

**STATE FAIR FOOD AND NUTRITION PROJECT PORTFOLIO GUIDELINES  
MANDATORY**

(Portfolio instructions for county judging)

The Portfolio is a project specific to the participant's book. It is used to enhance the conversation with the member and a judge about the activities the member completed within the project.

- a. The participant will be responsible for bringing a 3-pronged folder or binder that includes 8½" x 11" pages.
- b. Participants will create a maximum of one page (one-sided only) per "activity area" or "interest area" as designated in the front of their project book and on a summary, insert stapled in each state fair eligible project book.
- c. Pages may 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 allowing the 4-H'er to reflect on his/her learning experiences.
- d. There will be no points for scrapbooking style!
- e. The portfolios will be judged on the inclusion of information about the interest or activity areas listed in the front of each book, the organization of the materials, verbal presentation, and communication with the judge regarding their portfolio.
- f. The member's project book may not be a part of their portfolio.
- g. The portfolio is to be completed prior to arrival at county and state fair judging

| <i><b>Project</b></i> | <i><b>Project Name</b></i>            | <i><b>Page #</b></i> | <i><b>Activity Interest</b></i> | <i><b># of Pages need</b></i> |
|-----------------------|---------------------------------------|----------------------|---------------------------------|-------------------------------|
| 459                   | Let's Start Cooking                   | 4                    | Activities                      | 8                             |
| 481                   | Everyday Food & Fitness               | 4                    | Activities                      | 7                             |
| 484                   | Snack Attack                          | 5                    | Activities                      | 7                             |
| 487                   | Take a Break for Breakfast            | 3                    | Project Activities              | 5                             |
| 461                   | Let's Bake Quick Bread                | 4                    | Project Activities              | 8                             |
| 463                   | Sports Nutrition: Ready Set Go        | 3 & 4                | Project Activities              | 5                             |
| 472                   | Grill Master                          | 5                    | Project Activities              | 6                             |
| 475                   | Star Spangled Foods                   | 2                    | Project Activities              | 7                             |
| 477                   | Party Planner                         | 4                    | Project Activities              | 8                             |
| 485                   | Racing the Clock to Awesome Meals     | 3                    | Project Activities              | 7                             |
| 486                   | Dashboard Dining                      | 7                    | Project Activities              | 7                             |
| 462                   | Yeast Breads                          | 6                    | Interest Areas                  | 10                            |
| 467                   | Cooking on Your Own                   | 3                    | Meal Areas                      | 7                             |
| 469                   | Global Gourmet                        | 3                    | Project Activities              | 7                             |
| 474                   | Beyond the Grill                      | 4 & 5                | Project Activities              | 7                             |
| 476                   | Kitchen Boss                          | 2                    | Project Activities              | 7                             |
| 841                   | <i><b>Easy As Pie</b></i>             | 1                    | Exploring the Basics            | 7                             |
| 842                   | <i><b>Sweet Treats</b></i>            |                      |                                 |                               |
| 843                   | <i><b>Cookies Cookies Cookies</b></i> |                      |                                 |                               |

## Food and Nutrition Projects – Menu Supplement

NOTE – If you do not have internet access at home, you need to do the activity below at your public library or you can make an appointment to use to the internet at the OSU Extension.

Complete the following and bring this sheet and completed Menu Supplement to judging.

1. Go to [www.myplate.gov](http://www.myplate.gov)
  - a - Click on Life Stages
  - b - Click on Teens
2. Scroll to the bottom of the page and click on resources.
  - a - Click on “Get Your MyPlate Plan” in English
  - b - Start
  - c - Fill in required information  
Calculate Food Plan  
Click on number of calories
  - d - Click on Download for your printout.
3. Refer to your personal MyPlate Plan to answer the following questions.
  - 1 - What is your daily calorie needs? \_\_\_\_\_
  - 2 - What is your recommended amount from each food group?

|                  |                    |
|------------------|--------------------|
| Grains _____     | Whole Grains _____ |
| Vegetables _____ | Fruits _____       |
| Dairy _____      | Proteins _____     |

Limit the following to:

Added sugars \_\_\_\_\_

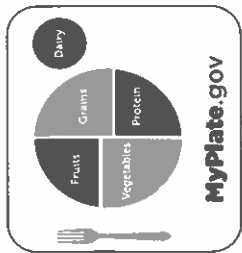
Saturated fat \_\_\_\_\_

Sodium \_\_\_\_\_

**A sample of the MyPlate Plan is attached.**



Food and Nutrition Service  
United States Department of Agriculture




# Start simple with MyPlate Plan

The benefits of healthy eating add up over time, bite by bite. Small changes matter. Start Simple with MyPlate.

A healthy eating routine is important at every stage of life and can have positive effects that add up over time. It's important to eat a variety of fruits, vegetables, grains, protein foods, and dairy or fortified soy alternatives. When deciding what to eat or drink, choose options that are full of nutrients. Make every bite count.

## Food Group Amounts for 2,400 Calories a Day for Ages 14+ Years

|  |   |  |  |  |
|--|---|--|--|--|
|  <p><b>2 cups</b></p> <p>Focus on whole fruits</p> <p>Focus on whole fruits that are fresh, frozen, canned, or dried.</p> |  <p><b>3 cups</b></p> <p>Vary your veggies</p> <p>Choose a variety of colorful fresh, frozen, and canned vegetables. Make sure to include dark green, red, and orange choices.</p> |  <p><b>8 ounces</b></p> <p>Make half your grains whole grains</p> <p>Find whole-grain foods by reading the Nutrition Facts label and ingredients list.</p> |  <p><b>6½ ounces</b></p> <p>Vary your protein routine</p> <p>Mix up your protein foods to include seafood; beans, peas, and lentils; unsalted nuts and seeds; soy products; eggs; and lean meats and poultry.</p> |  <p><b>3 cups</b></p> <p>Move to low-fat or fat-free dairy milk or yogurt (or lactose-free dairy or fortified soy versions)</p> <p>Look for ways to include dairy or fortified soy alternatives at meals and snacks throughout the day.</p> |
|--|---|--|--|--|

Choose foods and beverages with less added sugars, saturated fat, and sodium.



Limit:

- Added sugars to <60 grams a day.
- Saturated fat to <27 grams a day.
- Sodium to <2,300 milligrams a day.








Be active your way:

Children 6 to 17 years old should move **60 minutes every day**. Adults should be physically active at least **2½ hours** per week.

# MyPlate Plan

Write down the foods you ate today and track your small changes, bite by bite.

Food group targets for a 2,400-calorie\* pattern are: Write down your food choices for each food group. Did you reach your target?

|   |  |  |  | Did you reach your target?                            |  |
|---|--|--|--|---|--|
|  <p><b>2 cups</b><br/>1 cup of fruits counts as</p> <ul style="list-style-type: none"> <li>• 1 cup raw or cooked fruit; or</li> <li>• ½ cup dried fruit; or</li> <li>• 1 cup 100% fruit juice.</li> </ul>  |  |  |  | <input type="checkbox"/> Y <input type="checkbox"/> N | <p><b>Limit:</b></p> <ul style="list-style-type: none"> <li>• Added sugars to &lt;60 grams a day.</li> <li>• Saturated fat to &lt;27 grams a day.</li> <li>• Sodium to &lt;2,300 milligrams a day.</li> </ul> <p><input type="checkbox"/> Y <input type="checkbox"/> N</p> |
|  <p><b>3 cups</b><br/>1 cup of vegetables counts as</p> <ul style="list-style-type: none"> <li>• 1 cup raw or cooked vegetables; or</li> <li>• 2 cups leafy salad greens; or</li> <li>• 1 cup 100% vegetable juice.</li> </ul>   |  |  |  | <input type="checkbox"/> Y <input type="checkbox"/> N | <p><b>Be active your way:</b><br/>Children 6 to 17 years old should move <b>60 minutes</b> every day. Adults should be physically active at least <b>2½ hours</b> per week.</p> <p><input type="checkbox"/> Y <input type="checkbox"/> N</p>                               |
|  <p><b>8-ounce equivalents</b><br/>1 ounce of grains counts as</p> <ul style="list-style-type: none"> <li>• 1 slice bread; or</li> <li>• 1 ounce ready-to-eat cereal; or</li> <li>• ½ cup cooked rice, pasta, or cereal.</li> </ul>  |  |  |  | <input type="checkbox"/> Y <input type="checkbox"/> N |  |
|  <p><b>6½-ounce equivalents</b><br/>1 ounce of protein foods counts as</p> <ul style="list-style-type: none"> <li>• 1 ounce seafood, lean meats, or poultry; or</li> <li>• 1 egg; or</li> <li>• 1 Tbsp peanut butter; or</li> <li>• ¼ cup cooked beans, peas, or lentils; or</li> <li>• ½ ounce unsalted nuts or seeds.</li> </ul> |  |  |  | <input type="checkbox"/> Y <input type="checkbox"/> N |  |
|  <p><b>3 cups</b><br/>1 cup of dairy counts as</p> <ul style="list-style-type: none"> <li>• 1 cup dairy milk or yogurt; or</li> <li>• 1 cup lactose-free dairy milk or yogurt; or</li> <li>• 1 cup fortified soy milk or yogurt; or</li> <li>• 1½ ounces hard cheese.</li> </ul>   |  |  |  | <input type="checkbox"/> Y <input type="checkbox"/> N | <p>• This 2,400-calorie pattern is only an estimate of your needs. Monitor your body weight and adjust your calories if needed.</p>  |