

FOOD AND NUTRITION PROJECT INFORMATION

GENERAL PROJECT GUIDELINES

- ✓ Exhibitors will receive a schedule prior to the judging. If a member absolutely cannot be judged on their assigned date, he/she should schedule an interview during Early Judging Day.
- ✓ Important components of food judging:
 - a. Neatness, cleanliness, and enthusiasm of member at judging.
 - b. Entire dish of food is presented and an appropriate table setting is displayed. Include in the table setting any needed dinnerware, silverware, glassware, tablecloth or placemat. A centerpiece is optional.
 - c. Each 4-H member being judged must set his/her table without any assistance from others.
 - d. An 8-10 minute interview with judge about items listed above.
 - e. Advisors and members are encouraged to try their own judging activity to give members confidence and to help them know what judging is all about.
- ✓ Foods brought for judging need not come from the project book, but if substituted, must be of equal difficulty and directly relate to the skills learned in the project. Participants should bring the recipe for a food prepared that is not in the project book.
- ✓ When food is brought to judging, 4-H'ers need to be concerned with food safety. The Ohio State University Extension's position on food safety states that any food not properly stored for more than two hours can be potentially harmful. A refrigerator for cooling and an oven for warming are available during the Food Show at the Fair.
- ✓ All projects require a table setting for the Preble County Fair Food Show.

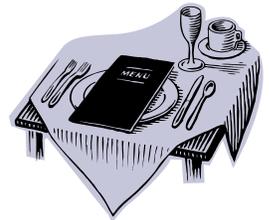


4-H Food & Nutrition Information

Pre-Fair Judging

Participants will be judged in three areas: The Presentation Portfolio, Project Knowledge, and Nutrition Knowledge. Participants will meet with a judge and will also complete a hands on activity related to nutrition. State Fair participants will be selected at Pre-Fair Judging. No scores will carry over to the Food Show at the Fair. The Pre-Fair Judging will closely mirror State Fair judging.

4-H members selected for State Fair in Food and Nutrition will not take food or place setting to state fair, but will complete an interview, share their project portfolio and complete a hands-on activity that allows them to demonstrate knowledge learned about My Plate.



Presentation Portfolio

Members completing a Food and Nutrition project will be responsible for completing a Presentation Portfolio specific to the participant's project. . You will be responsible for bringing a three-pronged folder with 8 1/2" x 11" pages inside. You will complete one-page (one-side only) for each "activity area" or "interest area" listed in the front of your project book. These pages could be journaling, a timeline, photo, collage or any other format that would illustrate your work and knowledge gained while completing the project. Each page could be different or a combination of style to allow you to reflect upon your learning experience.

There will be no points or judging based upon scrapbooking style. The Presentation Portfolio will be judged upon the inclusion of information about the activity or interest areas listed in the front of each project book, the organization of the materials, verbal presentation and communication with the judge regarding the portfolio. Your project book may not be part of the portfolio. The Presentation Portfolio replaces items such as scrapbooks and posters that 4-H members may have previously brought to food and nutrition judging

Project Knowledge

Project knowledge includes understanding My Plate as it relates to the project book. Information can be found at <http://choosemyplate.gov>. The My Plate diagram replaces any version of the food pyramid that may be in the project book.

Participants should also have a complete understanding of the activities and information from their project book. Review the information presented and the skills learned.

Food Show at Preble County Fair

Participants will be judged on Project Knowledge, Nutrition Knowledge, and Food Prepared. Participants will meet with a judge for an interview.

Participants

- may create project scrapbooks/portfolios with more details than that used at pre-fair judging. Participants should use the presentation portfolio created for pre-fair judging as part of anything created for the Food Show.
- should bring a table setting appropriate for the meal being served.
- Should bring a complete menu for one day including the food prepared.

Special awards will be given for table settings and nutrition knowledge.

Participants will receive a letter grade and 1st through 5th place will be awarded.

Setting the Table

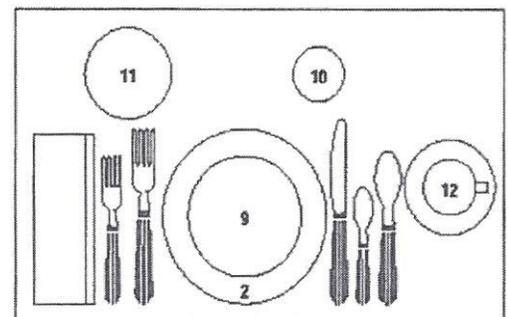
A neat, attractive table setting adds to the enjoyment of any meal and is an important part of your 4-H project. These guidelines will help you set a great table for your project.

- Know your menu. Plan your place setting, so that it is appropriate for the time of day and the occasion.
- Everyday dishes are fine for all meals. For a more formal meal, you might use better silver and china. Paper goods might be the choice for an outdoor picnic meal. Use only the dishes, glasses and flatware needed for the food being served.
- Coordinate your place settings, so all parts complement each other in texture, color, scale and design. For example, for a summer lunch with friends, consider a sunflower theme. The plate and napkin could be blue, yellow and green with a sunflower design. Continue the yellow color in the table cloth or placemats. Add casual flatware and glasses.
- If you use a centerpiece, make sure it coordinates with the rest of the table setting. In the example listed above, you might use a sunflower in a blue vase or a wheelbarrow decorated with flowers in the same colors. For judging, centerpieces are optional.
- Allow 20-25 inches of space for each person's place setting.
- The dinner plate is always at the center of the setting, with flatware in order of use from *the outside to the plate*. *The sharp edge of the knife is placed toward the dinner plate.*



The following rules for setting a table correspond to the numbers seen in the table setting illustration below.

1. The flatware, plate, and napkin should be one inch from the edge of the table.
2. The plate is always in the center of the place setting.
3. The dinner fork is placed at the left of the plate.
4. If a salad fork is used, it is placed to the left of the dinner fork.
5. The napkin is placed to the left of the fork, with the fold on the left (unless a decorative/creative fold is used). The napkin may also go under a fork or on top of the plate.
6. The knife is placed to the right of the plate with the sharp blade facing in towards the plate.
7. The teaspoon is placed to the right of the knife.
8. If a soup spoon is needed, it is placed to the right of the teaspoon.
9. The soup bowl may be placed on the dinner plate.
10. The drinking glass is placed at the tip of the knife.
11. If salad, bread and/or dessert plates - or bowl(s) - is used, place at the top of the fork(s).
12. The cup or mug is placed to the top right of the spoons.



5 4 3 1 6 7 8

Note: Only the utensils needed are placed on the table.