

You Have Chosen a Food & Nutrition Project... Now What?

1. Components of Judging

- MyPlate Activity - applying knowledge focusing on MyPlate
- Table Setting Activity.
- Portfolio - members sharing their learning experience in a folder or binder, using pictures, illustration, written information- documenting what they learned from their project.
- Interview - this allows the participant to share information they learned from their project related to food and nutrition. Judge may ask questions directly from the activities and information from the book.



2. What members should bring to Judging:

- Pencil
- Three ring folder or binder with their completed “Portfolio”
- Project Book
- Members should NOT bring food, posters, menu or other props

3. How to Prepare for Judging Day:

- **My Plate Activity & Table Setting:** Study Materials will be released via email and website at a later date.
- **Interview:** Complete the necessary requirements listed in the front of the book. Be prepared to share your likes, dislikes, and other fun facts from the project.
- **Portfolio:**
 - 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.
 - 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.



(OVER)

4. Fair

- Member's will have their name displayed in their club booths. Your advisor may determine if they want your portfolio for the booth.
- Members should review the schedule for picking up their premiums (\$5) during the fair.
- Members will receive a letter in the mail if they qualify for a trophy or state fair.
- Members may earn an Outstanding or Best in Class ribbon and this will be displayed in their booth with their project.



Everyone should be proud of his or her accomplishment when completing a project - everyone is a winner!