

Food and Nutrition Projects

When selecting Food and Nutrition Projects, members must meet age and other requirements as listed in the current Family Guide, project book and in the county project requirements to be considered for county winner and state fair participation.

Please note the requirements for 490 Science Fun with Dairy Foods. This is a food science project and therefore has different requirements from the Food and Nutrition Project.

Judging: Judges will be looking for knowledge and skills learned. Judging includes:

- **Interview:** The interview station will provide the participant the opportunity to share their knowledge by answering questions directly from their project book.

- **My Plate Knowledge:** *My Plate* will be a hands-on activity that will allow the participant the ability to demonstrate knowledge learned about the *MyPlate* based on information they received from their book, handouts available at the Extension Office, or at <http://www.choosemyplate.gov>.

- **Portfolio:** The Portfolio is a project specific to the participant's book. The participant will be responsible for bringing a **3 pronged folder the includes 8" x 11" pages. No posters are accepted for Food and Nutrition Projects.** The participants will **create a maximum of one page (one sided only) per "activity area" or "interest area" as designated in the front of the 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 or could be a combination of styles allowing the 4-Her to reflect on their learning experience. There will be **no points for scrapbooking style.** The portfolio will be judged on the inclusion of information about the interest or activity areas listed in the front of each book, the organization of their materials, verbal presentation and communication with the judge regarding their portfolio.