

FOOD AND NUTRITION ACTIVITY
 Lausche Youth Center
 Tuesday, August 1, Wednesday, August 2, August 3, 2023
 PEGGY KELLY, Assistant Superintendent
 CAROL CHANDLER, RHONDA WILLIAMS, and AMANDA BOHLEN
 Assistant Superintendents

GENERAL GUIDELINES

1. Age of Participants: 4-H age as of 1/1/2023
2. Participation Guidelines:
 - **Each county may only send one participant per class.**
 - Participants may only compete in one project. Each participant will be competing on an individual basis.
 - Age levels are: **Advanced 14-19, Intermediate – 11-13, but check project books, Beginner – 8-10**
 - Participants eligible for the clock trophy must meet the project age levels for either the junior age level or the senior age level. All participants are eligible for Outstanding of the day.
 - Outstanding of the Day awards and clock trophies will be presented at 4:45 p.m.
3. Type of Evaluation:
 - Each individual will participate in two stations. The stations will include – an Interview station answering questions directly from their book and questions applied to knowledge focusing on MyPlate (www.myplate.gov), and a Portfolio station with members sharing their learning experience in a folder or binder using pictures, illustrations, written information – documenting what they learned from their project. **The two** stations will be specific to the project they are enrolled in.
 - **Activity stations will be based on information contained in the 4-H project books and the My Plate website, www.choosemyplate.gov** along with information about MyPlate in the books.
 - Registration will begin **15 minutes** before time indicated for each county, and date for participants in each class and skill level.
 - This event will take approximately 1-1 ½ hours to complete.
4. Participant to bring:
 - All participants should bring a pencil, their three-pronged folder with their completed “Portfolio” and a blank clipboard; do not bring anything else. **See attached 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. Participants may also not bring any electronic devices including cell phones, iPads or tablets, Apple Watches, or Smart Watches.

CLASSES

Tuesday, August 1

Advanced Level

- J-1 Yeast Breads on the Rise
- J-2 Cooking on my Own
- J-3 Global Gourmet
- J-4 Kitchen Boss
- J-5 Beyond the Grill

- J-13 Star Spangled Foods - Senior
- J-14 Sports Nutrition: Ready, Set, Go - Junior
- J-15 Sports Nutrition: Ready, Set, Go - Senior
- J-16 Party Planner: A 4-H Guide to Quantity Cooking – Junior
- J-17 Party Planner: A 4-H Guide to Quantity Cooking - Senior
- J-18 Dashboard Dining – Junior
- J-19 Dashboard Dining - Senior

Wednesday, August 2

Intermediate Level

- J-6 Let's Bake Quick Breads - Junior
- J-7 Let's Bake Quick Breads - Senior
- J-8 Racing the Clock to Awesome Meals - Junior
- J-9 Racing the Clock to Awesome Meals - Senior
- J-10 Grill Master - Junior
- J-11 Grill Master - Senior
- J-12 Star Spangled Foods - Junior

Thursday, August 3

Beginner Level

- J-20 Snack Attack! - Junior
- J-21 Snack Attack! - Senior
- J-22 Let's Start Cooking – Junior
- J-23 Let's Start Cooking - Senior
- J-24 Take a Break for Breakfast - Junior
- J-25 Take a Break for Breakfast - Senior
- J-26 Every Day Food and Fitness - Junior
- J-27 Every Day Food and Fitness - Senior

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 plan to 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, Delaware, Fairfield, Fayette, Franklin, Madison, Marion, Morrow, Pickaway, Ross, Union

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

Allen, Ashland, Coshocton, Crawford, Greene, Hancock, Hocking, Holmes, Jackson, Knox, Licking, Logan, Medina, Muskingum, 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, Guernsey, Hamilton, Hardin, Harrison, Henry, Highland, Huron, Lorain, Mercer, Miami, Montgomery, Monroe, Tuscarawas, Warren, Wayne, Wood, Vinton

2:45 p.m. (Registration begins at 2:30 p.m.)

Adams, Ashtabula, Brown, Columbiana, Cuyahoga, Defiance, Fulton, Gallia, Geauga, Jefferson, Lake, Lawrence, Lucas, Mahoning, Meigs, Morgan, Ottawa, Paulding, Portage, Preble, Sandusky, Scioto, Seneca, Stark, Summit, Trumbull, Van Wert, Washington, 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 of each day at 4:45 p.m.
3. A clock trophy will be awarded to the top scorer in each class at the award ceremony.

2022 CLASS WINNERS Regardless of whether you competed in the junior or senior division, trophy winners in 2022 are not eligible to participate in the same project in either age level for 2023.

J-01 Yeast Breads on the Rise

Lydia VanVleet, Franklin

J-02 You're the Chef

Jessica Nye, Seneca

J-03 The Global Gourmet

Emma Berthold, Lorain

J-04 Kitchen Boss

Naomi Hathaway, Darke

J-05 Beyond the Grill

Phoebe Lenke, Ottawa

J-06 Let's Bake Quick Breads, Jr

Lauren Albright, Huron

J-07 Let's Bake Quick Breads, Sr

Adrianna Cox, Tuscarawas

J-08 Racing the Clock to Awesome Meals, Jr.

Ashleigh Willyerd, Delaware

J-09 Racing the Clock to Awesome Meals, Sr

Emma Finley, Wood

J-10 Grill Master, Jr

Audrey Davis, Perry

J-11 Grill Master, Sr

Vivian Blondin, Cuyahoga

J-12 Star Spangled Foods, Jr

Evelyn Gerschutz, Williams

J-13 Star Spangled Foods, Sr

Kayla Brickner, Putnam

J-14 Sports Nutrition Ready Set Go! Jr

Katelyn Schumm, Delaware

J-15 Sports Nutrition Ready Set Go! Sr

Ella Davis, Van Wert

J-16 Party Planner, Jr

Camille Foos, Wood

J-17 Party Planner, Sr

Brooke Bauer, Tuscarawas

J-18 Dashboard Dining, Jr

Rebekah Brenneman, Allen

J-19 Dashboard Dining, Sr

Grace Tabellion, Stark

J-20 Snack Attack! Jr

Emily Harris, Guernsey

J-21 Snack Attack! Sr

Natalie Moeller, Mercer

J-22 Let's Start Cooking, Jr

Abigail Messenger, Mahoning

J-23 Let's Start Cooking, Sr

Tyler Pounds, Huron

J-24 Take a Break for Breakfast, Jr

Jessica Serna, Erie

J-25 Take a Break for Breakfast, Sr

Alayna Meade, Butler

J-26 Everyday Food and Fitness, Jr

Stella Zippay, Mahoning

J-27 Everyday Food and Fitness, Sr

Emma Abate, Franklin

Food and Nutrition Project Evaluation Guidelines

- Food will not be judged at the state fair. There will be two stations for the participants in the State Fair Food and Nutrition Show.
- 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. They will also need to study the MyPlate information contained in their book or on the MyPlate website: www.myplate.gov
- 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.**