

FOOD AND NUTRITION ACTIVITY
Youth Center
Tuesday, July 30 - Thursday, August 1, 2019
PEGGY KELLY, Assistant Superintendent
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Assistant Superintendents

GENERAL GUIDELINES

1. Age of Participants:
2. Participation Guidelines:
 - **Each county may only send one participant per class.**
 - Clock trophy winners in 2018 are not eligible to participate in the same project in either age level for 2019.
 - Each participant 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 (ages 8-13), age level or the senior (ages 14-18) 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 three different stations. The stations will include a skill station – being an activity applying knowledge focusing on MyPlate (www.choosemyplate.gov), 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, and an interview station -- answering questions directly from their book. **All three** 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.**
 - 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 hour 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.

CLASSES

Tuesday, July 30

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
- J-5 Beyond the Grill

Wednesday, July 31

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

- 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

Thursday, August 1

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 Everyday Food and Fitness – Junior
- J-27 Everyday 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 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 day at 4:45 p.m.
3. A clock trophy will be awarded to the top scorer in each class at the Award Ceremony. Our 2018 sponsors were: **Ella Mae Bard, Judy Overocker, Tara Durbin, Lisa McClure, Pablo Villa, Jackie Krieger, Dustin Homan, Allen Auck, Kayla Oberstadt, David Crawford, and Bob Evans Farms**

2018 CLASS WINNERS (Clock trophy winners in 2018 are not eligible to participate in the same project in either age level for 2019)

J-01 Yeast Breads on the Rise	Angela Betz, Defiance
J-02 You're the Chef	Rachel Berk, Franklin
J-03 The Global Gourmet	Jordan Bok, Henry
J-04 Pathways to Culinary Success	Julia Hartinger, Butler
J-05 Beyond the Grill	Hannah Maxcy, Williams
J-06 Let's Bake Quick Bread, Junior	Cade Vingino, Belmont
J-07 Let's Bake Quick Bread, Senior	Gabriella Schumacher, Fairfield
J-08 Racing the Clock to Awesome Meals, Junior	Liam Wright, Medina
J-09 Racing the Clock to Awesome Meals, Senior	Patrick Caniglia, Medina
J-10 Grill Master, Junior	Jack Garrison, Clermont
J-11 Grill Master, Senior	Lucas Massie, Coshocton
J-12 Star Spangled Foods, Junior	Kora Burill, Henry
J-13 Star Spangled Foods, Senior	Stephanie Caple, Franklin
J-14 Sports Nutrition 2: Get Set!, Junior	Sophia Lammi, Delaware
J-15 Sports Nutrition 2: Get Set!, Senior	Molly Thompson, Muskingum
J-16 Party Planner: A 4-H Guide, Junior	Ellie Curlis, Hardin
J-17 Party Planner: A 4-H Guide, Senior	Deeanna Boss, Cuyahoga
J-18 Dashboard Dining, Junior	Jillian Cline, Franklin
J-19 Dashboard Dining, Senior	Emmy Beck-Aden, Athens
J-20 Snack Attack!, Junior	Hayden Weck, Muskingum
J-21 Snack Attack!, Senior	Kayla Lindberg, Ashtabula
J-22 Let's Start Cooking, Junior	Logynn Barr, Montgomery
J-23 Let's Start Cooking, Senior	Joshua Thomas, Van Wert
J-24 Fast Break for Breakfast, Junior	Samantha York, Franklin
J-25 Fast Break for Breakfast, Senior	Lindsey Homan, Mercer
J-26 Sports Nutrition 1: On Your Mark!, Junior	Jada May, Perry
J-27 Sports Nutrition 1: On Your Mark!, Senior	Sara Newsome, Highland

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. 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.