

584 Focus on Photography, Level I (Beginner) B,★

Learn how to use your digital or film camera to take quality pictures, and how to evaluate them before and after you take them. Fixed lens or "point and shoot" cameras are okay. This project covers camera settings, lighting techniques, and composition skills.



585 Controlling the Image, Level II (Intermediate) I,★

Member will practice different techniques in lighting, image focus, and composition. Improve your photography skills with assignments that require creativity, problem-solving, patience, and practice. (Need film or digital, adjustable lens camera.)

586 Mastering Photography, Level III (Advanced) A,★

Choose a theme and take photos that display your mastery of camera equipment, lighting techniques, and unusual composition. (Need film or digital, adjustable lens camera. Additional equipment such as wide-angle & telephoto lenses, filters and light meter is useful.)

497 Scrapbooking: 4-H Guide to Preserving Memories B,★

This beginning / intermediate level project is designed for youth with limited experience in scrapbooking. Requires completion of project activities and creation of a scrapbook.

THEATER ARTS

****General Requirements for All Theater Arts Projects****

JUDGING: Refer to Miscellaneous Project Judging Schedule for judging time. Member must bring completed book and items made and/or education display of knowledge learned.

FAIR: Display items made or poster exhibiting knowledge learned through this project in 4-H Club booth or in the county miscellaneous booth in the youth building.

596 Play the Role I

Members learn about acting, puppetry, sound effects, color and stage make-up. Complete at least seven project activities and three "Call Board" activities each year. This project can be repeated two or three years.

597 Become a Puppeteer I

Members will expand on activities and experiences related to theater arts, including costuming, props, voice, and state presence. Complete at least seven project activities and three "Call Board" activities each year. This project can be repeated 2 or 3 years.

598 Set the Stage I

Members learn advanced acting skills and practice organizational skills, character development, and set design. Complete at least seven project activities and three "Call Board" activities each year. The project can be repeated twice.

WRITING

****General Guidelines for Writing Projects****

As part of notebook, include the following writings: rhymed poetry, free-style poetry, short story, essay, feature story, and news story.

JUDGING: Member must turn in their notebook at the Extension Office by July 9. Judged at Miscellaneous Project Judging. Be prepared to answer questions about the project.



Recommended Poster Size 14"x22"

FAIR: Exhibit a notebook of some of the writings, poster or educational display in your 4-H club booth or in the county miscellaneous booth in the youth building.

587 Writing & Reporting for Teens A

Advanced writing project suitable for 9-12 grades, member will learn techniques for news gathering, writing, and photography. General Project Guidelines are found on page 2 of the project book.

588 Creative Writing I

Suitable for ages 12-18, member will write short stories and poems. General Project Guidelines are found on page 3 of the project book.

JUDGING: The selections should be typewritten (double spaced) on 8 ½ x 11 inch paper. Writings should include:

- A. three Journal entries,
- B. one Character sketch,
- C. three poems written in free verse, haiku or rhyme OR two short stories (may include a song or play as one story) OR one fiction story.

Food & Nutrition

****General Information for All Food & Nutrition Projects****

All Food & Nutrition judging will take on a new look to become aligned with Ohio State Fair Guidelines.



JUDGING:

- ✿ Bring a single serving of one recipe included in the project book. For intermediate and advanced projects, food item should be appropriate for the project but does not need to be from the project book. (If the food is intended to be served hot or cold, it should be packed to maintain quality.)
- ✿ Bring an appropriate table setting for the menu. (centerpiece optional)
- ✿ Bring a balanced menu for the day which includes the food prepared (3 meals plus snacks)
- ✿ "Project Presentation" specific to the participant's book. Bring a three-pronged folder/notebook that includes 8 ½" by 11" pages. Participants will create a maximum of one page (one sided only) per "activity area" or "interest area" as designated in the front of the project book. Pages may be collage, journaling, timeline, photo or any 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-Her to reflect on their learning experience. (No points for scrapbooking style.)
- ✿ Be prepared to share what was learned in your project
- ✿ All members should be familiar with MyPlate. Additional information at <http://www.ChooseMyPlate.gov>



FAIR: An educational nutrition exhibit for each food project or group of food projects may be displayed in member's 4-H club booth. No real or artificial food is to be displayed.

X=all levels B=beginner I=intermediate A=advanced

BEGINNING FOOD & NUTRITION PROJECTS

459 I Spy In the Kitchen **B,★**
Use kitchen basics including shopping for and measuring recipe ingredients to safely prepare and serve food. You will learn about the Food Guide Pyramid and the foods you need to eat each day to be healthy. You will also prepare simple recipes for your friends and family (Ages 8-11).

481 Food & Fitness for Fun **B,★**
Learn to combine information, great recipes, and activities related to food and fitness with a goal for a healthier life. Project Guidelines are found on page 3 of project book. (Ages 8-11)

483 Sports Nutrition 1: On Your Mark! **B,★**
Builds interest in physical activity and good nutrition. Introduces easy food preparation skills to help keep bodies healthy, both physically and nutritionally. Project Guidelines are found on page 4 of project book. (Ages 8-10).

484 Snack Attack! **B,★**
Learn how to select and prepare healthy snacks while learning the ins and outs of MyPyramid, an important guide to making healthy food choices and being physically active. Project Guidelines are found on page 4 of project book. (Ages 8-10).

487 Fast Break for Breakfast **B,★**
Members learn the importance of eating breakfast. Menu planning, food safety and nutrition topics are included in this sport-themed project. Should take one other Beginner Level project before enrolling in this project. Project Guidelines are located on page 1 of project book. (Ages 10-11)

INTERMEDIATE FOOD & NUTRITION PROJECTS

461 Let's Bake Quick Bread **I,★**
Bake delicious quick breads while learning the principles of quick bread preparation. Project Guidelines are located on page 4 of the project book. (Ages 11-13)

JUDGING: Bring a full loaf of quick bread or six muffins.

463 Sports Nutrition 2: Get Set **I, ★**
Expand knowledge of being the best athlete you can be with this intermediate level project. Members learn how to increase fitness levels, identify nutrient rich foods, select the best beverage when exercising, and gauge how and when to fuel the body for physical activity. Project Guide is found on page 4 of the project book.

472 Grill Master **I,★**
Progress from grill apprentice to grill master as you focus on the safe use of a grill while preparing delicious meals. By completing six activities and a selection of recipes, you'll learn about portion sizes, cooking meat to safe temperatures, and using gas and charcoal accessories all while preparing complete meals. Project Guide is found in the front of the project book.

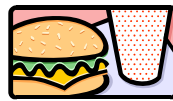
475 Star Spangled Foods **I,★**
Discover the customs and traditions that influence some favorite American foods, and the way we like them, by experimenting with keeping and serving food at its best. Project Guidelines are located on page 2 of the project book. (Ages 12-14)

477 Party Planner: A 4-H Guide to Quantity Cooking **I,★**
This project lets you in on the secrets of successful party planning. These eight activities and a selection of recipes show you how to plan, budget, and safely prepare foods for large groups. Project guide is found on page 3.

482 Food & Fitness Choices for You **I,★**
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).

485 Racing the Clock to Awesome Meals! **I,★**
Focus on the knowledge and skills needed to prepare quick, nutritious, low-cost meals. Builds basic food preparation skills so that youth can tackle difficult recipes while being creative with ingredients. Project Guidelines are located on page 3 of the project book. (Ages 11-13).

486 Dashboard Dining: 4-H Guide to Healthful Fast Food Choices **I,★**
New in 2012! Look at fast food in a whole new light! This project book shows you how to make fast food menus part of a healthy lifestyle. From understanding true food portions and healthful choices to "designing" your meals with your new nutrition knowledge. Project Guidelines in book.



ADVANCED FOOD & NUTRITION PROJECTS

462 Yeast Breads on the Rise **A,★**
Master the art of baking delicious breads using yeast, find out why breads rise when you add yeast, and the nutritional value of those breads. Project Guidelines are located on page 5 of the project book. (Ages 14 and older).

JUDGING: Bring a full loaf of yeast bread or six yeast rolls.

467 You're the Chef **A,★**
Prepare creative, nutritious and economical meals using the oven, range top, microwave, slow cooker, and stir fried foods. Vegetarian and deli food selections are also included. Project Guidelines are found on page 3 of project book. (Ages 14 and older)

469 Global Gourmet **A,★**
Enjoy the many flavors of foods from around the world. Gain a better understanding of our world by exploring food history, customs, and various nutritional needs around the globe. Complete Project Guidelines located on page 2 of the project book. (Ages 14 and older).

476 Pathways to Culinary Success **A,★**
Members taking this advanced level project should have completed projects at the beginner and intermediate levels. This project will explore a variety of experiences to gain a basic understanding of culinary arts. Learn about techniques used by cooks and chefs in preparing foods, using basic equipment, preparing meats, stocks, sauces, pies and pastries, garnishes, and preparing meals with appeal!



JUDGING: Bring your completed project presentation/journal.