

2026

Food and Nutrition

*Denotes Project is Eligible for State Fair

****Clarification of Portfolio:**

The portfolio is project specific and is used to enhance conversation between the member and the 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) per “activity area” or “interest area” as designated in the front of their project books. Ideas for these pages include journaling, 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 at the state fair for scrapbooking style. The project book should not be a part of the portfolio.

All 4-H members attend a **FOOD SKILLATHON** before county judging. **NO POSTERS**

Project	Age Division	Type of Evaluation	Materials to Bring to Judging	Special Notes
459* Lets Start Cooking	Junior 8-13 Senior 14-18 Senior Level County Winner	Judges will evaluate participants in 3 different stations at County Judging: <ul style="list-style-type: none"> • PORTFOLIO STATION Participants should be able to discuss each “Activity Area” in their portfolio. • MENU AND TABLE SETTING STATION Participants must bring completed “Menu of the Day” form. They will be asked to set 1 place setting for a meal of their choice from their menu they created. They may bring their own dishes and silverware or use the ones provided at judging. • INTERVIEW STATION Participants should be prepared to discuss their project including knowledge of MyPlate with the judge. 	-Completed Project Book (based on the stated guidelines in the project book) -Be prepared to discuss your project with the judge -Bring a **portfolio (members will share their learning experience in a folder or binder using pictures, illustrations, written information-documenting what they learned from their project)	If you are selected as a State Fair Delegate – additional information will be given to you by the 4-H Educator – At State Fair each individual will participate in 3 different stations. *My Plate station (the youth will be able to apply their knowledge of the My Plate) *Portfolio station *Interview station When going to state youth must bring: Pencil, 3-pronged folder with their completed “Portfolio” and a blank clipboard.
461* Let's Bake Quick Breads	Junior 8-13 Senior 14-18	Judges will evaluate participants in 3 different stations at County Judging: <ul style="list-style-type: none"> • PORTFOLIO STATION Participants should be able to discuss each “Activity Area” in their portfolio. • MENU AND TABLE SETTING STATION Participants must bring completed “Menu of the Day” form. They will be asked to set 1 place setting for a meal of their choice from their menu they created. They may bring their own dishes and silverware or use the ones provided at judging. • INTERVIEW STATION Participants should be prepared to discuss their project including knowledge of MyPlate with the judge. 	-Completed Project Book (based on the stated guidelines in the project book) -Be prepared to discuss your project with the judge -Bring a **portfolio (members will share their learning experience in a folder or binder using pictures, illustrations, written information-documenting what they learned from their project)	If you are selected as a State Fair Delegate – additional information will be given to you by the 4-H Educator – At State Fair each individual will participate in 3 different stations. *My Plate station (the youth will be able to apply their knowledge of the My Plate) *Portfolio station *Interview station When going to state youth must bring: Pencil, 3 pronged folder with their completed “Portfolio” and a blank clipboard.
462* Yeast Breads on the Rise	n/a	Judges will evaluate participants in 3 different stations at County Judging: <ul style="list-style-type: none"> • PORTFOLIO STATION Participants should be able to discuss each “Activity Area” in their portfolio. • MENU AND TABLE SETTING 	-Completed Project Book (based on the stated guidelines in the project book) -Be prepared to discuss your project with the judge -Bring a **portfolio (members will share their learning experience in a	If you are selected as a State Fair Delegate – additional information will be given to you by the 4-H Educator – At State Fair each individual will participate in 3 different stations. *My Plate station (the youth will be



		<p>STATION</p> <p>Participants must bring completed “Menu of the Day” form. They will be asked to set 1 place setting for a meal of their choice from their menu they created. They may bring their own dishes and silverware or use the ones provided at judging.</p> <ul style="list-style-type: none"> • INTERVIEW STATION <p>Participants should be prepared to discuss their project including knowledge of MyPlate with the judge.</p>	<p>folder or binder using pictures, illustrations, written information-documenting what they learned from their project)</p>	<p>able to apply their knowledge of the My Plate)</p> <ul style="list-style-type: none"> *Portfolio station *Interview station <p>When going to state youth must bring: Pencil, 3-pronged folder with their completed “Portfolio” and a blank clipboard.</p>
463* Sports Nutrition: Ready, Set, Go	Junior 8-13 Senior 14-18	<p>Judges will evaluate participants in 3 different stations at County Judging:</p> <ul style="list-style-type: none"> • PORTFOLIO STATION <p>Participants should be able to discuss each “Activity Area” in their portfolio.</p> <ul style="list-style-type: none"> • MENU AND TABLE SETTING STATION <p>Participants must bring completed “Menu of the Day” form. They will be asked to set 1 place setting for a meal of their choice from their menu they created. They may bring their own dishes and silverware or use the ones provided at judging.</p> <ul style="list-style-type: none"> • INTERVIEW STATION <p>Participants should be prepared to discuss their project including knowledge of MyPlate with the judge.</p>	<p>-Completed Project Book (based on the stated guidelines in the project book)</p> <p>-Be prepared to discuss your project with the judge</p> <p>-Bring a **portfolio (members will share their learning experience in a folder or binder using pictures, illustrations, written information-documenting what they learned from their project)</p>	<p>If you are selected as a State Fair Delegate – additional information will be given to you by the 4-H Educator –</p> <p>At State Fair each individual will participate in 3 different stations.</p> <ul style="list-style-type: none"> *My Plate station (the youth will be able to apply their knowledge of the My Plate) *Portfolio station *Interview station <p>When going to state youth must bring: Pencil, 3-pronged folder with their completed “Portfolio” and a blank clipboard.</p>
467* Cooking on My Own	n/a	<p>Judges will evaluate participants in 3 different stations at County Judging:</p> <ul style="list-style-type: none"> • PORTFOLIO STATION <p>Participants should be able to discuss each “Activity Area” in their portfolio.</p> <ul style="list-style-type: none"> • MENU AND TABLE SETTING STATION <p>Participants must bring completed “Menu of the Day” form. They will be asked to set 1 place setting for a meal of their choice from their menu they created. They may bring their own dishes and silverware or use the ones provided at judging.</p> <ul style="list-style-type: none"> • INTERVIEW STATION <p>Participants should be prepared to discuss their project including knowledge of MyPlate with the judge.</p>	<p>-Completed Project Book (based on the stated guidelines in the project book)</p> <p>-Be prepared to discuss your project with the judge</p> <p>-Bring a **portfolio (members will share their learning experience in a folder or binder using pictures, illustrations, written information-documenting what they learned from their project)</p>	<p>If you are selected as a State Fair Delegate – additional information will be given to you by the 4-H Educator –</p> <p>At State Fair each individual will participate in 3 different stations.</p> <ul style="list-style-type: none"> *My Plate station (the youth will be able to apply their knowledge of the My Plate) *Portfolio station *Interview station <p>When going to state youth must bring: Pencil, 3-pronged folder with their completed “Portfolio” and a blank clipboard.</p>
469* Global Gourmet	n/a	<p>Judges will evaluate participants in 3 different stations at County Judging:</p> <ul style="list-style-type: none"> • PORTFOLIO STATION <p>Participants should be able to discuss each “Activity Area” in their portfolio.</p> <ul style="list-style-type: none"> • MENU AND TABLE SETTING STATION <p>Participants must bring completed “Menu of the Day” form. They will be asked to set 1 place setting for a meal</p>	<p>-Completed Project Book (based on the stated guidelines in the project book)</p> <p>-Be prepared to discuss your project with the judge</p> <p>-Bring a **portfolio (members will share their learning experience in a folder or binder using pictures, illustrations, written information-documenting what they learned from their project)</p>	<p>If you are selected as a State Fair Delegate – additional information will be given to you by the 4-H Educator –</p> <p>At State Fair each individual will participate in 3 different stations.</p> <ul style="list-style-type: none"> *My Plate station (the youth will be able to apply their knowledge of the My Plate) *Portfolio station *Interview station



		<p>of their choice from their menu they created. They may bring their own dishes and silverware or use the ones provided at judging.</p> <ul style="list-style-type: none"> • INTERVIEW STATION <p>Participants should be prepared to discuss their project including knowledge of MyPlate with the judge.</p>		<p>When going to state youth must bring: Pencil, 3-pronged folder with their completed "Portfolio" and a blank clipboard.</p>
472* Grill Master	Junior 8-13 Senior 14-18	<p>Judges will evaluate participants in 3 different stations at County Judging:</p> <ul style="list-style-type: none"> • PORTFOLIO STATION <p>Participants should be able to discuss each "Activity Area" in their portfolio.</p> <ul style="list-style-type: none"> • MENU AND TABLE SETTING STATION <p>Participants must bring completed "Menu of the Day" form. They will be asked to set 1 place setting for a meal of their choice from their menu they created. They may bring their own dishes and silverware or use the ones provided at judging.</p> <ul style="list-style-type: none"> • INTERVIEW STATION <p>Participants should be prepared to discuss their project including knowledge of MyPlate with the judge.</p>	<p>-Completed Project Book (based on the stated guidelines in the project book)</p> <p>-Be prepared to discuss your project with the judge</p> <p>-Bring a **portfolio (members will share their learning experience in a folder or binder using pictures, illustrations, written information-documenting what they learned from their project)</p>	<p>If you are selected as a State Fair Delegate – additional information will be given to you by the 4-H Educator –</p> <p>At State Fair each individual will participate in 3 different stations.</p> <p>*My Plate station (the youth will be able to apply their knowledge of the My Plate)</p> <p>*Portfolio station</p> <p>*Interview station</p> <p>When going to state youth must bring: Pencil, 3-pronged folder with their completed "Portfolio" and a blank clipboard.</p>
474* Beyond the Grill	n/a	<p>Judges will evaluate participants in 3 different stations at County Judging:</p> <ul style="list-style-type: none"> • PORTFOLIO STATION <p>Participants should be able to discuss each "Activity Area" in their portfolio.</p> <ul style="list-style-type: none"> • MENU AND TABLE SETTING STATION <p>Participants must bring completed "Menu of the Day" form. They will be asked to set 1 place setting for a meal of their choice from their menu they created. They may bring their own dishes and silverware or use the ones provided at judging.</p> <ul style="list-style-type: none"> • INTERVIEW STATION <p>Participants should be prepared to discuss their project including knowledge of MyPlate with the judge.</p>	<p>-Completed Project Book (based on the stated guidelines in the project book)</p> <p>-Be prepared to discuss your project with the judge</p> <p>-Bring a **portfolio (members will share their learning experience in a folder or binder using pictures, illustrations, written information-documenting what they learned from their project)</p>	<p>If you are selected as a State Fair Delegate – additional information will be given to you by the 4-H Educator –</p> <p>At State Fair each individual will participate in 3 different stations.</p> <p>*My Plate station (the youth will be able to apply their knowledge of the My Plate)</p> <p>*Portfolio station</p> <p>*Interview station</p> <p>When going to state youth must bring: Pencil, 3-pronged folder with their completed "Portfolio" and a blank clipboard.</p>
475* Star Spangled Foods	Junior 8-13 Senior 14-18	<p>Judges will evaluate participants in 3 different stations at County Judging:</p> <ul style="list-style-type: none"> • PORTFOLIO STATION <p>Participants should be able to discuss each "Activity Area" in their portfolio.</p> <ul style="list-style-type: none"> • MENU AND TABLE SETTING STATION <p>Participants must bring completed "Menu of the Day" form. They will be asked to set 1 place setting for a meal of their choice from their menu they created. They may bring their own dishes and silverware or use the ones provided at judging.</p>	<p>-Completed Project Book (based on the stated guidelines in the project book)</p> <p>-Be prepared to discuss your project with the judge</p> <p>-Bring a **portfolio (members will share their learning experience in a folder or binder using pictures, illustrations, written information-documenting what they learned from their project)</p>	<p>If you are selected as a State Fair Delegate – additional information will be given to you by the 4-H Educator –</p> <p>At State Fair each individual will participate in 3 different stations.</p> <p>*My Plate station (the youth will be able to apply their knowledge of the My Plate)</p> <p>*Portfolio station</p> <p>*Interview station</p> <p>When going to state youth must bring: Pencil, 3-pronged folder with their completed "Portfolio" and a blank</p>



		<ul style="list-style-type: none"> INTERVIEW STATION <p>Participants should be prepared to discuss their project including knowledge of MyPlate with the judge.</p>		clipboard.
476* Kitchen Boss	n/a	<p>Judges will evaluate participants in 3 different stations at County Judging:</p> <ul style="list-style-type: none"> PORTFOLIO STATION <p>Participants should be able to discuss each "Activity Area" in their portfolio.</p> <ul style="list-style-type: none"> MENU AND TABLE SETTING STATION <p>Participants must bring completed "Menu of the Day" form. They will be asked to set 1 place setting for a meal of their choice from their menu they created. They may bring their own dishes and silverware or use the ones provided at judging.</p> <ul style="list-style-type: none"> INTERVIEW STATION <p>Participants should be prepared to discuss their project including knowledge of MyPlate with the judge.</p>	<p>-Completed Project Book (based on the stated guidelines in the project book)</p> <p>-Be prepared to discuss your project with the judge</p> <p>-Bring a **portfolio (members will share their learning experience in a folder or binder using pictures, illustrations, written information- documenting what they learned from their project)</p>	<p>If you are selected as a State Fair Delegate – additional information will be given to you by the 4-H Educator –</p> <p>At State Fair each individual will participate in 3 different stations.</p> <p>*My Plate station (the youth will be able to apply their knowledge of the My Plate)</p> <p>*Portfolio station</p> <p>*Interview station</p> <p>When going to state youth must bring:</p> <p>Pencil, 3-pronged folder with their completed "Portfolio" and a blank clipboard.</p>
477* Party Planner: A 4-H Guide to Quantity Cooking	Junior 8-13 Senior 14-18	<p>Judges will evaluate participants in 3 different stations at County Judging:</p> <ul style="list-style-type: none"> PORTFOLIO STATION <p>Participants should be able to discuss each "Activity Area" in their portfolio.</p> <ul style="list-style-type: none"> MENU AND TABLE SETTING STATION <p>Participants must bring completed "Menu of the Day" form. They will be asked to set 1 place setting for a meal of their choice from their menu they created. They may bring their own dishes and silverware or use the ones provided at judging.</p> <ul style="list-style-type: none"> INTERVIEW STATION <p>Participants should be prepared to discuss their project including knowledge of MyPlate with the judge.</p>	<p>-Completed Project Book (based on the stated guidelines in the project book)</p> <p>-Be prepared to discuss your project with the judge</p> <p>-Bring a **portfolio (members will share their learning experience in a folder or binder using pictures, illustrations, written information- documenting what they learned from their project)</p>	<p>If you are selected as a State Fair Delegate – additional information will be given to you by the 4-H Educator –</p> <p>At State Fair each individual will participate in 3 different stations.</p> <p>*My Plate station (the youth will be able to apply their knowledge of the My Plate)</p> <p>*Portfolio station</p> <p>*Interview station</p> <p>When going to state youth must bring:</p> <p>Pencil, 3-pronged folder with their completed "Portfolio" and a blank clipboard.</p>
481* Everyday Food and Fitness	Junior 8-13 Senior 14-18	<p>Judges will evaluate participants in 3 different stations at County Judging:</p> <ul style="list-style-type: none"> PORTFOLIO STATION <p>Participants should be able to discuss each "Activity Area" in their portfolio.</p> <ul style="list-style-type: none"> MENU AND TABLE SETTING STATION <p>Participants must bring completed "Menu of the Day" form. They will be asked to set 1 place setting for a meal of their choice from their menu they created. They may bring their own dishes and silverware or use the ones provided at judging.</p> <ul style="list-style-type: none"> INTERVIEW STATION <p>Participants should be prepared to discuss their project including knowledge of MyPlate with the judge.</p>	<p>-Completed Project Book (based on the stated guidelines in the project book)</p> <p>-Be prepared to discuss your project with the judge</p> <p>-Bring a **portfolio (members will share their learning experience in a folder or binder using pictures, illustrations, written information- documenting what they learned from their project)</p>	<p>If you are selected as a State Fair Delegate – additional information will be given to you by the 4-H Educator –</p> <p>At State Fair each individual will participate in 3 different stations.</p> <p>*My Plate station (the youth will be able to apply their knowledge of the My Plate)</p> <p>*Portfolio station</p> <p>*Interview station</p> <p>When going to state youth must bring:</p> <p>Pencil, 3-pronged folder with their completed "Portfolio" and a blank clipboard.</p>



484* Snack Attack!	Junior 8-13 Senior 14-18	<p>Judges will evaluate participants in 3 different stations at County Judging:</p> <ul style="list-style-type: none"> • PORTFOLIO STATION Participants should be able to discuss each "Activity Area" in their portfolio. • MENU AND TABLE SETTING STATION Participants must bring completed "Menu of the Day" form. They will be asked to set 1 place setting for a meal of their choice from their menu they created. They may bring their own dishes and silverware or use the ones provided at judging. • INTERVIEW STATION Participants should be prepared to discuss their project including knowledge of MyPlate with the judge. 	<p>-Completed Project Book (based on the stated guidelines in the project book) -Be prepared to discuss your project with the judge -Bring a **portfolio (members will share their learning experience in a folder or binder using pictures, illustrations, written information-documenting what they learned from their project) -Bring one food item to county judging (It is prohibited at state judging) -A printed recipe for the food item presented at county judging</p>	<p>If you are selected as a State Fair Delegate – additional information will be given to you by the 4-H Educator – At State Fair each individual will participate in 3 different stations. *My Plate station (the youth will be able to apply their knowledge of the My Plate) *Portfolio station *Interview station When going to state youth must bring: Pencil, 3-pronged folder with their completed "Portfolio" and a blank clipboard.</p>
485* Racing the Clock to Awesome Meals	Junior 8-13 Senior 14-18	<p>Judges will evaluate participants in 3 different stations at County Judging:</p> <ul style="list-style-type: none"> • PORTFOLIO STATION Participants should be able to discuss each "Activity Area" in their portfolio. • MENU AND TABLE SETTING STATION Participants must bring completed "Menu of the Day" form. They will be asked to set 1 place setting for a meal of their choice from their menu they created. They may bring their own dishes and silverware or use the ones provided at judging. • INTERVIEW STATION Participants should be prepared to discuss their project including knowledge of MyPlate with the judge. 	<p>-Completed Project Book (based on the stated guidelines in the project book) -Be prepared to discuss your project with the judge -Bring a **portfolio (members will share their learning experience in a folder or binder using pictures, illustrations, written information-documenting what they learned from their project) judging)</p>	<p>If you are selected as a State Fair Delegate – additional information will be given to you by the 4-H Educator – At State Fair each individual will participate in 3 different stations. *My Plate station (the youth will be able to apply their knowledge of the My Plate) *Portfolio station *Interview station When going to state youth must bring: Pencil, 3-pronged folder with their completed "Portfolio" and a blank clipboard.</p>
487* Take a Break for Breakfast	Junior 8-13 Senior 14-18	<p>Judges will evaluate participants in 3 different stations at County Judging:</p> <ul style="list-style-type: none"> • PORTFOLIO STATION Participants should be able to discuss each "Activity Area" in their portfolio. • MENU AND TABLE SETTING STATION Participants must bring completed "Menu of the Day" form. They will be asked to set 1 place setting for a meal of their choice from their menu they created. They may bring their own dishes and silverware or use the ones provided at judging. • INTERVIEW STATION Participants should be prepared to discuss their project including knowledge of MyPlate with the judge. 	<p>-Completed Project Book (based on the stated guidelines in the project book) -Be prepared to discuss your project with the judge -Bring a **portfolio (members will share their learning experience in a folder or binder using pictures, illustrations, written information-documenting what they learned from their project)</p>	<p>If you are selected as a State Fair Delegate – additional information will be given to you by the 4-H Educator – At State Fair each individual will participate in 3 different stations. *My Plate station (the youth will be able to apply their knowledge of the My Plate) *Portfolio station *Interview station When going to state youth must bring: Pencil, 3-pronged folder with their completed "Portfolio" and a blank clipboard.</p>



<p>488* Mmmmm Cookies!</p>	<p>Junior 8-13 Senior 14-18</p>	<p>Judges will evaluate participants in 3 different stations at County Judging:</p> <ul style="list-style-type: none"> • PORTFOLIO STATION Participants should be able to discuss each "Activity Area" in their portfolio. • MENU AND TABLE SETTING STATION Participants must bring completed "Menu of the Day" form. They will be asked to set 1 place setting for a meal of their choice from their menu they created. They may bring their own dishes and silverware or use the ones provided at judging. • INTERVIEW STATION Participants should be prepared to discuss their project including knowledge of MyPlate with the judge. 	<p>-Completed Project Booklet (free download) of all activities/interest areas along with all the recipes.</p>	<p>Junior County Winner Senior County Winner This project does not go to State Fair</p>





**2026 Stark County
4-H Food & Nutrition Judging
Thursday, July 16, 2026,
Foltz Center
224 N. Wood St., East Canton, OH
Time: 12:00pm-7:00pm**

Stark County Extension
2321 Energy Dr., Floor 1
Louisville, OH
44641
234-348-6001
stark.osu.edu

What you need to bring and be prepared with:

1. *A completed project book*
2. *Knowledge of MyPlate*



You should understand:

- The names of the food groups
- The number of servings required per day
- What foods make up each group

A copy of MyPlate is enclosed

3. *A completed “Menu for the Day” Form. You will be asked to set the table for one place setting for a meal of their choice from their menu.*
4. *A Portfolio displaying your knowledge*
 - *The Portfolio is project specific and is used to enhance 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.***
5. *A judge interview*