

# 2023 STARK COUNTY 4-H FOOD AND NUTRITION PROJECT INFORMATION

## —IMPORTANT—

*Please note that the project judging guidelines have changed in 2013 in hopes to better prepare Stark County's 4-H'ers in food and nutrition at state level.*

### STANDARDS AND REQUIREMENTS FOR ALL STARK COUNTY 4-H FOOD AND NUTRITION PROJECTS

1. All Ohio 4-H Food and Nutrition Projects are required to follow the NEW "MyPlate" dietary guidelines. Only the newer books starting in 2012 food and nutrition 4-H books and newer will have the new MyPlate dietary guidelines listed. The older books will still have the outdated food pyramid. It is up to the 4-H youth and/or advisor to print out a copy of the current MyPlate dietary guidelines online at: [www.choosemyplate.gov](http://www.choosemyplate.gov)
2. All required information and/or activities in the project book should be completed, unless not applicable (please mark "N/A" in the space). If the book is being re-used or used by more than one member, record information on separate sheets of paper.
3. State Fair selection will be determined by the judge. Judge's decision is final.

#### **What to bring to Food & Nutrition Judging:**

1. **NEW:** Write a MENU for one meal using NEW MyPlate's guidelines and bring a table setting for one (1) or you may use our table setting. See attached 4-H Table Setting Procedures and Guidelines for more detailed information.
2. Completed project book. (You will not bring any food to judging.)
3. 4-H Food Journal (see details below about this journal) **NO POSTERS.**
4. You must have a Food Journal completed to be eligible to participate at the state fair.

#### **The 4-H Food Journal must be prepared as follows:**

The 4-H participant will be responsible for bringing a 3 ring binder/folder that includes 8 ½" x11" pages. The participant will create a maximum of one page (one-sided only and could be less than a full page) 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 providing the 4-H'er to reflect on their learning experience. There will be no points for scrapbooking style.

#### **Stark County 4-H Food & Nutrition Judging**

**Saturday, July 15, 2023**

**Food & Nutrition Registration is open from 8:45 a.m. to 10:30 a.m.  
at the Stark County Fairgrounds**

4-H members will be judged at 3 stations as follows:

**Station #1** — 4-H Food Journal

**Station #2** — Your table setting and menu. See attached 4-H Table Setting and Guidelines for more detailed information.

**Station #3** — The interview station will provide the participant the opportunity to share their knowledge by answering questions about their project and Food Journal.

**Project Age Levels are:**  
**Advanced 14-19, Intermediate 11-13, but check project books, Beginner 8-10.**

**Beginner Food & Nutrition 4-H Projects**

**Junior Division - Ages 8-13**

**Senior Division - Ages 14-18**

**#459 - LET'S START COOKING**

*This beginning level project is designed for 4-H members of all ages with little or no cooking or baking experience. In this project, members will learn to measure and follow recipes in this book to make simple, nutritious drinks and snacks and how they fit into a healthy lifestyle. They will also have experiences in food shopping, following kitchen safety rules and serving foods they prepared.*

To Complete this Project for Judging:

1. Follow the project guidelines in the project book. Complete all of the activities/interest areas, and all the recipes.
2. Prepare your 4-H Food Journal (see above for details).
3. Write a MENU for one meal using NEW MyPlate's guidelines and bring a table setting for one (1). See attached 4-H Table Setting Procedures and Guidelines for more detailed information.

**#481 - EVERYDAY FOOD AND FITNESS**

*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 current 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.*

To Complete this Project for Judging:

1. Follow the project guidelines in the project book. Complete all of the activities/interest areas, and all the recipes.
2. Prepare your 4-H Food Journal (see above for details).
3. Write a MENU for one meal using NEW MyPlate's guidelines and bring a table setting for one (1). See attached 4-H Table Setting Procedures and Guidelines for more detailed information.

**#484 - SNACK ATTACK!**

*In this beginning level project, you will learn how to select and prepare healthful snacks while learning the ins and outs of MyPlate, an important guide to making healthful food choices and being physically active.*

To Complete This Project for Judging:

1. Follow the project guidelines in the project book. Complete all of the activities/interest areas, and all the recipes.
2. Prepare your 4-H Food Journal (see above for details).
3. Write a MENU for one meal using NEW MyPlate's guidelines and bring a table setting for one (1). See attached 4-H Table Setting Procedures and Guidelines for more detailed information.

**#487 - TAKE A BREAK FOR BREAKFAST**

*Take a Break for Breakfast is for youth who have completed at least one beginning-level 4-H food and nutrition project. It has been developed for 4-H members who have a basic knowledge of nutrition and food preparation. In this project, you will learn about the importance of breakfast, good breakfast choices, nutrition, food preparation, and food and equipment safety.*

To Complete This Project for Judging:

1. Follow the project guidelines in the project book. Complete all of the activities/interest areas, and all the recipes.

2. Prepare your 4-H Food Journal (see above for details).
3. Write a MENU for one meal using NEW MyPlate's guidelines and bring a table setting for one (1). See attached 4-H Table Setting Procedures and Guidelines for more detailed information.

### **Intermediate Food & Nutrition 4-H Projects**

**Junior Division - Ages 8-13**

**Senior Division - Ages 14-18**

#### **#461 - LET'S BAKE QUICK BREADS**

Learn how and why quick breads are so tasty. You'll also explore careers in the kitchen and learn how to alter a recipe for healthier benefits.

To Complete this Project for Judging:

1. Follow the project guidelines in the project book. Complete all of the activities/interest areas, and all the recipes.
2. Prepare your 4-H Food Journal (see above for details).
3. Write a MENU for one meal using NEW MyPlate's guidelines and bring a table setting for one (1). See attached 4-H Table Setting Procedures and Guidelines for more detailed information.

#### **#463 - SPORTS NUTRITION: READY, SET, GO!**

*Learn how to increase your fitness levels, identify nutrient-rich foods, select the best beverage when exercising and gauge how and when to fuel your body for physical activity. Easy food preparation skills are included in 5 activities and related recipes. This project may be taken a second year by completing the Overtime activities.*

To Complete this Project for Judging:

1. Follow the project guidelines in the project book. Complete all of the activities/interest areas, and all the recipes.
2. Prepare your 4-H Food Journal (see above for details).
3. Write a MENU for one meal using NEW MyPlate's guidelines and bring a table setting for one (1). See attached 4-H Table Setting Procedures and Guidelines for more detailed information.

#### **#472 - GRILL MASTER**

This intermediate level project is designed for 4-H members who are 11 and older. It provides experiences in planning, preparing, and serving meals that involve safely preparing, holding, or eating foods outdoors. Plan to spend 4 to 12 weeks working on this project.

To Complete This Project for Judging:

1. Follow the project guidelines in the project book. Complete all of the activities/interest areas, and all the recipes.
2. Prepare your 4-H Food Journal (see above for details).
3. Write a MENU for one meal using NEW MyPlate's guidelines and bring a table setting for one (1). See attached 4-H Table Setting Procedures and Guidelines for more detailed information.

#### **#475 - STAR SPANGLED FOODS**

*This project introduces you to some favorite American regional foods. Through this project, you'll learn customs and traditions that have influenced the foods we eat and the way we like them. If you are older but have a limited knowledge of nutrition and food preparation, you may begin with this project.*

To Complete This Project for Judging:

1. Follow the project guidelines in the project book. Complete all of the activities/interest areas, and all the recipes.
2. Prepare your 4-H Food Journal (see above for details).

3. Write a MENU for one meal using NEW MyPlate's guidelines and bring a table setting for one (1). See attached 4-H Table Setting Procedures and Guidelines for more detailed information.

#### **#477 - PARTY PLANNER: A 4-H Guide to Quantity Cooking**

*This project will help you focus on planning, budgeting, and safely preparing food for groups.*

To Complete This Project for Judging:

1. Follow the project guidelines in the project book. Complete all of the activities/interest areas, and all the recipes.
2. Prepare your 4-H Food Journal (see above for details).
3. Write a MENU for one meal using NEW MyPlate's guidelines and bring a table setting for one (1). See attached 4-H Table Setting Procedures and Guidelines for more detailed information.

#### **#485 - RACING THE CLOCK TO AWESOME MEALS**

*In this intermediate level project, you will learn how to prepare quick and nutritious meals often with low-cost or handy ingredients. You will also learn how to match food choices to MyPlate, plan for leftovers and make cost comparisons.*

To Complete This Project for Judging:

1. Follow the project guidelines in the project book. Complete all of the activities/interest areas, and all the recipes.
2. Prepare your 4-H Food Journal (see above for details).
3. Write a MENU for one meal using NEW MyPlate's guidelines and bring a table setting for one (1). See attached 4-H Table Setting Procedures and Guidelines for more detailed information.

#### **#486 - DASHBOARD DINING: A 4-H Guide to Healthful Fast Food Choices**

*Look at fast food in a whole new light! This project 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!*

To Complete This Project for Judging:

1. Follow the project guidelines in the project book. Complete all of the activities/interest areas, and all the recipes.
2. Prepare your 4-H Food Journal (see above for details).
3. Write a MENU for one meal using NEW MyPlate's guidelines and bring a table setting for one (1). See attached 4-H Table Setting Procedures and Guidelines for more detailed information.

### **Advanced Food & Nutrition 4-H Projects**

**(Ages 14 and older unless otherwise stated in the project book.)**

#### **#462 - YEAST BREADS ON THE RISE**

*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. This project can be taken for two (2) years.*

To Complete this Project for Judging:

1. Follow the project guidelines in the project book. Complete all of the activities/interest areas, and all the recipes for the year you are taking: First Year- see page 6. Second Year- see page 40.
2. Prepare your 4-H Food Journal (see above for details).
3. Write a MENU for one meal using NEW MyPlate's guidelines and bring a table setting for one (1). See attached 4-H Table Setting Procedures and Guidelines for more detailed information.

#### **#467 - COOKING ON MY OWN    NEW IN 2023**

*Set-up and prepare meals for yourself and even your family. A great start on everyday recipes for meals and snacks, this project helps you become confident and independent in the kitchen by expanding your cooking skills.*

To Complete this Project for Judging:

1. Follow the project guidelines in the project book. Complete all of the activities/interest areas, and all the recipes.
2. Prepare your 4-H Food Journal (see above for details).
3. Write a MENU for one meal using NEW MyPlate's guidelines and bring a table setting for one (1). See attached 4-H Table Setting Procedures and Guidelines for more detailed information.

#### **#469 - GLOBAL GOURMET**

*Advanced level project is designed for members 14 years of age and older with three or more years experience in the foods and nutrition area. It could be completed in one year. Members who complete this project and desire to learn more are encouraged to take a Self Determined Project (4-H 365) in the country(ies) of your choice.*

To Complete this Project for Judging:

1. Follow the project guidelines in the project book. Complete all of the activities/interest areas, and all the recipes.
2. Prepare your 4-H Food Journal (see above for details).
3. Write a MENU for one meal using NEW MyPlate's guidelines and bring a table setting for one (1). See attached 4-H Table Setting Procedures and Guidelines for more detailed information.

#### **#474 - BEYOND THE GRILL**

*In this project members will learn other types of outdoor cookery beyond the grill: campfire, catching some rays (solar), camp cook stove, and the dutch oven while learning about food safety and nutrition.*

To Complete This Project for Judging:

1. Follow the project guidelines in the project book. Complete all of the activities/interest areas, and all the recipes.
2. Prepare your 4-H Food Journal (see above for details).
3. Write a MENU for one meal using NEW MyPlate's guidelines and bring a table setting for one (1). See attached 4-H Table Setting Procedures and Guidelines for more detailed information.

#### **#476 - KITCHEN BOSS    NEW IN 2022**

*Plan, prepare, and present delicious food like the culinary boss you want to be. All your experience comes together in this project created for those exploring cooking as a profession or simply developing their kitchen skills. Focus on cooking methods, becoming familiar with tools and equipment along with experimenting with ingredients and flavors.*

To Complete This Project for Judging:

1. Follow the project guidelines in the project book. Complete all of the activities/interest areas, and all the recipes.
2. Prepare your 4-H Food Journal (see above for details).
3. Write a MENU for one meal using NEW MyPlate's guidelines and bring a table setting for one (1). See attached 4-H Table Setting Procedures and Guidelines for more detailed information.

# Food and Nutrition Project Evaluation Guidelines

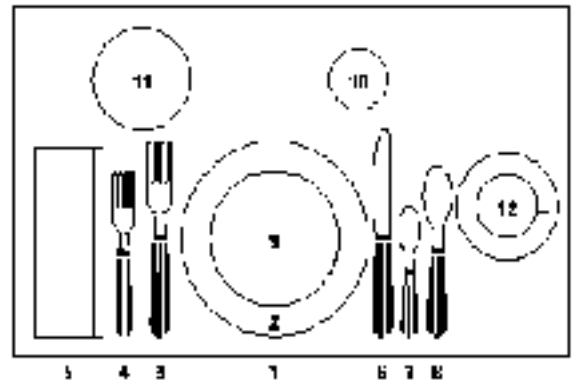
- The Skills Station will be where the participant will apply knowledge learned from the MyPlate information that can be found in their book, their county 4-H office, or online at [www.choosemyplate.gov](http://www.choosemyplate.gov). The website is an extensive review of the information to study to increase their knowledge.
- The Interview station allows the participant to answer questions taken directly from their specific project book. This allows the participant to share information they learned from their project related to food and nutrition.
- The Portfolio is project specific and is used to enhance a conversation between the member and a judge about activities the member completed within the project. The participant will be responsible for bringing a 3-pronged folder or binder that includes 8 ½" x 11" pages. 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. (See the document titled "Portfolio Interest Areas.")
- 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 describing 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.



# Table Setting

The following rules for setting a table correspond to the numbers seen in the table setting illustration below.

1. The flatware, plate, and napkin should be one inch from the edge of the table.
2. The plate is always in the center of the place setting.
3. The dinner fork is placed at the left of the plate.
4. If a salad fork is used, it is placed to the left of the dinner fork.
5. The napkin is placed to the left of the fork, with the fold on the left (unless a decorative/creative fold is used). The napkin may also go under a fork or on top of the plate.
6. The knife is placed to the right of the plate with the sharp blade facing in towards the plate.
7. The teaspoon is placed to the right of the knife.
8. If a soup spoon is needed, it is placed to the right of the teaspoon.
9. The soup bowl may be placed on the dinner plate.
10. The drinking glass is placed at the tip of the knife.
11. If salad, bread and/or dessert plate(s) — or bowl(s) — is used, place at the top of the fork(s).
12. The cup or mug is placed to the top right of the spoons.



*Note: Only the utensils needed are placed on the table.*

## Judging & Interview

During judging, you PRESENT your table setting to the judge by telling about your ideas and why you chose this particular theme (optional — if you bring your own table setting). You should view yourself as a host and the judge as your guest. You should extend a welcome to your guest and present your ideas behind your theme, choice of menu, food preparation and food handling. You should also demonstrate an understanding of table setting techniques. Following your presentation, be prepared to answer any questions your guest may have. You should be able to describe the ingredients and preparation required for all menu items, as well as food safety. Special awards will be given to outstanding table settings.

## Attire

Participant's attire should correspond (optional) with the theme/occasion of their table setting. Participants may come dressed or change in the restrooms.

## Menu

When planning a menu, first decide on the main dish. Select appropriate vegetables, appetizer, soup or salad. Add a bread, dessert and beverage, if desired. Use MyPlate to plan nutritious meals. Breakfast, party, and picnic menus should contain two or three food groups. Other meals should contain five food groups. Participants are encouraged to develop interesting and creative menus. For example, you might name a food to fit your theme.

## Centerpiece

The centerpiece should be coordinated with the table appointment and be appropriate for the occasion. Even though a single place setting is set, the centerpiece should be visible to all as if the entire table was set and should not obstruct anyone's view of each other. Centerpiece candles are NOT to be lit. Points will be deducted for lit candles (you may use battery operated candles).

## FORMAL PLACE SETTING

Cloth napkin placement may vary.



## INFORMAL PLACE SETTING

These are general guidelines. For non-formal categories, placement may vary. Let your creativity go!



Only the tableware needed for the meal are placed on the table.

## EXAMPLE MENUS



### Menu Planning Hints:

- Use your imagination to picture menu food items.
- The plated meal should be pleasing to the eye, appetizing to look at and make your guests ready to eat.
- Vary the way food is prepared (ex. not all fried or creamed).
- Use food groups appropriately for the theme.
- Consider how food is stored safely (especially for picnic).
- Serve a variety of temperatures, textures, shapes and colors.
- Make sure the food flavors compliment each other.





## Writing the Menu

The menu should be displayed on a 4x6 or larger on your choice of medium (index card, ceramic tile, chalkboard, etc.) printed or typed by the participant. You may decorated and/or prop up the menu.

- 1) (a) List the foods in the order in which they are served.  
(Every menu will not include all the foods listed.)

Appetizer  
Main Dish  
Starchy Vegetable  
Other Vegetables  
Salad  
Bread  
Dessert  
Beverage

### EXAMPLES FOR A FORMAL MEAL:

Braised Ham  
  
Grilled Pineapple Slices  
  
Cole Slaw  
  
Hot Ginger bread with Applesauce  
  
Coffee   Milk

- (b) Group foods served in one course. Use single line spacing between food items and a double line spacing between courses.

- 2) Use CAPITALS at the beginning of all words except articles, conjunctions, and prepositions. Correct spelling is important.

- 3) When an item on the menu has an accompaniment:

- (a) place the main item to the left and the accompaniment to the right,

Braised Pork Chops      Applesauce

- (b) or you may center the main item and write the accompanying item underneath,

Braised Pork Chops  
Applesauce

- (c) if more than one accompaniment appears, place one at each side on the same line,

Sesame Seed Wafers   Tornato Bouillon   Saltines

- (d) or place both on the same line below.

Tornato Bouillon  
Sesame Seed Wafers      Saltines

- 4) When a food is commonly prepared in more than one way, avoid confusion by describing the method of cooking, such as: Roast Turkey or French Fried Potatoes.
- 5) List each food with the exception of butter, cream, sugar, or salad dressing, unless it is something special, such as Honey Butter or Poppyseed Dressing.
- 6) List beverages last.
- 7) Plan the spacing and arrangement of the items on the menu so that the written menu is symmetrical.
- 8) Consider creativeness when choosing names of menu items (except for formal menus). Formal menus must use original names of items. Ex. using Patriotic Punch for a 4th of July theme and Cherry Punch for a formal theme.

## Common Errors in Planning Meals

### PREPARATION AND TYPE OF FOOD

- No main dish
- More than one main dish
- Too many foods prepared in the same way, such as fried foods, creamed food, or foods with sauces
- Too many starchy foods
- Same fruit or vegetable more than once
- Too many high protein foods

### NUTRITION

- Too many foods from one food group
- Missing food groups
- Contain a variety of foods not meeting the nutritional needs of those for whom it is planned

### TEMPERATURE

- Too many foods of the same temperature
- Not enough time allotted for preparation

- Need to keep hot foods hot and cold foods cold
- Food not stored at safe temperature (special consideration needed for picnics)

### FLAVOR

- All bland flavor
- Too many strong flavors
- Repetition of food or flavor
- No tart or acid-flavor
- Too many sweet or too many sour foods

### COLOR

- Too many foods of same color
- No contrast or variation
- Chasing or unpleasant color scheme

### TEXTURE

- Too many soft foods
- Too many chewy foods
- Too many crispy or crunchy foods
- Lack of variety in texture

### SIZE

- Too many mixtures
- Too many small pieces of the same size and shape
- Too many similar shapes
- Lack of variety in shape