461 Let’s Bake Quick Breads Intermediate Level (Ages 11-13)

1. Complete all Project Guidelines 1 through 4 listed on Page 6 of the project book.

2. Complete the project book, including Recipe Completion Chart.

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

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

5. Bring to Interview Judging:
   a. Neat and complete project book, including Recipe Completion Chart.
   b. Be able to discuss the following information:
      i. Information present in the project book as well as your Portfolio.
      ii. The Choose MyPlate food guidance system.
      iii. The foods you prepared during your project and steps involved.
      iv. Learning Experiences activities completed.
      v. Leadership/Citizenship activities completed.
   c. Your Portfolio.
   d. Poster if made (not required).
   e. Do NOT bring a food item to judging.

6. Exhibit at the fair:
   a. The Portfolio presented at Interview Judging or poster, if made. If using the Portfolio, it must be opened to a page.
   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 The Food Guide Pyramid and MyPyramid are not to be used as an exhibit as they are outdated.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.
You must **prepare the muffin and biscuit recipes and four of the seven specialty breads plus all of the activities in each Interest Area** to complete the project. Please keep track of the recipes you have made using this chart.

<table>
<thead>
<tr>
<th>Recipe</th>
<th>Number of Times Recipe Made</th>
</tr>
</thead>
<tbody>
<tr>
<td>Whole Wheat Waffles</td>
<td></td>
</tr>
<tr>
<td>Buckwheat Pancakes</td>
<td></td>
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<tr>
<td>Pear and Walnut Muffins</td>
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<tr>
<td>Muffins Your Way</td>
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<tr>
<td>Southern Corn Bread</td>
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<tr>
<td>Pumpkin Bread</td>
<td></td>
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<tr>
<td>Strawberry Bread Recipe A</td>
<td></td>
</tr>
<tr>
<td>Strawberry Bread Recipe B</td>
<td></td>
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<tr>
<td>Biscuits</td>
<td></td>
</tr>
</tbody>
</table>