ appropriateness

If you need additional space, use back