2018 FOOD & NUTRITION FACT SHEET
Ohio State University Extension
Erie County 4-H
2900 Columbus Ave, Sandusky, OH 44870
419-627-7631 or 1-888-399-6065
http://erie.osu.edu

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: Ready, Set, Go *REVISED 2018
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: 4-H Guide to Quantity Cooking
481 – Every Day Food and Fitness*NEW
484 - Snack Attack!
485 - Racing the Clock to Awesome Meals
486 – Dashboard Dining
487 - Fast Break for Breakfast
492 - Cake Decorating Project
670 – Canning and Freezing
1002 - Dough Delicacies* (County Project)
1007J - Let's Fill the Cookie Jar I* (County Project)
1007S - Let's Fill the Cookie Jar II* (County Project)

* 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 is included with this fact sheet. 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

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 or other products that require a food license. Read Small Project Rules. Sign up by July 31, 2018.

**All sale checks must be cashed by November 25th of the current year or funds are forfeited. This includes issued checks and checks held for not meeting requirements, i.e. thank you notes or poultry cards not submitted. No exceptions allowed.

Food Project Judging will be at the Erie County Fairgrounds in the youth building on Tuesday, July 24th at 9:00am.

Monday, August 6th, Fair Exhibits due at the Fairgrounds 5-8pm.

Erie County Fair—August 7-12, 2018

Projects released:
Supervised - Sun, Aug 12, 2018 from 7-8 pm
Unsupervised - Sun, Aug 12, 2018 from 8-9pm
Monday, August 13, 2018 during the day, after that projects will be at the Extension Office until September 14.
FOOD AND NUTRITION GUIDELINES

*Attention* The following instructions pertain 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 25, 2017 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, Canning and Freezing, 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 - recipe does not have to come from the project book.
   - Completed project book and 4-H MyPlate Worksheet are required at all judgings. If book and/or worksheet 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. You need a different place setting for each food project.

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 youth up to and including age 13. Senior Division includes all youth age 14 years and older, as of January 1. Divisions with over 15 participants at judging may be split at the FCS educator’s discretion.

8. Judges are not required to select placings in every project category.

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

10. Read the State Fair guidelines for food judging. It’s easier to document your project while you are doing it, rather than after the fact.

11. Junior Fair projects may not be sold on the fairgrounds except through the fair project auctions. For sale signs may not be posted on projects.
2018 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 display (no bigger than 30 x 30—please no trifold boards) documenting your activities in the project. Table setting, recipe, and day’s menu are NOT required for project 376.

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: As stated in #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 need to come from the project book.

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: Bring 2 samples from 2 different bakings from your project. Recipe does 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: 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). Recipe does not need to come from the project book.

463 Sports Nutrition: Ready, Set, Go (Intermediate) *REVISED 2018 – Eating well and exercising daily are two keys to a healthy life. This project shows why these habits are worth forming. Learn how to balance the calories you eat with the calories you burn, why to hydrate, and how carbs, protein, and fats work to support your body and mind. Use what you learn as you compete in sports or just want to increase your fitness level.

Judging: As stated in #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 need to come 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: As stated in #2 of the Food & Nutrition Guidelines, bring to food judging an individual serving of one food from a well-planned, well-prepared meal. Recipe does not need 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:** As stated in #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 need to come from the project book.

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:** As stated in #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 need to come from the project 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:** As stated in #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. Recipe does 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:** As stated in #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 need to come from the project book.

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:** As stated in #2 of the Food & Nutrition Guidelines, bring to judging an individual serving (garnished) of one of the recipes you tried in completing your project. Recipe does not need to come from the project book. 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:** As stated in #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 need to come from the project book.
2018 FOOD & NUTRITION PROJECTS cont.

481 – Everyday Food and Fitness – (Beginner). Learn how to prepare healthy and hearty snacks using MyPlate as a guide, and discover how powerful healthy food can be for your body and mind. Fun and easy recipes help build your skills in the kitchen. See how well your diet fits into the MyPlate food groups. Find out what makes grains great, and why vitamins and nutrients are so beneficial. This project shows you how to add exercise to a healthy diet and find the path to a better quality of life.

**Judging:** As stated in #2 of the Food and Nutrition Guidelines, bring to judging an individual serving of a recipe you tried in completing the project. Recipe does not need to come from the project book.

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:** As stated in #2 of the Food and Nutrition Guidelines, bring to judging an individual serving of a recipe you tried in completing the project. Recipe does not need to come from the project book.

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:** As stated in #2 of the Food and Nutrition Guidelines, bring to judging an individual serving of a recipe you tried in completing the project. Recipe does not need to come from the project book.

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!!

**Judging:** Bring to judging a notebook or display (no bigger than 30 x 30—please, no trifold boards) documenting your activities in the project.

Table setting, recipe, 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 MyPlate as the basis for exploring breakfast options. Menu planning, food safety and nutrition topics are included in this sports-themed project book

**Judging:** As stated in #2 of the Food & Nutrition Guidelines, bring to judging an individual serving of a recipe you tried in completing the project. Recipe does not need to come 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, recipe, and day’s menu are **NOT** required for project 492.

**This project goes to State Fair with Creative Arts, not Food projects.**

**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. Table setting, recipe, and day’s menu are **NOT** required for project 670.

**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:** Bring a pie of your choice and one serving of uncooked noodles. Recipes do not have to come from book.

- **1007J** (County Project) - **Let’s Fill the Cookie Jar 1** - Junior or Senior Division. To complete this project, make all 4 varieties of cookies.
  **Judging:** 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:** 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.
Cut back on sodium and empty calories from solid fats and added sugars

Look out for salt (sodium) in foods you buy. Compare sodium in foods and choose those with a lower number.

Drink water instead of sugary drinks. Eat sugary desserts less often.

Make foods that are high in solid fats—such as cakes, cookies, ice cream, pizza, cheese, sausages, and hot dogs—occasional choices, not every day foods.

Limit empty calories to less than 260 per day, based on a 2,000 calorie diet.

Be physically active your way

Pick activities you like and do each for at least 10 minutes at a time. Every bit adds up, and health benefits increase as you spend more time being active.

Children and adolescents: get 60 minutes or more a day.

Adults: get 2 hours and 30 minutes or more a week of activity that requires moderate effort, such as brisk walking.
4-H MyPlate Worksheet
Include somewhere in your day’s menu the food you are bringing to food judging.

<table>
<thead>
<tr>
<th>One Day’s Menu (breakfast, lunch, dinner)</th>
<th>Food Group</th>
<th>Tip</th>
<th>Goal Based on a 2000 calorie pattern.</th>
<th>List each food choice in your menu in its proper food group*</th>
<th>Estimate Your Total</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td>Grains</td>
<td>Make at least half your grains whole grains</td>
<td>6 ounce equivalents (1 ounce equivalent is about 1 slice bread, 1 cup dry cereal, or ½ cup cooked rice, pasta, or cereal)</td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td>Vegetables</td>
<td>Try to have vegetables from several subgroups each day</td>
<td>2 ½ cups Subgroups: Dark Green, Orange, Starchy, Dry Beans and Peas, Other Veggies</td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td>Fruits</td>
<td>Make most choices fruit, not juice</td>
<td>2 cups</td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td>Dairy</td>
<td>Choose fat-free or low fat most often</td>
<td>3 cups (1 ½ ounces cheese = 1 cup milk)</td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td>Protein</td>
<td>Choose lean meat and poultry. Vary your choices—more fish, beans, peas, nuts and seeds</td>
<td>5 ½ ounce equivalents (1 ounce meat, poultry, or fish, 1 egg, 1 T. peanut butter, ½ ounce nuts, or ½ cup dry beans)</td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td>Fats</td>
<td>Limit amounts of fats, sugar, and salt (sodium)</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td>Physical Activity</td>
<td>Build more physical activity into your daily routine at home and work.</td>
<td>At least 30 minutes of moderate to vigorous activity a day, 10 minutes or more at a time.</td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

How did you do on your menu? □ Great □ So-So □ Not so Great

My food goal to improve this menu is: ____________________________________________

My activity goal is: ____________________________________________
Instructions based on 2000 calorie plan, for the 4-H MyPlate.

1. Fill in a day’s menu based on a 2000 calorie plan. You may want to include snacks. Be sure to include the food item you bring to judging.
2. List each food in the column that is titled “List each food choice in its food group”. Example: If you have the following grains in your menu, you would list them in the top box. 1 cup dry cereal, 2 slices of bread, 1 cup of pasta, 3 cups popcorn. Write small!
3. Estimate your total amounts in the last column. Following the grain example above, you would have 4 ounces for grains.

Notice for the grain and the meat and bean groups you must convert to ounces. The vegetable, fruit, and milk groups are listed as cups.

* Serving sizes can be found at http://www.myplate.gov/

1 cup dry cereal = 1 ounce
2 slices bread = 2 ounce
1 cup pasta = 2 ounces
3 cups popcorn = 1 ounce

Day’s total = 6 ounces
Do you have enough grains for the day? Yes, for a 2000 calorie level.

4. Remember to include your minutes of physical activity.

5. Answer the questions at the bottom of the front page.

4-H MyPlate Worksheet
Developed by: Ann L. Fremion.
Revised February 2012 by Donna Green
Source: MyPlate.gov
Tablesetting

There is no one “right” way to set the table. The pattern of table service to be used, the menu to be served, and the size of the table, establish the plan for setting the table.

A cover consists of the dinnerware, beverage ware, flatware, and linens to be used by each person; it is the individual’s place at the table. Use only flatware and plates necessary for the meal!

Linens: Linens mean all of the table cloths, placemats, and other table cover and napkins used on the dining table.

1. Placemats should be placed an inch away from the table edge.
2. The preferred shape for the folded napkin is the rectangle, but the square is also good.
3. The napkin is usually placed to the left of the fork or forks. However, if covers are close together, it can be placed in the center of the cover between the knife and fork (on dinner plate).
4. The practice of placing the fork or forks on top of the napkin laid to the left in the cover has come into wide use. This practice necessitates sliding the napkin out from under the fork or forks, and presents an accident-prone situation to those accustomed to tradition.
5. The open edges of the napkin should face toward the plate when placed to the left of the forks.

Table Decorations (i.e. centerpiece)

1. Decorations need not always be placed in the center of the table. Small arrangements can be placed at diagonally opposite corners, at all four corners, at two ends of the table, or at one end of the table. Size of the arrangement should be determined by the placement of the decorations. (i.e. not so large that you cannot see over it).

Laying Flatware (i.e. knife, fork, spoons etc.)

1. Lay the dinner knife to the right of the plate with the cutting edge directed toward the plate.
2. Lay spoons with the bowls facing up at the right of the knife.
3. Always lay the fork or forks with the tines facing up at the left of the plate. Lay the salad fork nearest the plate and the dinner fork to the left of it if you intend that the salad be eaten with the main course or after it. Lay the dinner fork nearest the plate and the salad fork to the left of it if you intend that the salad be eaten before the main course.

4. It is not necessary to provide a salad fork when the salad accompanies the main course.

5. Laying the flatware for dessert is no problem unless the tool for dessert is a fork. When it is a fork, it must be laid so that there is no doubt about its intended use. Should a menu need a dessert fork, it should be placed to the right of the dinner fork. When the flatware for dessert is a spoon, lay it to the right of the knife.

6. If no spoon is necessary for eating either the meal or dessert, it is not included in the cover.

Placing Beverageware

1. Place the water glass at the tip of the knife.

2. Glasses of milk, when water also is served, are placed to the right and a little in front of the water glass – see figure below. If no water glass is placed, as is often true in families with children, place the glass of milk or other beverage in the position of the water glass.

3. Dinner plate should be placed at least 1” and not more than 2” from the table edge.
State Fair Food & Nutrition Requirements

If you are interested in representing Erie County at the state fair in a foods project, you will need documentation of that project. Please consider making a “portfolio” (similar to a scrapbook) while you work on your project as you prepare for county judging (see second bullet point). **It is NOT a requirement for county judging, but is for state fair.** If you are picked to go to state fair in your project, it will be much harder after-the-fact to go back and take pictures of you working on your project. Also, the portfolio can be a tool you use at county judging to show the judge how you worked on your project.

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**Food and Nutrition State Fair Project Judging:**

**What You Will Need!!**

- The **Skills Station** is where the participant will demonstrate knowledge they learned from the MyPlate information in their book, their 4-H office, or online at [www.choosemyplate.gov](http://www.choosemyplate.gov) and other information from their book. They should study their project book for this (in other words, know MyPlate inside and out).

- The **Portfolio** is project specific and is used to enhance a conversation between the 4-H member and a judge about activities the member completed within the project. 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. 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 portfolio is to be completed prior to arriving at the state fair.

- 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 regarding their portfolio.

- The member will present the portfolio to the judge and have the opportunity to explain their active involvement in their project.

- The member’s **project book may not be a part of their portfolio.**