

FOOD AND NUTRITION ACTIVITY
Youth Center
Tuesday, July 31 – Thursday, August 2
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Assistant Superintendents

GENERAL GUIDELINES

1. Age of Participants:
4-H Age unless noted in specific class guidelines.
2. Participation Guidelines:
 - Winner of any one class in 2011 is not eligible to participate in the same class for 2012.
 - **Each county may only send one participant per class.**
 - Each participant may only compete in one project. Each participant will be competing on an individual basis.
 - Participants eligible for the clock trophy must meet the project “designed for” age levels as listed in the member project guide for each project. All participants are eligible for Outstanding of the day.
 - Each individual will participate in three different stations. The stations will be My Plate, a new area “Project Presentation,” and an interview. All stations will be specific to the project they are enrolled in. Questions will come directly from the project book. This event will take approximately 1-1 ½ hour to complete.
3. Type of Evaluation:
 - Each participant will visit three Activity stations: Choose My Plate, Portfolio, and Interview.
 - Activity stations will be based on information contained in the 4-H project books.
 - Outstanding of the Day awards and clock trophies will be presented at 4:45 p.m.
 - Registration will begin **15 minutes** before time indicated for each county, and date for participants in each class and skill level.
4. Participant to bring:
 - All participants should bring a pencil, their three pronged folder for the “Project Presentation” and have the option to bring a blank clipboard; do not bring anything else. **See enclosed information regarding Portfolio.**
 - Participants may not bring prepared food, posters, daily menus, or other props to the State Fair Food and Nutrition Activity.
 - Participants may **not** bring project books into the judging area.

CLASSES

Tuesday, July 31

Advanced Level

- J-1 Yeast Breads on the Rise
- J-2 You're The Chef
- J-3 The Global Gourmet
- J-4 Pathways to Culinary Success

Wednesday, August 1

Intermediate Level

- J-5 Let's Bake Quick Breads
- J-6 Racing the Clock to Awesome Meals
- J-7 Grill Master
- J-8 Star Spangled Foods
- J-9 Food and Fitness Choices for You
- J-10 Party Planner: A 4-H Guide to Quantity Cooking
- J-11 Sports Nutrition 2: Get Set!
- J-12 Dashboard Dining

Thursday, August 2

Beginner Level

- J-13 I Spy in the Kitchen
- J-14 Snack Attack!
- J-15 Food & Fitness for Fun
- J-16 Fast Break for Breakfast
- J-17 Sports Nutrition 1: On Your Mark!

5. At the State Fair

- Registration will begin 15 minutes before the scheduled class time for your county. (See below.) Participants will then receive an exhibitor number and be directed to the judging area.
- When you have completed your judging event, you are free to enjoy the fair. We will present awards at 4:45 pm on the stage in the nutrition judging area in the Youth Center. You are encouraged to attend this presentation. Check the day of the event for the most accurate time of the awards.

PARTICIPATION SCHEDULE

9:00 a.m. (Registration begins at 8:45 a.m.)

Auglaize, Champaign, Clark, Clinton, Coshocton, Delaware, Fairfield, Fayette, Franklin, Knox, Licking, Logan, Madison, Marion, Morrow, Muskingum, Pickaway, Ross, Union

10:45 p.m. (Registration begins at 10:30 a.m.)

Allen, Ashland, Crawford, Greene, Guernsey, Hancock, Hardin, Highland, Hocking, Holmes, Jackson, Medina, Miami, Montgomery, Morgan, Noble, Perry, Pike, Putnam, Richland, Shelby, Wyandot

1:00 p.m. (Registration begins at 12:45 p.m.)

Athens, Belmont, Butler, Carroll, Clermont, Darke, Erie, Hamilton, Harrison, Henry, Huron, Lorain, Mercer, Monroe, Paulding, Sandusky, Seneca, Stark, Summit, Tuscarawas, Warren, Wayne, Wood, Vinton

3:00 p.m. (Registration begins at 2:45 p.m.)

Adams, Ashtabula, Brown, Columbiana, Cuyahoga, Defiance, Fulton, Gallia, Geauga, Jefferson, Lake, Lawrence, Lucas, Mahoning, Meigs, Ottawa, Portage, Preble, Van Wert, Washington, Scioto, Trumbull, Williams

AWARDS AND SPONSORS

1. All participants will receive a participation award sponsored by **The Ohio State Fair**.
2. "Outstanding of the Day" ribbons, sponsored by The Ohio State Fair, will be awarded to the top 20% and will be announced at the end day at 4:45 p.m.
3. A clock trophy will be awarded to the top scorer in each class at the Award Ceremony. 2011 sponsors included: **Ohio Cattlewomen – Donna Tullis, Ohio Pork Schop - Carol Utrecht, Abbott Nutrition**

2011 CLASS WINNERS

J-1	Yeast Breads on the Rise	Hallie Hiser, Greene
J-2	You're The Chef	Ashley Mizer, Tuscarawas
J-3	The Global Gourmet	Isaiah Bell, Muskingum
J-4	Pathways to Culinary Success	Rebekah Schonauer, Holmes
J-5	Let's Bake Quick Breads	Kelly Lewis, Licking
J-6	Racing the Clock to Awesome Meals	Grant Wareham, Montgomery
J-7	Grill Master	Michelle Noffsinger, Putnam
J-8	Star Spangled Foods	Claire Miller, Lorain
J-9	Food and Fitness Choices for You	Emily Stern, Geauga
J-10	Party Planner:	Alicia Gifford, Brown
J-11	Sports Nutrition 2: Get Set!	Mariah Cox, Ross
J-12	I Spy in the Kitchen	Siara Swisher, Brown
J-13	Snack Attack	Annalyse Dissinger, Hancock
J-14	Food & Fitness for Fun	Katie Conley, Wyandot
J-15	Fast Break for Breakfast	Kira Jones, Union
J-16	Sports Nutrition 1:	Rachel Gleason, Union

Food and Nutrition Project Evaluation Guidelines

- The interview station will provide the participant the opportunity to share their knowledge by answering questions directly from their project book.
- My Plate will be a hands-on activity that will allow the participant the ability to demonstrate knowledge learned about the plate based on information they received from their book, their 4-H office, or <http://www.choosemyplate.gov/>.
- The “Presentation Project” is a project specific to the participant’s book. 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. These pages could be in collage, journaling, timeline, photo, or any other format that would illustrate the work and knowledge of the participant. Each page could be different or could be a combination of styles allowing the 4-Her to reflect on their learning experience. **There will be no points for scrapbooking style.**
- The portfolios will be judged on the inclusion of information about the interest or activity areas listed in the front of each book, the organization of the materials, verbal presentation, and communication with the judge regarding their portfolio.