

467 Cooking on My Own

Advanced Level

This project is for members with a lot of cooking/nutrition project experience, or 14-18 years of age.

1. Complete all **Project Guidelines** 1- 7 listed on Page 5 of the project book. Follow appropriate instructions as either a first year or second year participant.
2. Prepare at least one recipe for each activity area.
3. Create a **Portfolio** for Project Presentation (see below).
4. An educational poster describing and illustrating some aspect of your project may be made but is not required.
5. Bring to Interview Judging:
 - a. Neat and complete project book.
 - b. A full day's menu that follows the MyPlate model and includes at least one recipe.
 - c. Your **portfolio**

The Portfolio is project specific and is used to enhance a conversation between the member and a judge about activities the member completed within the project. The participant will be responsible for bringing a 3-pronged folder or binder that includes 8 ½" x 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 their project books. Ideas for these pages include journaling, a timeline, and photos taken during their project, or any other format that would illustrate the work and knowledge of the participant. Each page could be different or can be a combination of styles allowing the 4-H'er to reflect on their learning experience. There will be no points for scrapbooking style. The portfolio is to be completed prior to arriving at the state fair. (See the document titled "Portfolio Interest Areas.")

Portfolios are judged based on the verbal presentation, organization of the material in the portfolio, inclusion of their efforts in required "Activity or Interest" area pages, and communication with the judge describing their portfolio.

The member will present the portfolio to the judge and have the opportunity to explain their active involvement in their project.

The member's project book may not be a part of their portfolio.

- d. Be able to discuss the following information:
 - i. Information present in the project book.
 - ii. The basics of the Choose MyPlate food guidance system.
 - iii. The food you prepared during your project.
 - iv. **Learning Experiences** activities completed.
 - v. **Leadership/Citizenship** activities completed.
- e. Poster if made.
- f. At project judging, members will complete a skillathon, which will include a table-setting activity and other nutrition knowledge or food preparation skill activities.

Portfolio Interest Areas Document -

https://ohio4h.org/sites/ohio4h/files/imce/Families/state_fair/2022%20State%20Fair%20Interest%20Areas.pdf

