

Food and Nutrition Project Evaluation Guidelines

- 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 judging. (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.**

Food and Nutrition Portfolio Interest Areas

Project	Activity/ Interest Area
Beginner Skill Level	
Let's Start Cooking (459)	<ul style="list-style-type: none"> -How Does Your Plate Rate? -Safety First -Equipment Check -Decoding Recipes -Measuring Mastery -Slicing and Dicing Practice -Microwave Know-How -Stove Top and Oven Use 101
Everyday Food and Fitness (481)	<ul style="list-style-type: none"> -Choose My Plate for a Healthier You -Going with the Grains -Eat the Rainbow -Get Fruity with your Food -Pass the Cheese, Please -Get Growing with Proteins -Get Moving for Life
Snack Attack (484)	<ul style="list-style-type: none"> -Exploring MyPyramid (My Plate) -Is It Snack Time Yet? -Digging for Grains -Color Hunt -Got Dairy? -Protein Protection -Not-So-Hidden Calories
Take a Break for Breakfast (487)	<ul style="list-style-type: none"> - The Importance of Breakfast - Fruits and Vegetables - Protein, Fruits, and Veggies - Protein and Grains - Breakfast around the World
Intermediate Skill Level	
Let's Bake Quick Breads (461)	<ul style="list-style-type: none"> -What Makes Grains Great -Digging Into Wheat -Putting It All Together -Mixing It Up -Equipment Experiment -Gluten-Free Baking -Tweaking Recipes for Your Health -Careers in the Kitchen
Sports Nutrition – Ready Set Go(463)	<ul style="list-style-type: none"> -The Three Parts of Physical Fitness -Exercise and Your Heart Rate -Eating and Burning Calories -How Nutrients Help Performance -Finding Hidden Water for Hydration

Grill Master (472)	<ul style="list-style-type: none"> -Sizing Up Servings -Ready, Set, Grill -Other Equipment Essentials -Secret Ingredients: Sauces and Marinades -Grilling Fruits and Vegetables -The Final Skill Trial: Grilling Off-Site
Star Spangled Foods (475)	<ul style="list-style-type: none"> -Wild West Burgers -Star Spangled Salads -Yankee Snickerdoodles -Indian Beans -Country Breakfast -Breakfast Down on the Farm -Jambalaya -Chocolate Dessert
Party Planner (477)	<ul style="list-style-type: none"> -Sleepover Nutrition Hunt -Recipe Makeover -Show Me the Money! -MyPyramid: All Mine (My Plate) -Perfect Timing -Crowd Pleasers -Picnic in the Parking Lot -Scoring Points with Burgers
Racing the Clock to Awesome Meals (485)	<ul style="list-style-type: none"> -MyPyramid: The Starting Block (My Plate) -Jump Start Your Day -Pastabilities -Super Soups -Planed Overs -Equipment Helpers -Overcoming Hurdles
Dashboard Dining (486)	<ul style="list-style-type: none"> -Rating Your Hunger -Eating the Right Portions -Making Healthful Choices -Selecting Nutrient Rich Foods -Designing Your Meals -Comparing Fast Food to Homemade Food -Checking for Restaurant Cleanliness
Advanced Skill Level	
Yeast Breads on the Rise (462)	<p>First Year (see page 6):</p> <ul style="list-style-type: none"> -My Plate -Ingredients in Bread Products -Career Options -Methods of Mixing Yeast Breads -Bread Dough Basics -Traditional Method -Sponge Dough Method -Batter/No Knead Method -Mixer Method -Bread Machine Method

	Second Year (see page 40): -My Plate -Ingredients in Bread Products -Career Options -Methods of Mixing Yeast Breads -Bread Dough Basics -Mixing Method #1 -Mixing Method #2 -Mixing Method #3 (optional) -Mixing Method #4 (optional) -Mixing Method #5 (optional)
Cooking on My Own (467)	-Kitchen Safety -Timing is Everything -Be a Pro with Proteins -Whole Grain Goodness -Snack Central -One-Dish Wonders -What's for Dinner
Global Gourmet (469)	-Mexico -Africa -Japan -India -Italy -Greece -Germany
Beyond the Grill (474)	-Pack Up and Go-Safely -Cowboy Up with a Campfire -Catch Some Rays and Cook -Go Lean and Know Your Temps -Proteins – Meat and More -Party Time -Dutch Oven Treasures (optional)
Kitchen Boss (476)	-Team Player -Plan and Prepare -Methods -Tools and Equipment -Ingredients -Flavor -Dinner is Served