MORGAN COUNTY 4-H PROJECT REQUIREMENTS -- FOOD & NUTRITION

PROJECT # M= multi-year O = one time only R = repeatable	PROJECT NAME	STATE FAIR ELIGIBLE	JUDGING DAY	REQUIREMENTS FOR COUNTY JUDGING	SPECIAL REQUIREMENTS
BEGINNING LEVEL					
459 - O	Let's Start Cooking	Y	Wednesday, July 8 Fairgrounds	Project book Project Presentation	DO NOT BRING FOOD TO COUNTY JUDGING!
481 - O	Everyday Food & Fitness	Y	//	//	//
484 – O	Snack Attack!	Y	//	//	//
487 – O	Take a Break for Breakfast	Y	//	//	//
INTERMEDIATE LEVEL					
461 – O	Let's Bake Quick Breads	Y	//	//	//
463 – O	Sports Nutrition: Ready, Set, Go!	Y	//	//	//
472 – O	Grill Master	Y	//	//	//
475 – O	Star Spangled Foods	Y	//	//	//
477 – O	Party Planner	Y	//	//	//
485 – O	Racing the Clock to Awesome Meals	Y	//	//	//
ADVANCED LEVEL					
462 – M	Yeast Breads on the Rise	Y	//	//	//
467 – R	Cooking on My Own	Y	//	//	//
469 – O	Global Gourmet	Y	//	//	//
474 - R	Beyond the Grill	Y	//	//	//
476 – O	Kitchen Boss	Y	//	//	//

1. READ YOUR BOOK AND DO THE ACTIVITIES IN YOUR BOOK -- Read your project book starting with the Member's Project Guide pages. Ask an advisor or parent if you need help understanding your book. Neatly complete your book by following the instructions the book gives you. Fill in all the blanks and do the activities it asks you to do.

2. MAKE A PROJECT PRESENTATION FOR JUDGING consisting of a 3-pronged folder that includes 8½"x11" pages. The participant will create a maximum of one page (one-sided) 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 or could be a combination of styles providing the 4-H'er to reflect on their learning experience. There will be no points for scrapbooking style.

3. ATTEND 4-H PROJECT JUDGING DAY -- If you wish to compete for county project awards and be eligible for state fair competition, you will need to attend 4-H Project Judging Day. Project judging day will consist of an interview with a judge and a hands-on activity related to MyPlate.

4. EXHIBIT YOUR PROJECT AT THE MORGAN COUNTY FAIR – 4-H clubs are required to have a booth at the fair in which you will exhibit your project. Your club may also decide to include your project book as part of the exhibit. Be sure to ask your advisor about your club booth. Booths must be in place by 12:00 noon Monday of the Morgan County Fair. **You will receive a fair pass and premium money for your project if you have your project judged; receive an A, B, or C grade from your advisor; and have your project exhibited at the fair.**