

# 2020

## Fairfield County

### 4-H Project Guidelines

### Summer Judging

**Head****Heart****Hands****Health**

Food & Nutrition | Family & Consumer  
Sciences Misc. Projects

Monday, July 13, 2020

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**THE OHIO STATE UNIVERSITY**COLLEGE OF FOOD, AGRICULTURAL,  
AND ENVIRONMENTAL SCIENCES

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Project Number and Name	Project Completion Requirements (See each project book for complete details)	County Requirements	Judging /Show
<b>Food and Nutrition</b>			
<b>Food and Nutrition General Requirements:</b>			
<ol style="list-style-type: none"> <li>1. Knowledge of USDA MyPlate found at <a href="http://www.choosemyplate.gov">www.choosemyplate.gov</a></li> <li>2. A plan of food for one day written in proper menu form, including snacks, and including food prepared for judging.</li> <li>3. One prepared dish (single serving is acceptable unless otherwise stated in project requirements) from a project book recipe. Do not bring additional food items. This will be for display only.</li> <li>4. For intermediate and advanced projects – cost per serving of food prepared. Exceptions: Quick Breads, Yeast Breads, Food &amp; Fitness Choices, Dashboard Dining.</li> <li>5. Presentation Project/Project Portfolio – 3-pronged folder with 8 ½ x 11” pages. Participant must create a maximum of one page per activity or interest area as designated in the front of their project book. Pages can be collage, journaling, timeline, photo, or any format that illustrates the work and knowledge of the participant. Each page can be different or a combinational of styles. No points given for scrapbooking style.</li> <li>6. Fair Booth exhibit must be educational in nature. No food is permitted in fair booths.</li> </ol>			
<b>Outstanding Use of Pork and Outstanding Use of Beef</b> are additional opportunities for exhibitors. These food items must be maintained at a safe temperature in order for judges to sample.			
<b>Beginning Level</b>			
<b>459 Let's Start Cooking (B)</b>	All 8 activities, including 6 recipes At least 2 learning experiences At least 2 leadership/citizenship activities Project Review	Completed project book Display Review General Requirements	Monday, July 13 10:00 a.m.-5:00 p.m. Ag Center
<b>481 Everyday Food and Fitness (B)</b>	All 7 activities, including 5 recipes and Talking It Over questions At least 2 learning experiences At least 2 leadership/citizenship activities Project review		
<b>484 Snack Attack! (B)</b>	All 7 activities, including 7 recipes At least 2 learning experiences At least 2 leadership/citizenship activities Project review		
<b>487 Take A Break for Breakfast (B)</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		
<b>Intermediate Level</b>			
<b>461 Let's Bake Quick Breads (I)</b>	All 8 activities, including 7 recipes At least 2 learning experiences At least 2 leadership/citizenship activities Project review	Completed project book Display Review General Requirements No prepared dish Bring one loaf of bread <u>or</u> four muffins <u>or</u> four biscuits	Monday, July 13 10:00 a.m.-5:00 p.m. Ag Center
<b>463 Sports Nutrition: Ready, Set, Go (I)</b>	All 5 activities, including 5 recipes and Talking It Over questions At least 2 learning experiences At least 2 leadership/citizenship activities Project review		
<b>472 Grill Master (I)</b>	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	Completed project book Display Review General Requirements	
<b>475 Star Spangled Foods (I)</b>	All 7 recipe sections, including 11 recipes At least 3 learning experiences At least 3 leadership/citizenship activities		

Project Number and Name	Project Completion Requirements (See each project book for complete details)	County Requirements	Judging /Show
<b>Food and Nutrition, continued</b>			
<b>477 Party Planner: A 4-H Guide to Quantity Cooking (I)</b>	All 8 activities, including 8 recipes At least 2 learning experiences At least 2 leadership/citizenship activities Project summary and project review	Completed project book Display Review General Requirements	Monday, July 13 10:00 a.m.-5:00 p.m. Ag Center
<b>485 Racing the Clock to Awesome Meals (I)</b>	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	Completed project book Display Review General Requirements	
<b>486 Dashboard Dining: A 4-H Guide to Healthful Fast Food Choices (I)</b>	All 7 activities At least 2 learning experiences At least 2 leadership/citizenship activities Project review	Completed project book Display Review General Requirements No prepared dish. Bring a menu for the day including at least one meal that is eaten "out". For the project presentation, you could include healthy choices from a couple of restaurants.	
<b>Advanced Projects</b>			
<b>462 Yeast Breads on the Rise (A)</b>	All 5 interest areas, including at least 6 recipes At least 2 learning experiences At least 2 leadership/citizenship activities Project record and summary	Completed project book Display Review General Requirements Bring 1 of the following: pizza crust, loaf of bread, 4 rolls, 4 bagels, 4 English muffins, or casserole bread	Monday, July 13 10:00 a.m.-5:00 p.m. Ag Center
<b>467 You're the Chef (A)</b>	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	Completed project book Display Review General Requirements	
<b>469 Global Gourmet (A)</b>	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	Completed project book Display Review General Requirements	
<b>474 Beyond the Grill (A)</b>	All 6 activities, including 9 recipes At least 2 learning experiences At least 2 leadership/citizenship activities Project review	Completed project book Display Review General Requirements	
<b>476 Pathways to Culinary Success (A)</b>	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	Completed project book Display Review General Requirements	

Project Number and Name	Project Completion Requirements (See each project book for complete details)	County/Judging Requirements	Judging /Show
<b>Healthy Living</b>			
<b>300 You're the Athlete (I)</b>	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)	Completed project book Display describing final project My Season Highlights project summary	Monday, July 13 10:00 a.m.- 5:00 p.m. Ag Center
<b>351 Staying Healthy (B)</b>	All 12 interest areas 3 of the More Challenges activities At least 2 learning experiences At least 2 leadership/citizenship activities Project review	Completed project book Display describing final project	
<b>352 Keeping Fit (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		
<b>353 First Aid in Action (B)</b>	All 12 interest areas 3 of the More Challenges activities At least 2 learning experiences At least 2 leadership/citizenship activities Project review		
<b>357 Alcohol and Drug Abuse (A)</b>	All 12 activities At least 2 learning experiences All least 2 leadership/citizenship activities Project review		
<b>358 The Truth About Tobacco (A)</b>	All 12 activities At least 2 learning experiences At least 2 leadership/citizenship activities Project review		
<b>359 Your Thoughts Matter (A)</b>	All 10 activities, including Talking It Over questions At least 2 learning experiences At least 2 leadership/citizenship activities Project review		

Project skill level indicates the project's intended audience:  
**B** = Beginning level—for members with little or no experience in a project area, or 8 to 10 years old  
**I** = Intermediate level, for members with some experience in a project area, or 11 to 13 years old  
**A** = Advanced level—for experienced members in a project area, or 14 or older  
**X** = All levels—for all skill and age levels. Exceptions to these age guidelines are noted.

Appointments will be scheduled  
through 4-H Online,  
June 15th - July 8th.

Project Number and Name	Project Completion Requirements (See each project book for complete details)	County Requirements	Judging /Show
<b>Home Living</b>			
<b>405 The Laundry Project (B)</b>	All 11 activities and Talking It Over questions At least 2 learning experiences At least 2 leadership/citizenship activities Project Review	Completed project book Display	Monday, July 13 10:00 a.m.- 5:00 p.m. Ag Center
<b>491 It's My Home (B)</b>	All 9 activities, including Talking It Over questions At least 2 learning experiences At least 2 leadership/citizenship activities Project review	Completed project book Display (an item constructed in the project, visuals to show how it makes it more pleasing and practical living)	
<b>494 Makeover My Space (I)</b>	All 10 activities and 4 Talking It Over pages At least 2 learning experiences At least 2 leadership/citizenship activities Project review	Completed project book Display describing final project	
<b>495 Your First Home Away From Home (A)</b>	All 4 interest areas At least 2 learning experiences At least 2 leadership/citizenship activities A notebook for planning and a project record	Completed project book (online) Display (visuals and records) describing final project	
<b>432M Sewing and Textiles (non-Clothing) Master (A)</b>	At least one non-clothing fabric item At least 2 learning experiences At least 2 leadership/citizenship activities Project records including interview, budget, and photos Judging activity	Completed project book Item constructed in the project, completed project records and display to show what you set out to accomplish and progress you have made. <b>No State Fair competition</b>	
<b>Genealogy</b>			
<b>442 Family History Treasure Hunt (X)</b>	All 4 steps in What to Do, depending on number of years project is taken At least 1 other learning experience At least 1 leadership/citizenship activity Project review and records	Completed project book Correspondence log Research journal Pedigree charts (8-1/2"x11") Family group sheets	Monday, July 13 10:00 a.m.- 5:00 p.m. Ag Center
<b>Money Management</b>			
<b>445 Becoming Money Wise (B)</b>	Level I All 11 Making \$ense and all 5 Money Talk activities As many additional More Making \$ense activities as you wish 2 organized activities At least 2 leadership/citizenship activities Level II All 12 Resource \$ense and 3 Resource Talk activities As many additional More Resource \$ense activities as you wish 2 organized activities At least 2 leadership/citizenship activities A money journal	Completed project book Money Journal  <b>No State Fair competition</b>	Monday, July 13 10:00 a.m.- 5:00 p.m. Ag Center
<b>448 Teens . . . On the Road to Financial Success (A)</b>	All 11 activities for Year 1 and for Year 2 At least 2 organized activities At least 2 leadership/citizenship activities	Completed project book A completed project book activity  <b>No State Fair competition</b>	Monday, July 13 10:00 a.m.- 5:00 p.m. Ag Center