Project Numbers

☐ 376 – Pantry Panic
☐ 459 – Let’s Start Cooking
☐ 461 - Let’s Bake Quick Breads
☐ 462 - Yeast Breads on the Rise
☐ 463 - Sports Nutrition 2: Get Set!
☐ 467 - You’re the Chef
☐ 469 - The Global Gourmet
☐ 472 - Grill Master
☐ 474 – Beyond the Grill
☐ 475 - Star Spangled Foods
☐ 476 - Pathways to Culinary Success
☐ 477 - Party Planner: 4-H Guide to Quantity Cooking
☐ 483 - Sports Nutrition: On Your Mark!
☐ 484 - Snack Attack!
☐ 485 - Racing the Clock to Awesome Meals
☐ 486 – Dashboard Dining
☐ 487 - Fast Break for Breakfast
☐ 670 – Canning and Freezing
☐ 492 - Cake Decorating Project

☐ 1002 - Dough Delicacies* (County Project)
☐ 10071 - Let’s Fill the Cookie Jar 1* (County Project)
☐ 10072 - Let’s Fill the Cookie Jar 2* (County Project)

Evaluation, Times & Places

Food Project Judging will be at the Erie County Fairgrounds in the youth building on Tuesday, July 28th at 9:00am.

**Anna Dunn has closed her cake decorating business and resigned from her 4-H role as the Cake Decorating Mentor/Judge. There will be no cake clinic this year. We offer our sincere gratitude and thanks to her for all her years of service to the 4-H program.

Monday, August 10th, Fair Exhibits due at the Fairgrounds 5-8pm.

Erie County Fair—August 11-16, 2015

Projects released:

Supervised
Sunday, August 16, 2015 from 7:30-8:30 pm

Unsupervised:
Sunday, August 16, 2015 from 8:30-9:30 pm
Monday, August 17, 2015 from 4:30-7:30 pm

* Project is not eligible for State Competition

NOTE: If you have any questions, call Key Leader Kathi Paterson at 419-239-3220.

MyPlate color supplement should be included in your project book. Ask for a copy at the office if yours is missing! DISREGARD any older pyramid icons that may still be present in your project book! The only food guidance system to be recognized by 4-H is the new MyPlate icon found at www.choosemyplate.gov.
FOOD AND NUTRITION GUIDELINES

*Attention* The following pertains to all 4-H members with food projects.

1. All food projects will be judged prior to the Fair. Food judging will be held on **July 28, 2015 at the Erie County Fairgrounds (youth building)**. A judging schedule will be posted on-line in July.

2. **ALL** members taking food projects (except those taking *Cake Decorating, Pantry Panic, and Dashboard Dining*) will bring to judging:

   - **Menus for 3 family meals for 1 day** - included in one of your meals must be the food item you bring to judging. Use the 4-H My Plate Worksheet to show that you met all the required servings for a day with the menu you chose.

   - **Table setting with centerpiece and placemat**. Only bring the dishes and silverware necessary to illustrate the meal that features your food item (for example, if your meal is a sandwich and does not require a fork, do not bring a fork)! **However, bring only ONE food item to judging.** Do not bring the entire meal. Extra items will be removed and not allowed on the plate.

   - **A copy of the recipe of your food item** - recipes do not have to come from the project book.

   - **Completed project book and project guides are required at all judgings.** If book and/or guidelines are not complete or not present, the letter grade will be lowered and the member is not eligible to place.

3. **FOOD WILL NOT BE REQUIRED FOR FAIR EXHIBIT.** Check-in on Monday evening between 5-8pm of fair week. Fair Exhibit requirement is a table setting.

4. If you have more than one food project it is required that you bring more than one table setting. This will facilitate judging efforts.

5. Appropriate attire for judging will be required. Interview appearance should be clean, neat, and respectful.

6. Outstanding members will be selected for State Fair Competition. Individuals are permitted to compete at State Fair in only one foods project.

7. All foods projects will be judged in junior and senior divisions. Junior Division includes all project takers up to and including age 13. Senior Division includes all project takers age 14 years and older, as of January 1. Classes over 15 participants at judging may be split at advisors discretion.

8. Judges will not be required to make placings in any specific project category.

9. The 4-H foods judging will evaluate skills in food safety, consumerism, nutrition, food preparation and health.

   - Denotes Small Project Auction eligibility for first place winners. Food items offered for sale must be baked, such as: breads, cookies, brownies, cakes, candy or fruit pies. You may not sell creamed items (including creamed pies and cheesecakes), canned foods and other products that require a food license. Read Small Project Rules. **Sign up by the first Monday in August.**
2015 FOOD & NUTRITION PROJECTS

☐ 376 –PANTRY PANIC (Advanced Age 14-18) – This project is for community-minded youth who want to take a step back and look at food in a broader context. “Food insecurity” is an issue affecting much of the world’s population, as well as many people right in our own communities. Learn about hunger in your community and develop the skill and imagination to prepare healthful meals from ingredients you have on hand or might receive from a food pantry.

**Note**—this is a Leadership project that will be judged on Food Judging Day.

**Judging:** Bring to judging a notebook or poster documenting your activities in the project.

☐ 459 LET’S START COOKING – (Beginner) -- Everyone enjoys good food. There are a few mysteries that must be solved when learning how to prepare good food. In this project, you will learn about MyPlate and the foods you need to eat each day to be healthy. You will also learn to prepare simple recipes that you will enjoy serving to your friends and family.

**Judging:** In addition to #2 of the Food & Nutrition Guidelines, bring to judging an individual serving of one of the recipes you tried in completing your project.

☐ 461 LET’S BAKE QUICK BREADS (Intermediate) - Bake delicious quick breads while learning the principles of quick bread preparation. Learn how mixing techniques and ingredients determine product character and quality.

**Judging:** In addition to #2 of the Food & Nutrition Guidelines, bring 2 samples from 2 different bakings from your project. Recipes do not need to come from the project book.

☐ 462 YEAST BREADS ON THE RISE (Advanced) - Master the art of baking delicious yeast breads. Learn the principles of yeast bread preparation, and learn how mixing techniques and ingredients determine product character and quality.

**Judging:** In addition to #2 of the Food & Nutrition Guidelines, bring half a loaf of yeast bread (i.e. white, rye, wheat) and two samples from one other recipe shaped in any form BUT loaf (ex: bagel, English muffin, pretzel, roll). Recipes do not need to come from project book.

☐ 463 SPORTS NUTRITION 2: GET SET! (Intermediate) - This food and nutrition project helps members build interest in physical activity and good nutrition. Youth will learn easy food preparation skills to keep their bodies healthy, both physically and nutritionally. This project can easily be completed in one year.

**Judging:** In addition to #2 of the Food & Nutrition Guidelines, bring to judging an individual serving of one of the recipes you tried in completing your project. Recipe does not have to be from the project book.

☐ 467 YOU’RE THE CHEF – (Advanced) - Focuses on meals prepared in the oven, the range top, the microwave, slow cooker, and stir fried foods. It includes vegetarian foods and selecting foods at the deli.

**Judging:** In addition to #2 of the Food & Nutrition Guidelines, bring to food judging an individual serving of one food from a well-planned, well-prepared meal. Recipes do not have to come from the project book.
469 The Global Gourmet (Advanced) – Enjoy the many flavors of foods from around the world! You explore the food history, customs, and nutritional needs around the globe to better understand our world.

Judging: In addition to #2 of the Food & Nutrition Guidelines, bring to judging an individual serving of one of the recipes you tried in completing your project.

472 Grill Master (Intermediate) - Grill Master is a food and nutrition project that focuses on the safe use of a grill while preparing delicious meals. Youth who complete this project learn about appropriate portion sizes, cooking meat to safe temperatures, and using gas and charcoal grills and grilling accessories. They will also learn how to prepare a complete meal on the grill.

Judging: In addition to #2 of the Food & Nutrition Guidelines, bring to judging an individual serving of a recipe from a well-planned, well-prepared outdoor cookery recipe. Recipes do not need to come from the book.

474 Beyond the Grill (Advanced) - Beyond the Grill is a food and nutrition project that allows the participant to explore a variety of outdoor cooking skills. Experiment with a pie iron, solar cooker, and rotisserie. Hone your skills further on the grill, and throw a cook-out party showcasing what you’ve learned!!

Judging: In addition to #2 of the Food & Nutrition Guidelines, bring to food judging one individual serving of a recipe from a well-planned, well-prepared outdoor cookery recipe. Recipes do not need to come from the book.

475 Star Spangled Foods (Intermediate) - This project introduces you to some favorite American regional foods. Through this project, you will learn customs and traditions that have influenced the foods we eat and the way we like them.

Judging: In addition to #2 of the Food & Nutrition Guidelines, bring to judging an individual serving of one of the recipes you tried in completing your project.

476 Pathways To Culinary Success (Advanced). This project will explore a variety of new experiences to gain a basic understanding of culinary arts. Learn about the techniques used by cooks and chefs in preparing foods, how to use basic equipment, prepare meats, stocks, and sauces, pies and pastries, garnished and presenting meals with appeal! Career exploration, advanced recipes and lots of activities are included in this project. Member taking this advanced level project should have completed projects at the beginning and intermediate levels.

Judging: In addition to #2 of the Food & Nutrition Guidelines, bring to judging an individual serving (garnished) of one of the recipes you tried in completing your project. Bring your completed journal.

477 Party Planner: A 4-H Guide to Quantity Cooking (Intermediate). This project focuses on preparing food for groups. Youth who complete this project learn how to plan, budget, and safely prepare foods for large groups. This project, which includes eight activities and eight recipes, can easily be completed in one year.

Judging: In addition to #2 of the Food & Nutrition Guidelines, bring to judging an individual serving of one of the recipes you tried in completing your project.
**483 Sports Nutrition 1: On Your Mark!** – (Beginner). This project builds interest in physical activity and good nutrition. It introduces easy food preparation skills to help keep bodies healthy, both physically and nutritionally. Requires completion of five activities, five recipes and evaluations, two learning experiences, two leadership/citizenship activities, and a project evaluation. May be taken a second year by completing the Overtime activities.

**Judging:** In addition to #2 of the Food and Nutrition Guidelines, bring to judging an individual serving of a recipe you tried in completing the project.

**484 Snack Attack!** – (Beginner). *Snack Attack* introduces MyPlate and covers grains, vegetables, fruits, milk, meat and beans, oils, and sugar. Requires completion of seven activities, seven recipes and recipe evaluations, two learning experiences, two leadership/citizenship activities, and a project evaluation.

**Judging:** In addition to #2 of the Food and Nutrition Guidelines, bring to judging an individual serving of a recipe you tried in completing the project.

**485 Racing the Clock to Awesome Meals** – (Intermediate). This project teaches youth to prepare quick and nutritious meals with low-cost, handy ingredients. Requires completion of seven activities, seven recipes and recipe evaluations, two learning experiences, two leadership/citizenship activities, and a project evaluation. May be taken a second year by completing the More Challenges activities.

**Judging:** In addition to #2 of the Food and Nutrition Guidelines, bring to judging an individual serving of a recipe you tried in completing the project.

**486 Dashboard Dining: A 4-H Guide to Healthful Fast Food Choices** – (Intermediate). Look at fast food in a whole new light! This project book shows you how to make fast food menus part of a healthy lifestyle. From understanding true food portions and healthful choices to “designing” your meals with your new nutrition knowledge—you will learn skills to last a lifetime!!

Table setting and day’s menu are **NOT** required for project 486.

**487 Fast Break for Breakfast** - (Beginners) - This project focuses on the importance of starting each day with a nutritious breakfast and uses the Food Guide Pyramid as the basis for exploring breakfast options. Menu planning, food safety and nutrition topics are included in this sports-themed project book. It is designed for advanced-level beginners age 10-12 that have completed at least one beginning level 4-H food and nutrition project (examples: Adventures With Foods, Mini Meal Magic) prior to enrolling in this project.

**Judging:** In addition to #2 of the Food & Nutrition Guidelines, bring to judging an individual serving of a recipe you tried in completing the project. Recipe does not have to be from the project book.

**492 & 492R Cake Decorating Project and Record Book**—Track your learning as you gain new skills and showcase your cake decorating talent. Complete this project and record book every year a cake decorating project is taken. Use with 492R Cake Decorating Resource Handbook.

**Judging Exhibit:** Bring to judging a cake example from either the beginning, intermediate, or advanced sections of the record book (depending on the level of skill attainment you feel comfortable presenting).
**Cake Requirements**

**Beginner:** Bring 9 x 13 flat cake iced and decorated with homemade butter cream frosting (NOT STORE BOUGHT) on a reinforced piece of cardboard (like from a cardboard box) that is 1” bigger all around than the cake (11 x 15). Cover board with plastic wrap. Must include the following: a) Have a border on the top and bottom of the cake. b) Have a spray flower arrangement with stems, leaves, and flower of your choice) c) Have an inscription (best wishes, happy birthday, congratulations, etc).

**Intermediate:** One two-layer cake or cake baked in a specialty pan. Your choice of butter cream or royal icing. Include a border, writing, 3 different flower styles, 2 different leaf styles, and side decoration in your decorating scheme.

**Advanced:** Prepare a tiered cake with at least three levels. Use buttercream frosting, fondant or royal icing. Use a combination border and side decoration, two flower nail flowers, and at least one special effect from the project record book (page 10).

Table setting and day’s menu are **NOT** required for project 492.

**670 Canning and Freezing** – Explore water bath canning and freezing home preservation methods with this interesting and informative project book (Pressure canning is not included). Learn how pH determines which canning method to use, become familiar with canning equipment and when fruits and vegetables are in season, and preserve produce using the freezing method. The last activity is an easy, step-by-step guide to water bath canning your own applesauce! Members must have access to a current, reliable home food preservation guidebook.

*Judging:* Bring a jar of home canned applesauce to show the judge, as well as one other food you have frozen or canned (your choice). If you bring a frozen food, make sure that it is kept frozen with a cooler and ice packs.

*This project goes to State Fair with Natural Resources, not Food projects.*

**County Projects, ONLY! – No State Fair Participation!!**

**1002 (County Project) Dough Delicacies** - To complete this project the member should complete project requirements listed in front of book.

*Judging:* In addition to #2 of the Food & Nutrition Guidelines, bring a pie of your choice and one serving of uncooked noodles. Recipes do not have to come from book.

**10071 (County Project) - Let's Fill the Cookie Jar 1** - Junior or Senior Division. To complete this project, make all 4 varieties of cookies.

*Judging:* In addition to #2 of the Food & Nutrition Guidelines, bring 3 cookies from (1) drop recipe and 3 from (1) molded recipe. Arrange all six on 1 plate. Recipes do not have to come from the project book. Display cookies on a separate plate from table setting.
10072 (County Project) - Let's Fill the Cookie Jar 2 – Junior or Senior Division. To complete this project make at least 6 varieties of cookies, including rolled, filled or tarts and pressed.

Judging: In addition to #2 of the Food & Nutrition Guidelines, bring 3 filled (same recipe), 3 bar (same recipe), and 3 rolled (same recipe) cookies. Recipes do not have to come from the project book. Display all 9 cookies on one separate plate from table setting.

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