

2019 4-H FOOD AND NUTRITION PROJECTS

Junior Fair Superintendents – Kayli Long, Anya Serrao, Sydney James, Kayedon Martin, Lilly Wagner, Easton Hoback, Halle Troutman, Mitchel Seckel, Lexie Stiverson
 Advisor – Cindy Stiverson and Heather Kantzer

All Ohio 4-H food and nutrition projects use MyPlate, which incorporates current USDA recommendations about eating and exercise. Depending on a project book's publication date, it may refer instead to the older MyPyramid or Food Guide Pyramid, but 4-H members **MUST** still know the MyPlate recommendations. For information about MyPlate, go to www.choosemyplate.gov.

General Rules for the 4-H Food and Nutrition Department

1. If your club does not have a project booth, you must check your project in at the "Open Booth" between 9:00 a.m. and 3:00 p.m. Saturday, June 29.
2. Exhibits must be on display in a club booth or the open project booth all week of the fair.
3. All exhibits will be made in accordance with the exhibit requirements in the Member Project Guidelines section of the 2019 Marion County 4-H Nutrition handout.
4. Interview judging and grading will be conducted prior to the fair at Tri-Rivers Career Center the week of June 24.
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Food and Nutrition Classes (Limit One Entry per Class)

Advanced

- *Yeast Breads on the Rise
- *You're The Chef
- *The Global Gourmet
- *Pathways to Culinary Success
- *Beyond the Grill
- *Pantry Panic
- *Cake Decorating – Advanced Junior
- *Cake Decorating – Advanced Senior

- *Sports Nutrition: Ready, Set, Go - Senior
- *Party Planner: A 4-H Guide to Quantity Cooking – Junior
- *Party Planner: A 4-H Guide to Quantity Cooking - Senior
- *Dashboard Dining – Junior
- *Dashboard Dining – Senior
- *Cake Decorating – Intermediate Junior
- *Cake Decorating – Intermediate Senior

Intermediate

- *Let's Bake Quick Breads - Junior
- *Let's Bake Quick Breads - Senior
- *Racing the Clock to Awesome Meals - Junior
- *Racing the Clock to Awesome Meals - Senior
- *Grill Master - Junior
- *Grill Master - Senior
- *Star Spangled Foods – Junior
- *Star Spangled Foods - Senior
- *Sports Nutrition: Ready, Set, Go – Junior

Junior

- *Snack Attack! - Junior
- *Snack Attack! - Senior
- *Let's Start Cooking – Junior
- *Let's Start Cooking - Senior
- *Take a Break for Breakfast - Junior
- *Take a Break for Breakfast - Senior
- *Everyday Food and Fitness – Junior
- *Everyday Food and Fitness - Senior
- *Cake Decorating – Beginner Junior



*Cake Decorating – Beginner Senior

The Joy of Candy Making
Cookie Magic
Cake Baking Step by Step

County Only Projects

Fun with Pies

*Selected 4-H projects from these classes may be awarded State Fair Representation honors.

Premiums: A-\$2.00 B-\$1.50 C-No Premium

**OUTSTANDING NUTRITION & MISCELLANEOUS
FAMILY AND CONSUMER SCIENCE PROJECTS SHOW
Thursday, July 4, Noon in the Picnic Pavilion**

1. All Marion County 4-H members who are enrolled judged and exhibit Family and Consumer Sciences projects at the fair are eligible for the Outstanding Projects Show.
2. Finalists from projects in miscellaneous 4-H Family and Consumer Science and Nutrition projects will be notified by mail following judging.
3. Exhibits must be in place by 11:00 a.m. Exhibits will be on display until the awards are announced.
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5. Awards will be announced during the awards recognition presentation.

**Food and Nutrition projects all have unique Completion Requirements
and Exhibit Guidelines.**

**The Family Guide is a great resource for project descriptions;
ohio4h.org/projectcentral.**

Each project book will contain the Completion and Exhibit Requirements

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BEGINNING LEVEL

Beginning-level projects are for members of any age with little or no experience in food preparation and nutrition.

459 – LET'S START COOKING

PROJECT: This project takes a fresh look at basic cooking and baking skills. You'll learn about kitchen equipment and food prep, and how to read recipes and measure ingredients. Then you'll tackle how to slice and dice food, and how to cook in a microwave oven, on the stove, and in a conventional oven—all while keeping safety in mind.

PROJECT BOOK: All 8 activities, including 6 recipes; at least 2 learning experiences; and at least 2 leadership/citizenship activities.

JUDGING: Bring a single serving of one prepared food from those suggested in the project book, a complete written menu for one day including the prepared food, and a place setting appropriate for that meal. Bring completed project book and record sheet. Be prepared to discuss all parts of your project including food preparation, food safety, MyPlate and nutrition. *A skillathon opportunity will be optional.*

FAIR EXHIBIT: Exhibit an educational display (i.e. 14 x 22 poster, state fair required portfolio or table setting).

484 - SNACK ATTACK!

PROJECT: In this beginning-level project 4-H members learn how to select and prepare healthful snacks while learning the ins and outs of MyPlate, an important guide to making healthful food choices and being physically active. Designed to be completed in one year, this project includes seven activities and related recipes. Members who complete this project are encouraged to take other beginning-level food and nutrition projects.

PROJECT BOOK: All 8 activities, including 6 recipes; at least 2 learning experiences; and at least 2 leadership/citizenship activities.

JUDGING: Bring a single serving of one prepared food from those suggested in the project book, a complete written menu for one day including the prepared food, and a place setting appropriate for that meal. Bring completed project book and record sheet. Be prepared to discuss all parts of your project including food preparation, physical fitness, food safety, MyPlate and nutrition. *A skillathon opportunity will be optional.*

FAIR EXHIBIT: Exhibit an educational display (i.e. 14 x 22 poster, state fair required portfolio or table setting).



487 – TAKE A BREAK FOR BREAKFAST

PROJECT: Starting each day with a nutritious breakfast is important, and now it's fun too. See how you can combine foods from different food groups for fun and delicious ways to start the day. Intended for members who have completed at least one other beginning-level food and nutrition project.

PROJECT BOOK: All 5 interest areas, including at least 2 recipes in each area; at least 2 learning experiences; and at least 2 leadership/citizenship activities.

JUDGING: Bring a single serving size of two food items from two different food groups and using recipes from the project book, complete written menu for one day's meals including these foods, a place setting suitable to the foods and your completed project book and record sheet. Be prepared to discuss MyPlate and the activities completed for the project. *A skillathon opportunity will be optional.*

FAIR EXHIBIT: Exhibit an educational display (i.e. 14 x 22 poster, state fair required portfolio or table setting).

INTERMEDIATE LEVEL

Intermediate-level projects are for members of any age with some experience in food preparation and nutrition.

461 - LET'S BAKE QUICK BREADS

PROJECT: Learn how and why quick bread recipes are so tasty as you bake your way through updated activities. See what makes a wheat kernel tick and learn how the quick bread ingredients react with one another. You'll also explore careers in the kitchen, and learn how to alter a recipe for more healthful benefits. Includes gluten-free recipes.

PROJECT BOOK: All 8 activities, including 7 recipes; at least 2 learning experiences; and at least 2 leadership/citizenship activities.

JUDGING: Bring one of the following items you made using a recipe from the project book or a comparable recipe... loaf of quick bread, four muffins or biscuits. Also bring a complete written menu for one day's meals including the food item brought to judging, a place setting suitable to the meal in which the food item is served, and your completed project book and record sheet. Be prepared to discuss MyPlate and what you learned from the project, including all information on your record sheet. *A skillathon opportunity will be optional.*

FAIR EXHIBIT: Exhibit an educational display (i.e. 14 x 22 poster, state fair required portfolio or table setting).

463 - SPORTS NUTRITION: Ready, Set, Go

PROJECT: Learn about the importance of physical activity and good nutrition. By understanding levels of physical activity, MyPlate and the importance of drinking plenty of fluids, 4-H members can prepare themselves for more intense physical activity. Complete all five activities and all recipes. Complete at least two Learning Experiences and two Leadership/Citizenship activities. Complete a food record sheet of all the foods you prepared.

PROJECT BOOK: All 5 activities, including 5 recipes and Talking It Over questions; at least 2 learning experiences; and at least 2 leadership/citizenship activities.

JUDGING: Bring a single serving of one prepared food from those suggested in the project book, a complete written menu for one day including the prepared food, and a place setting appropriate for that meal. Bring completed project book and record sheet. Be prepared to discuss all parts of your project including food preparation, physical activities, food safety, MyPlate and nutrition. *A skillathon opportunity will be optional.*

EXHIBIT: Using poster or display, illustrate an important point learned in the project.

FAIR EXHIBIT: Exhibit an educational display (i.e. 14 x 22 poster, state fair required portfolio or table setting).

472 - GRILL MASTER

PROJECT: Progress from grill apprentice to grill master as you focus on the safe use of a grill while preparing delicious meals. By completing six activities and a selection of recipes, you'll learn about appropriate portion sizes, cooking meat to safe temperatures, and using gas and charcoal accessories, all while learning to prepare a complete meal. Includes six activities and related recipes.

PROJECT BOOK: All 6 activities, including at least 5 recipes and the Notes for Next Time; at least 2 learning experiences; and at least 2 leadership/citizenship activities.

JUDGING: Bring one serving of one food item from an outdoor meal prepared from recipes suggested in the project book or comparable recipe, a complete written menu for the day including the grilled item and a place setting suitable to the meal in which the food item is served. Bring completed project book and food record sheet. Be prepared to discuss all parts of project book. *A skillathon opportunity will be optional.*

FAIR EXHIBIT: Exhibit an educational display (i.e. 14 x 22 poster, state fair required portfolio or table setting).

475 - STAR SPANGLED FOODS

PROJECT: Discover the customs and traditions that influence some favorite American foods and the way we like them by experimenting with serving food at its best.

PROJECT BOOK: All 7 recipe sections, including 11 recipes; at least 3 learning experiences and at least 3 leadership/citizenship activities

JUDGING: Bring one serving of each food from one of the meals suggested in the project book or a comparable meal, a place setting appropriate to the meal, a complete written menu for one day's meals including the prepared meal, completed project book and food record sheet. Be able to discuss all information appearing on your food record sheet and MyPlate. *A skillathon opportunity will be optional.*

FAIR EXHIBIT: Exhibit an educational display (i.e. 14 x 22 poster, state fair required portfolio or table setting).

477 - PARTY PLANNER: A 4-H GUIDE TO QUANTITY COOKING

PROJECT: The secrets of successful party planning can be yours. These eight activities and a selection of recipes show you how to plan, budget and safely prepare foods for large groups.

PROJECT BOOK: All 8 activities, including 8 recipes; at least 2 learning experiences; and at least 2 leadership/citizenship activities.

JUDGING: Bring one recipe from those suggested in the book or a comparable recipe, a complete written menu for one day's meals including the prepared food, place setting appropriate to the meal, completed project book and food record sheet. Be prepared to discuss all parts of your project including planning a party menu, creating a cooking schedule, determining quantities for groups, budgeting, making recipes more nutritious and food safety. *A skillathon opportunity will be optional.*

FAIR EXHIBIT: Exhibit an educational display (i.e. 14 x 22 poster, state fair required portfolio or table setting).

485 - RACING THE CLOCK TO AWESOME MEALS

PROJECT: This project focuses on the knowledge and skills needed to prepare quick, nutritious, low-cost meals. It builds on basic food preparation skills so that youth can tackle difficult recipes while being creative

with ingredients. This project, which includes seven activities and related recipes, can easily be completed in one year.

PROJECT BOOK: All 7 activities, including 1 recipe and the Notes for Next Time for each activity; at least 2 learning experiences; and at least 2 leadership/citizenship activities.

JUDGING: Bring one serving of two different food items suggested in the project book or a comparable recipe, a complete written menu for one day's meals including the prepared foods, a place setting appropriate to the meal, completed project book and food record sheet. Be prepared to discuss all parts of your project including food preparation, physical activities, food safety, MyPlate and nutrition. *A skillathon opportunity will be optional.*

FAIR EXHIBIT: Exhibit an educational display (i.e. 14 x 22 poster, state fair required portfolio or table setting).

486 – DASHBOARD DINING: A 4-H GUIDE TO HEALTHFUL FAST FOOD CHOICES

PROJECT: Look at fast food in a whole new light! This project book shows you how to make fast food menus part of a healthy lifestyle. From understanding true food portions and healthful choices to "designing" your meals with your new nutrition knowledge—you will learn skills to last a lifetime!

PROJECT BOOK: All 7 activities; at least 2 learning experiences; and at least 2 leadership/citizenship activities.

JUDGING: Bring one recipe from those suggested in the book or a comparable recipe, a complete written menu for one day's meals including the prepared food, place setting appropriate to the meal, completed project book and food record sheet. Be prepared to discuss all parts of your project including planning a party menu, creating a cooking schedule, determining quantities for groups, budgeting, making recipes more nutritious and food safety. *A skillathon opportunity will be optional.*

FAIR EXHIBIT: Exhibit an educational display (i.e. 14 x 22 poster, state fair required portfolio or table setting).

ADVANCED LEVEL

Advanced-level projects are for members with substantial experience in food preparation and nutrition.

376 – PANTRY PANIC

PROJECT: This advanced-level food and nutrition/leadership project focuses on the creativity and skills needed for meal planning, shopping, leadership and food preparation on a very limited budget while understanding the challenges faced when receiving food from food pantries and other emergency food resources. This project, which includes seven activities, can easily be completed in one year.

PROJECT BOOK: All 7 activities; at least 2 learning experiences; and at least 2 leadership/citizenship activities.

JUDGING: Bring completed project book to judging. Exhibit notebook with pictures or a three-dimensional display showing your leadership experience your record sheet.

462 - YEAST BREADS ON THE RISE

PROJECT: Master the art of baking delicious yeast breads. If this is your 1st year in this project you need to complete all activities within each interest area. Prepare at least one bread from each mixing method, for a total of five. If a bread machine is not available, bake another recipe from the mixing method. Take part in at least two learning experiences. Complete a food record sheet. If this is your 2nd year in this project you need to review activities with each interest area and prepare a minimum of six advanced recipes. At least three must be from the project book, and three recipes can be selected on your own. Use

at least two different methods of mixing. Take part in two different learning experiences and complete a food record sheet.

PROJECT BOOK: All 5 interest areas, including at least 6 recipes; at least 2 learning experiences; and at least 2 leadership/citizenship activities.

JUDGING: *1st Year* - Bring one prepared bread or family-sized portion of one recipe from the 1st year section of the project book or a comparable recipe. Bring a complete written menu for one day's meals, a place setting appropriate to the meal using the bread item, (centerpiece optional), and your completed project book and food record sheet. Be prepared to discuss in detail what you have learned from the project, including all the information on your food record sheet. *2nd Year* - Bring one prepared bread or family-sized portion of one recipe from the 2nd year section of the project book or a comparable recipe. Bring a complete written menu for one day's meals, a place setting appropriate to the meal using the bread item, (centerpiece optional), your completed project book and food record sheet. Be prepared to discuss in detail what you have learned from the project, including all the information on your food record sheet. *A skillathon opportunity will be optional.*

467 – YOU'RE THE CHEF

PROJECT: Prepare creative, nutritious meals using the oven, range top, the microwave, slow cooker and stir-fried foods. Vegetarian foods and selecting foods at the deli are included in this project.

PROJECT BOOK: All 8 interest areas, including 7 recipes; at least 2 learning experiences; and at least 2 leadership/citizenship activities.

JUDGING: Bring one serving of each food from one of the meals suggested in the project book or a comparable meal, a place setting appropriate to the meal, a complete written menu for one day's meals including the prepared meal, completed project book and food record sheet. Be able to discuss all information appearing on your food record sheet and MyPlate. *A skillathon opportunity will be optional.*

FAIR EXHIBIT: Exhibit an educational display (i.e. 14 x 22 poster, state fair required portfolio or table setting).

469 -THE GLOBAL GOURMET

PROJECT: Create rich and delicious meals from Mexico, Africa, Japan, India, Italy, Greece and Germany as you explore food history, customs and nutrition to better understand our world. You will explore and prepare foods from all seven countries but will select one to focus on for judging.

PROJECT BOOK: All 7 activities, including preparation of meals and Notes for Next Time; at least 2 learning experiences; and at least 2 leadership/citizenship activities.

JUDGING: Using the country you selected to focus on (from the book), prepare and bring one serving of each food from an international meal (does not have to be from the book), typical of that country, a full day's international menu including the meal your prepared, a place setting and a center piece suitable to the meal. A scrapbook is optional. Be prepared to discuss all aspects of the project including all the information on your food record sheet. *A skillathon opportunity will be optional.*

FAIR EXHIBIT: Exhibit an educational display (i.e. 14 x 22 poster, state fair required portfolio or table setting).

474 – BEYOND THE GRILL

PROJECT: Explore a variety of outdoor cooking skills while finding easy ways to follow the USDA's MyPlate guidelines. Experiment with a pie iron, solar cooker, and rotisserie, and hone your skills on the grill, then throw a cookout party and use what you've learned!

PROJECT BOOK: All 6 activities, including 9 recipes; at least 2 learning experiences; and at least 2 leadership/citizenship activities.

JUDGING: Bring one serving of one food item from an outdoor meal prepared from recipes suggested in the project book or comparable recipe, a complete written menu for the day including the grilled item and a place setting suitable to the meal in which the food item is served. Bring completed project book and food record sheet. Be prepared to discuss all parts of project book. *A skillathon opportunity will be optional.*
FAIR EXHIBIT: Exhibit an educational display (i.e. 14 x 22 poster, state fair required portfolio or table setting).

476 - PATHWAYS TO CULINARY SUCCESS

PROJECT: This project will explore a variety of new experiences to gain a basic understanding of culinary arts. Learn about the techniques used by cooks and chefs in preparing foods, how to use basic equipment, prepare meats, stocks, and sauces, pies and pastries, garnishes and presenting meals with appeal! Career exploration, advanced recipes and lots of activities are included in this project. Member taking this advanced level project should have completed projects at the beginning and intermediate levels.

PROJECT BOOK: All 6 chapters, including at least 3 recipes or additional ideas for each chapter; at least 3 learning experiences and at least 1 leadership/citizenship/career activity

JUDGING: Plan a gathering which includes a meal. Bring to judging a single serving of the main dish that is garnished, table service appropriate for the menu (including a folded napkin from one of the plans in the book, the menu, completed project journal and the completed food record sheet. *A skillathon opportunity will be optional.*

FAIR EXHIBIT: Exhibit an educational display (i.e. 14 x 22 poster, state fair required portfolio or table setting).

LEISURE ARTS

492 - CAKE DECORATING

PROJECT: Track your learning as you gain new skills and showcase your cake decorating talent. Members must complete records in Project and Record Book (a new book used each year), Skills and Techniques Record Book (member can use for several years). One 4-H Cake Decorating Book will be provided to members. It is to be used for multiple years. Additional or replacement copies will cost \$10.

PROJECT BOOK: At least 5 learning activities, at least 2 learning experiences, at least 2 leadership/citizenship activities, record of decorating skills and techniques and project and cake records.
Beginner - 5 single layer cakes; *Intermediate* - 5 one and two layer cakes; *Advanced* - 5 stacked and tiered cakes

JUDGING: Bring completed project books and record book (with pictures for all cakes completed) and one cake showcasing your skills. **You must indicate at judging registration which of the following category you would like to be judged. If an indication is not provided, it will be the judge(s) decision:**
Beginner Junior; Beginner Senior; Intermediate Junior; Intermediate Senior;
Advanced Junior; or Advanced Senior.

COUNTY 4-H FOOD AND NUTRITION PROJECTS

840 - FUN WITH PIES

PROJECT: In this project you will:

1. Prepare and bake at least four different fruit pies,
2. Prepare and bake at least three different cream pies,
3. Prepare and bake at least two different type pies,

4. Develop a recipe file of your favorite pie recipes,
5. Know MyPlate guidelines
6. Complete project book and record sheet.

JUDGING: Bring one pie (crust and filling made from scratch), a full day's written menu using the pie, a place setting for the meal in which the pie is served, completed project book and record sheet, and recipe file if you used recipes other than in this book.

EXHIBIT: Exhibit a poster or display on pie making.

841 - THE JOY OF CANDY MAKING

PROJECT: Candy making is a very precise skill. It calls for careful measuring, exact timing, and controlled temperatures and techniques. In addition to these skills, you will learn the characteristics of sugar syrup at different temperatures and safety precautions that should be taken when making candy in the kitchen. In this project you will:

1. Experiment with the different temperatures and tests for doneness
2. Make a minimum of at least eight different candies, at least two dipped and six other kinds
3. Be familiar with MyPlate
4. Complete project book and record sheet

JUDGING: Bring completed project book, food record sheet and one of the candies prepared, and a recipe file if you used recipes other than in this book.

EXHIBIT: Poster or display about kitchen chemistry or candy making.

843 - COOKIE MAGIC

PROJECT: This project will give you recipes to use and methods that will help you to make a great cookie. Make a minimum of ten different cookies. Try at least three different types of cookies (example: cut-out cookies, drop cookies, or bar cookies).

JUDGING: Bring to judging a plate of 4 cookies and the recipe. Also bring a complete written menu for one day's meals including the food item brought to judging, a place setting suitable to the meal in which the food item is served, and your complete project book and food record sheet. Be prepared to discuss MyPlate and what you learned from the project, including all information on your record sheet.

EXHIBIT: Using a poster or display, illustrate something you learned from the project.

844 - CAKE BAKING STEP BY STEP

PROJECT: You will develop skills in cake baking and learn about scratch cakes vs. mix cakes, ingredients that go into cakes and their purpose, pan preparations, and the storage and care of baked goods. Bake a minimum of ten different cakes.

JUDGING: Bring to judging a prepared cake and its recipe. Also bring a complete written menu for one day's meals including the food item brought to judging, a place setting suitable to the meal in which the food item is served, and your completed project book and food record sheet. Be prepared to discuss MyPlate and what you learned from the project, including all information on your record sheet.

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