

Ashtabula County 4-H Project Requirements for ALL Food & Nutrition projects:

1. Read and follow Project Guidelines in beginning of project book.
2. Know MyPlate.
3. Completed project book signed, and project presentation must be brought to judging.
4. Bring completed menu form (available at Extension Office).
5. Menu should be prepared according to the guidelines of MyPlate with the appropriate number of servings from each group.

The following information should help you prepare for judging. If you cannot attend judging on that day, arrangements for an alternative judging day and time must be made, and you do not qualify for State Fair.

Pack for Judging

- At least the night before
- Plan what to wear – *Think nice clothes.*

What to bring:

- Completed Project Book; signed by advisor
- Menu
- **Project Presentation - a 3 pronged folder that includes 8 ½" x 11" pages.** Create a maximum of one page (one-sided only) per "activity area" or "interest area" as designated in the front of the project book. These pages could be in collage, journaling, timeline, photo, or any other format that would illustrate the work and knowledge of the participant. Each page could be different or could be a combination of styles providing the 4-Her to reflect on their learning experience.

What to expect:

- There will be chairs set up for members and family members to wait. General project judging is going on prior to this in the same place, so the area does become busy.
- Go to the Expo Building, find the registration table for Food and Nutrition Projects, and sign in. Find a seat and wait until your name/number is called.
- You will be meeting with a judge who will ask questions about your project, look over your project, and review your project book.
- After you are done being judged, you can go home – you are done! Your judging sheet and ribbon will be given to the Advisors prior to fair.

During Judging

- A. Introduce yourself
 - a. Eye contact
 - b. Smile
 - c. Hand judge your paperwork, book and project presentation
 - d. Handshake is optional

- B. Judging
 - a. Answer the questions clearly and completely without rambling.
 - b. Try not to repeat yourself.
 - c. Avoid using slang.
 - d. If you are not sure of what the judge is asking, tell her you do not understand the question.
 - e. If there is something about your project that you are especially proud, and the judge has failed to ask about it, take a moment at the end to ask permission to tell her about it. The judge will be glad you did.



C. Presence

- a. Sit Tall – Good Posture!
- b. Eye contact – look at the judge.
- c. Smile, Smile, Smile!

D. Closure

- a. Make eye contact with the judge.
- b. Smile and say thank you.
- c. Clean up.

Possible Questions

- Servings and parts of the MyPlate
- Various vocabulary from book (whip, stir, measure, etc.)
- Information about vitamins or nutrients mentioned in book
- 4-H Pledge
- Hardest/easiest parts of project
- What you like best about project
- What were your goals this year?
- What did you do or make to reach those goals?
- What did you learn?
- What was the biggest challenge you faced?
- What would you change?
- Anything from the book is fair game!

State Fair Finalists will be posted on the Ashtabula County web site. Go to <http://ashtabula.osu.edu> & then click on the State Fair Qualifiers link and check out the spreadsheet with the winner's names.