2020 Fairfield County 4-H Project Guidelines Summer Judging

Food & Nutrition | Family & Consumer Sciences Misc. Projects

Monday, July 13, 2020
### Food and Nutrition

**Food and Nutrition General Requirements:**

1. Knowledge of USDA MyPlate found at www.choosemyplate.gov
2. A plan of food for one day written in proper menu form, including snacks, and including food prepared for judging.
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.
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.
6. Fair Booth exhibit must be educational in nature. No food is permitted in fair booths. **Outstanding Use of Pork and Outstanding Use of Beef** are additional opportunities for exhibitors. These food items must be maintained at a safe temperature in order for judges to sample.

### Beginning Level

<table>
<thead>
<tr>
<th>Project Number and Name</th>
<th>Project Completion Requirements (See each project book for complete details)</th>
<th>County Requirements</th>
<th>Judging /Show</th>
</tr>
</thead>
</table>
| **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 | | |
| **481 Everyday Food and Fitness (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 | Completed project book  
Display  
Review General Requirements | Monday, July 13  
10:00 a.m.-5:00 p.m.  
Ag Center |
| **484 Snack Attack! (B)** | All 7 activities, including 7 recipes  
At least 2 learning experiences  
At least 2 leadership/citizenship activities  
Project review | | |
| **487 Take A Break for Breakfast (B)** | All 5 interest areas, including at least 2 recipes in each area  
Allow 4 weeks for the chicken bone experiment  
At least 2 leadership experiences and 2 leadership/citizenship/career activities  
Project review | | |

### Intermediate Level

<table>
<thead>
<tr>
<th>Project Number and Name</th>
<th>Project Completion Requirements (See each project book for complete details)</th>
<th>County Requirements</th>
<th>Judging /Show</th>
</tr>
</thead>
</table>
| **461 Let’s Bake Quick Breads (I)** | 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 or four muffins or four biscuits | Monday, July 13  
10:00 a.m.-5:00 p.m.  
Ag Center |
| **463 Sports Nutrition: Ready, Set, Go (I)** | All 5 activities, including 5 recipes and Talking It Over questions  
At least 2 learning experiences  
At least 2 leadership/citizenship activities  
Project review | | |
| **472 Grill Master (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 | Completed project book  
Display  
Review General Requirements | |
| **475 Star Spangled Foods (I)** | All 7 recipe sections, including 11 recipes  
At least 3 learning experiences  
At least 3 leadership/citizenship activities | | |
<table>
<thead>
<tr>
<th>Project Number and Name</th>
<th>Project Completion Requirements (See each project book for complete details)</th>
<th>County Requirements</th>
<th>Judging /Show</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Food and Nutrition, continued</strong></td>
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</tbody>
</table>
| **477 Party Planner: A 4-H Guide to Quantity Cooking (I)** | 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 |
| **485 Racing the Clock to Awesome Meals (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 | Completed project book  
Display  
Review General Requirements | |
| **486 Dashboard Dining: A 4-H Guide to Healthful Fast Food Choices (I)** | 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. | |
| **Advanced Projects** | | | |
| **462 Yeast Breads on the Rise (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 | 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 | |
| **467 You’re the Chef (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 | Completed project book  
Display  
Review General Requirements | Monday, July 13  
10:00 a.m.-5:00 p.m.  
Ag Center |
| **469 Global Gourmet (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 | Completed project book  
Display  
Review General Requirements | |
| **474 Beyond the Grill (A)** | 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 | |
| **476 Pathways to Culinary Success (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 | Completed project book  
Display  
Review General Requirements | |
### Project Completion Requirements (See each project book for complete details)

#### Healthy Living

**300 You’re the Athlete (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)

**351 Staying Healthy (B)**
- All 12 interest areas
- 3 of the More Challenges activities
- At least 2 learning experiences
- At least 2 leadership/citizenship activities
- Project review

**352 Keeping Fit (I)**
- All 12 interest areas
- 3 of the More Challenges activities
- At least 2 learning experiences
- At least 2 leadership/citizenship activities
- Project review

**353 First Aid in Action (B)**
- All 12 interest areas
- 3 of the More Challenges activities
- At least 2 learning experiences
- At least 2 leadership/citizenship activities
- Project review

**357 Alcohol and Drug Abuse (A)**
- All 12 activities
- At least 2 learning experiences
- At least 2 leadership/citizenship activities
- Project review

**358 The Truth About Tobacco (A)**
- All 12 activities
- At least 2 learning experiences
- At least 2 leadership/citizenship activities
- Project review

**359 Your Thoughts Matter (A)**
- All 10 activities, including Talking It Over questions
- At least 2 learning experiences
- At least 2 leadership/citizenship activities
- Project review

**County/Judging Requirements**
- Completed project book
- Display describing final project
- My Season Highlights project summary

#### Judging / Show

- **Monday, July 13**
  - 10:00 a.m.- 5:00 p.m.
  - Ag Center

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