

2022 Ohio State Fair Food and Nutrition Portfolio

Interest Areas

| Project | Activity/ Interest Area |
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| 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 |

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| 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 |

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| | <p>Second Year (see page 40):</p> <ul style="list-style-type: none"> -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) |
| You're the Chef (467) | <ul style="list-style-type: none"> -USDA Nutrition Guideline -Deli Meal -Stir-Fry Meal -Range-Top Meal -Oven Meal -Microwave Meal -Slow Cooker Meal -Vegetarian Meal |
| Global Gourmet (469) | <ul style="list-style-type: none"> -Mexico -Africa -Japan -India -Italy -Greece -Germany |
| Beyond the Grill (474) | <ul style="list-style-type: none"> -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) | <ul style="list-style-type: none"> -Team Player -Plan and Prepare -Methods -Tools and Equipment -Ingredients -Flavor -Dinner is Served |