486 Dashboard Dining Intermediate Level

Designed to be completed with the guidance and support of a project helper.

1. Complete all seven project activities. More Challenges are optional.
2. Complete at least two Learning Experiences.
3. Complete at least two Leadership and Citizenship Activities.
4. Write a summary of your project after completing all the activities (Page 9).
5. Create a Portfolio for Project Presentation (see below).
6. An educational 14"W x 22"H poster describing and illustrating some aspect of your project may be made but is not required.
7. Bring to Interview Judging:
   b. Be able to discuss the following information:
      i. Information and learning activities presented in the project book.
      ii. The basics of the Choose MyPlate food guidance system.
      iii. Learning Experiences activities completed.
      iv. Leadership/Citizenship activities completed.
   c. Your Portfolio.
   d. Poster if made.
8. 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 The Food Guide Pyramid and MyPyramid are not to be used as an exhibit as they are outdated.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.

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.

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