

## 4-H Food and Nutrition Project Information Sheet

This fact sheet includes information that you will need to properly plan and complete 4-H Food and Nutrition Project. Please review this information with your parent/helper to be sure you understand what is required by the county 4-H program.

1. **PROJECT BOOK/PROJECT REQUIREMENTS** – Each project book contains a MEMBER PROJECT GUIDE that lists specific information on how to complete a project. Use this section of the book to plan your project and ensure that you meet all project requirements.
2. **ONE FAMILY-SIZED SERVING** – Members must prepare one recipe from the project book for food judging. A single serving of the recipe will be served to the judge for tasting. Members should be prepared to discuss the preparation of the recipe with the judge.
3. **MENU FOR ONE DAY** – You should write down a meal plan for **one day** in menu form. This menu should include the food item prepared for judging. Use the **MyPlate Food Guide** and the number of servings from each food group as a guide for your menu. The daily meal plan should include breakfast, lunch, dinner, and at least one snack.

Ask your advisor to review your menu. Follow the order in the example below as you complete your menu.

(Meal Name)

Main dish

Vegetable

Dessert

Beverage

**Lunch**

Tuna sandwich

Peas & carrots

Chocolate pudding

Milk

**Snack**

Apple

4. **PLACE SETTING INSTRUCTIONS** – You are expected to bring the basic items for your place setting. If you would like, this can be coordinated with a theme to match your menu.
5. **PROJECT PORFOLIO** – For Project Presentation the participant will be responsible for bringing a 3-pronged folder that includes 8 ½” x 11” pages. The 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. 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, providing the 4-Her to reflect on their learning experience. There will be no points for scrapbooking style. State fair competition does NOT include bringing a food item, so the portfolio is the basis of judging at the state level.
6. **INTERVIEW** - Be prepared to answer questions on any nutrition facts or other project information contained in the project book. You will also present your portfolio, menu, place setting, and project book to the judge.

Take plenty of pictures of the foods you prepare for your project portfolio. If you have questions about MY PLATE, please call OSU Extension Family & Consumer Sciences Educator Jami Dellifield at (419)674-2297.

Sincerely,

*Mark D. Light*