463 Sports Nutrition: Ready, Set, Go

Intermediate Level

1. Complete **all five (5) Project Activities**, including each recipe and Notes for Next Time. Prepare each recipe at least one (1) time. **SECOND YEAR:** Complete all the More Challenges in each Activity Area.
2. Complete **at least two (2)** Learning Experiences.
3. Complete **at least two (2)** Leadership and Citizenship Activities.
4. Create a Portfolio for Project Presentation (see below).
5. An educational 14”W x 22”H poster describing and illustrating some aspect of your project may be made but is not required.
6. Bring to Interview Judging:
   a. Neat and complete project book, including Recipe Completion Chart.
   b. Be able to discuss the following information:
      i. Information presented in the project book.
      ii. The Choose MyPlate food guidance system.
      iii. The food you prepared during your project.
      iv. Learning Experiences activities completed.
      v. Leadership/Citizenship activities completed.
   c. Your Portfolio.
   d. Poster if made.
   e. Do **NOT** bring food item to judging.
7. Exhibit at the fair:
   a. The Portfolio presented at Interview Judging. It must be opened to a page in the portfolio.
   b. An educational exhibit featuring an aspect of your project. The Food Guide Pyramid and MyPyramid are not to be used as an exhibit as they are outdated.
   c. Poster if made.
   d. **No real food items may be placed in the booth.**

**Portfolio Guidelines**

The Project Presentation component of Interview Judging is designed to help you reflect on your learning experience. The Portfolio will help you share with a judge what you learned in each Activity Area or Interest Area of the book. Here are some guidelines for putting together your Portfolio.

1. Use a 3-pronged folder.
2. A maximum of one single-sided page should be used for each Activity Area or Interest Area. No special paper is needed.
3. Any format can be used to illustrate your work and knowledge. This could include a timeline, journaling, photos, collage, etc. It can also be as simple as writing a paragraph about what was learned in the activity area.
4. Different formats can be used for each area.
5. No extra points will be given for “scrapbooking style.”
6. **Note:** These guidelines are identical to those for the Ohio State Fair Food & Nutrition Activity.
## Recipe Completion Chart

For each Project Activity, you must prepare **all recipes and complete each of the activities**. (Overtime Activities are option in the first year.) Please keep track of the recipes you have made using this chart.

<table>
<thead>
<tr>
<th>Topic</th>
<th>Recipe</th>
<th>Number of Times Recipe Made</th>
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</thead>
<tbody>
<tr>
<td><strong>The Three Parts of Physical Fitness</strong></td>
<td>Pasta Salad</td>
<td></td>
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<td></td>
<td>Spinach and Mandarin Orange Salad</td>
<td></td>
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<tr>
<td><strong>Exercise and Your Heart Rate</strong></td>
<td>Stir Fry Vegetables</td>
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<td></td>
<td>Fruit Salsa</td>
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<td><strong>Eating and Burning Calories</strong></td>
<td>Sandwich Mix-and-Match</td>
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<tr>
<td></td>
<td>Minestrone Soup</td>
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<tr>
<td><strong>How Nutrients Help Performance</strong></td>
<td>Baked Potatoes Deluxe</td>
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<tr>
<td></td>
<td>Granola</td>
<td></td>
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<tr>
<td><strong>Finding Hidden Water for Hydration</strong></td>
<td>Make Your Own Sports Drink</td>
<td></td>
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<tr>
<td></td>
<td>Infused Water Drinks</td>
<td></td>
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