



## THE OHIO STATE UNIVERSITY

COLLEGE OF FOOD, AGRICULTURAL,  
AND ENVIRONMENTAL SCIENCES

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### 2019 ATHENS COUNTY FOODS & NUTRITION JUDGING

Dear 4-H Member:

Congratulations on finishing your 4-H project! We are looking forward to seeing the results at judging! Foods and Nutrition 4-H Project Judging will be Tuesday, July 9, 2019 at the Athens County Extension Office. Please refer to the 2019 foods and nutrition judging schedule for exact times to arrive; you should bring the following:

- Your book
- A food sample of a recipe from your book (i.e. quiche, pie, etc.) that you make for judging day. This sample should be served either piping hot or cold.
- 3 ½ x 5 inch index card with your recipe for your sample food and the cost per serving for that recipe/food on the back.
- An educational display such as a portfolio, scrapbook, or poster.

To prepare for this judging, please study all information on <http://www.choosemyplate.gov/> and in your book. Please know the ten tips for healthy living (can be found on the My Plate flyer posted on our website), in addition to how to create a balanced meal. During food judging, you will be responsible for knowing this information, in addition to the My Plate info included in your book and on its website, and the information from your book.

Judging, like previous years, will be a series of stations, including:

- My Plate questions (both on food and creating a balanced meal)
- A quiz (based on your books)
- Interview with a judge

Please call the Extension Office at 740.593.8555 if you have any questions. We look forward to seeing you on July 9<sup>th</sup>!

Sincerely,

Bridget W. Moore  
Extension Educator  
4-H Youth Development