481 Everyday Food and Fitness  
Beginning Level

1. Complete all Project Guidelines 1 through 4 listed on Page 3 of the project book.

2. Create a Portfolio for Project Presentation (see below).

3. An educational poster (14"W x 22"H) describing and illustrating some aspect of your project may be made but is not required.

4. Bring to Interview Judging:
   b. Be able to discuss the following information:
      i. Information present in the project book.
      ii. The basics of 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 a food item to judging.

5. Exhibit at the fair one of the following:
   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 The Food Guide Pyramid and MyPyramid are not to be used as an exhibit as they are outdated.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.
481 Everyday Food and Fitness Recipe Completion Chart

For each Project Activity section, you must prepare all included recipes and complete each of the accompanying activities. 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>
</tr>
</thead>
<tbody>
<tr>
<td>Choose MyPlate for a Healthier You</td>
<td>No recipes</td>
<td></td>
</tr>
<tr>
<td>Going with the Grains</td>
<td>Flatbread Pizza</td>
<td></td>
</tr>
<tr>
<td>Eat the Rainbow</td>
<td>Kale Chips</td>
<td></td>
</tr>
<tr>
<td>Get Fruity with Your Food</td>
<td>4-H Green Smoothie</td>
<td></td>
</tr>
<tr>
<td>Pass the Cheese, Please</td>
<td>Fruit and Cheese Kabobs</td>
<td></td>
</tr>
<tr>
<td>Get Growing with Proteins</td>
<td>Perfect Balance Humus</td>
<td></td>
</tr>
<tr>
<td>Get Moving for Life</td>
<td>No recipes</td>
<td></td>
</tr>
</tbody>
</table>