## 2018 Ohio State Fair Food and Nutrition Portfolio Interest Areas

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<td>-Safety First</td>
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<td>-Equipment Check</td>
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<td>-Decoding Recipes</td>
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<td>-Measuring Mastery</td>
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<td>-Eat the Rainbow</td>
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<td>-Get Growing with Proteins</td>
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<td>-Get Moving for Life</td>
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<td>Snack Attack (484)</td>
<td>-Exploring MyPyramid (My Plate)</td>
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<td>-Not-So-Hidden Calories</td>
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<td>Fast Break for Breakfast (487)</td>
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<td>-Be on the Winning Side of Breakfast with Breads and Cereals</td>
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<td>-Have that Gold Medal Glow with Fruits and Vegetables</td>
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<td>-Add Muscle to Your Breakfast with Meat, Poultry, Fish, Dry Beans, Eggs and Nuts</td>
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<td>-Score Big with Milk, Cheese and Yogurt</td>
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<td>Let’s Bake Quick Breads (461)</td>
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<td>-Gluten-Free Baking</td>
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<td>-Tweaking Recipes for Your Health</td>
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<td>Sports Nutrition – Ready Set Go(463)</td>
<td>-The Three Parts of Physical Fitness</td>
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<td>-Exercise and Your Heart Rate</td>
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<td>-Eating and Burning Calories</td>
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<td>-How Nutrients Help Performance</td>
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| Grill Master (472) | -Finding Hidden Water for Hydration  
|                 | -Sizing Up Servings  
|                 | -Ready, Set, Grill  
|                 | -Other Equipment Essentials  
|                 | -Secret Ingredients: Sauces and Marinades  
|                 | -Grilling Fruits and Vegetables  
|                 | -The Final Skill Trial: Grilling Off-Site  
| Star Spangled Foods (475) | -Wild West Burgers  
|                 | -Star Spangled Salads  
|                 | -Yankee Snickerdoodles  
|                 | -Indian Beans  
|                 | -Country Breakfast  
|                 | -Breakfast Down on the Farm  
|                 | -Jambalaya  
|                 | -Chocolate Dessert  
| Party Planner (477) | -Sleepover Nutrition Hunt  
|                 | -Recipe Makeover  
|                 | -Show Me the Money!  
|                 | -MyPyramid: All Mine (My Plate)  
|                 | -Perfect Timing  
|                 | -Crowd Pleasers  
|                 | -Picnic in the Parking Lot  
|                 | -Scoring Points with Burgers  
| Racing the Clock to Awesome Meals (485) | -MyPyramid: The Starting Block (My Plate)  
|                 | -Jump Start Your Day  
|                 | -Pastabilities  
|                 | -Super Soups  
|                 | -Planed Overs  
|                 | -Equipment Helpers  
|                 | -Overcoming Hurdles  
| Dashboard Dining (486) | -Rating Your Hunger  
|                 | -Eating the Right Portions  
|                 | -Making Healthful Choices  
|                 | -Selecting Nutrient Rich Foods  
|                 | -Designing Your Meals  
|                 | -Comparing Fast Food to Homemade Food  
|                 | -Checking for Restaurant Cleanliness  
| Advanced Skill Level |  
| Yeast Breads on the Rise (462) | FIRST YEAR (see page 6)  
|                 | -MyPlate  
|                 | -Ingredients in Bread Products  
|                 | -Career Options  
|                 | -Methods of Mixing Yeast Breads  
|                 | -Bread Dough Basics  
|                 | -Traditional Method  
|                 | -Sponge Dough Method  
|                 | -Batter/No Knead Method  

<table>
<thead>
<tr>
<th>Course</th>
<th>Topics</th>
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| You’re the Chef (467)                       | - USDA Nutrition Guideline  
- Deli Meal  
- Stir-Fry Meal  
- Range-Top Meal  
- Oven Meal  
- Microwave Meal  
- Slow Cooker Meal  
- Vegetarian Meal |
| Global Gourmet (469)                        | - Mexico  
- Africa  
- Japan  
- India  
- Italy  
- Greece  
- Germany |
| Beyond the Grill (474)                      | - Pack Up and Go-Safely  
- Cowboy Up with a Campfire  
- Catch Some Rays and Cook  
- Go Lean and Know Your Temps  
- Proteins – Meat and More  
- Party Time  
- Dutch Over Treasures |
| Pathways to Culinary Success (476)          | - Basic Equipment  
- Meats/Meat Cuts  
- Stocks and Sauces  
- Planning Meals with Appeal  
- Pies and Pastries  
- Putting it All Together  
- Project Journal |
| Mixer Method                                | - Bread Machine Method |
| SECOND YEAR (see page 40)                   | - MyPlate  
- Ingredients in Bread Products  
- Methods of Mixing Yeast Breads  
- Bread Dough Basics  
- Career Options  
- Mixing Method #1  
- Mixing Method #2  
- Mixing Method #3 (optional)  
- Mixing Method #4 (optional)  
- Mixing Method #5 (optional) |
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