

Intermediate Food & Nutrition Projects

General Requirements for Intermediate Food & Nutrition Projects

JUDGING: All intermediate food & nutrition projects should follow the same basic guidelines.

Member should:

- o Bring completed project book with records of foods prepared and the results.
- o Bring a single or family serving of one recipe (if the food is intended to be served hot or cold, it should be packed to maintain quality). The recipe should be appropriate for the project, but does not need to be included in the project book.
- o Bring recipes selected and preparation instruction.
- o A balanced menu for one day's meal plan, including the food prepared.
- o Bring an appropriate table setting for the food and menu and an appropriate centerpiece.
- o Bring a total cost analysis of the recipe, showing the final cost/serving. (See General Information for All Food & Nutrition Projects.)
- o Be prepared to talk about key nutrients and why they are important.
- o Be prepared to discuss what was learned in the project.

EXCEPTION: Members enrolled in Let's Bake Quick Breads (# 461) should bring a full loaf of quick bread or six muffins, biscuits or specialty breads for judging. Other guidelines remain unchanged.

FAIR: An educational nutrition exhibit for each food project or group of projects may be displayed in the member's club booth. No real or artificial food is to be displayed in the booth. Posters should be 14" x 22".

015 Intermediate Cake Decorating (County Project Only)

PROJECT: Learn advanced techniques in cake decorating. (Member must have completed Beginner Cake Decorating or have equivalent skills.) THIS PROJECT IS NOT ELIGIBLE FOR STATE FAIR.

JUDGING: Make a decorated **rectangular** cake to bring to judging, using techniques learned in the project book. Also bring plate or cardboard, icing, and equipment to demonstrate techniques learned.

FAIR: Make a poster or display illustrating something you learned from this project.

461 Let's Bake Quick Breads

PROJECT: Bake delicious quick breads while learning the principles of quick bread preparation. Project Guidelines are located on page 4 of the project book. (Ages 12-14)

JUDGING & FAIR: See General Requirements for Intermediate Food & Nutrition Projects.

468 Meals in Minutes

PROJECT: Learn to manage time wisely while preparing foods in new ways that are easy, tasty, and nutritious. Project Guidelines are found on page 2 of the project book. (Ages 12-14)

JUDGING & FAIR: See General Requirements for Intermediate Food & Nutrition Projects.

472 Outdoor Chef

PROJECT: Explore nutritious meals and the great outdoors by planning, safely packaging, and preparing foods using a variety of fuels away from the kitchen. Complete the Project Guidelines located on page 1 of the project book. (Ages 12-14)

JUDGING & FAIR: See General Requirements for Intermediate Food & Nutrition Projects.

475 Star Spangled Foods

PROJECT: Discover the customs and traditions that influence some favorite American foods, and the way we like them, by experimenting with keeping and serving food at its best. Project Guidelines are located on page 2 of the project book. (Ages 12-14)

JUDGING & FAIR: See General Requirements for Intermediate Food & Nutrition Projects.

482 Food & Fitness Choices for You

PROJECT: Combine information, great recipes, and activities related to food and fitness with the goal of a healthier life. Project Guidelines are located on page 2 of the project book. (Ages 12-14)

JUDGING & FAIR: See General Requirements for Intermediate Food & Nutrition Projects.

Advanced Food & Nutrition Projects

General Requirements for Advanced Food & Nutrition Projects

JUDGING: All advanced food & nutrition projects should follow the same basic judging and exhibit guidelines.

Member should:

- o Bring completed project book with record of foods prepared and the results.
- o Bring a single serving or total "dish" of one recipe of the member's choice. The recipe should be appropriate for the project, but does not need to be included in the project book. (If the food is intended to be served hot or cold, it should be packed to maintain quality).