Let's Start Cooking

Project Checklist

☐ Read and follow all rules pertaining to your project in this document and the Jr Fair book
☐ Enroll in 4-H by April 1, 2016
   (Enrollment form should be turned into your club advisor before this date)
☐ Attend Project Judging July 14 or August 9
☐ Make a Jr Fair Entry for your project by August 1, 2016 (if you want to exhibit at the fair)
   Entries for the Fair must be made by class number, not project number. Refer to Jr. Fair Handbook for class entry listings and numbers. (Entry form should be turned into your club advisor before this date)

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<tbody>
<tr>
<td>#459 Let’s Start Cooking Beginner</td>
<td>Complete requirements on pages 3-7 of project book.</td>
<td>Bring Presentation Folder**, project book, one prepared dish, menu plan for 1 day which includes prepared dish, table setting for meal at which dish is served. Bring recipe.*</td>
<td>Poster or club exhibit.</td>
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IMPORTANT DATES

Ask your project or organizational advisor or call the Extension office (330-264-8722) for more information about the following events.

July 14, 2016 “Early Bird” FCS Project Judging - 4:30 - 8:30 p.m. at the Fisher Auditorium, OARDC Campus. To be eligible for State Fair selection, members must participate in this event.

July 19, 2016 Style Revue & State Fair Awards Program - 7:00 p.m. at Fisher Auditorium, OARDC. Family & friends are invited to see 4-H members model their clothing projects. Outstanding Exhibitor Award winners and State Fair representatives in all State Fair eligible FCS & Still project areas will be announced at this event.

August 9, 2016 “Last Chance” Project Judging - 6:00 - 9:00 p.m. at Wayne County Fairgrounds. For members not interested in or unable to participate in the July 14 judging event.

*Members are encouraged to try all recipes in the project book at least once. After trying all the recipes in the project book, members are encouraged to try variations, even be creative and develop their own variations of recipes in the book. For judging purposes, members may use recipes not printed in the project book. However, to ensure that similar ingredients and preparation techniques are being evaluated, a recipe used as a substitution MUST be very similar to a recipe in the project book. For example, in the Star Spangled Foods project, a member may substitute another Snicker doodle recipe for the one in the book, but may not substitute Chocolate Chip or Peanut Butter cookies for the Snicker doodles. Remember, the quality of the food only counts for 10% of the overall evaluation rating. The member’s knowledge of basic nutrition and the information in the project book counts for 75% of the rating. If the recipe used for judging is not printed in the member’s project book, it should be written on a recipe card.

**Presentation Folder –** prepare a 3-pronged folder that includes one 8½” x 11” page (one-sided only) for each “activity area” or “interest area” as designated in the front of your project book. These pages could be in collage, journaling, timeline, photo, or any other format that would illustrate your work and knowledge of your project. Each page could be different or could be a combination of styles allowing you to reflect on your learning experience. **There will be no points for scrapbooking style.**

Your Presentation Folder will be judged on the inclusion of information about the interest or activity areas listed in the front of your book, the organization of the materials, your verbal presentation, and your communication with the judge regarding your portfolio.
**#461 Let’s Bake Quick Breads**

**Project Checklist**

- Read and follow all rules pertaining to your project in this document and the Jr Fair book
- Enroll in 4-H by April 1, 2016 (Enrollment form should be turned into your club advisor before this date)
- Attend Project Judging July 14 or August 9
- Make a Jr Fair Entry for your project by August 1, 2016 (if you want to exhibit at the fair)

Entries for the Fair must be made by class number, not project number. Refer to Jr. Fair Handbook for class entry listings and numbers. (Entry form should be turned into your club advisor before this date)

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### PROJECT REQUIREMENTS

**#461 Let’s Bake Quick Breads**

**Intermediate**

Complete requirements on page 4 of project book. Understand the nutritive value of breads. Make muffins, biscuits and specialty breads.

**JUDGING REQUIREMENTS**

Bring *Presentation Folder***, project book, one prepared dish, menu plan for 1 day which includes prepared dish, table setting for meal at which dish is served. Bring recipe.*

**FAIR EXHIBIT**

* Poster or club exhibit.

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### IMPORTANT DATES

Ask your project or organizational advisor or call the Extension office (330-264-8722) for more information about the following events.

**July 14, 2016**

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**July 19, 2016**

Style Revue & State Fair Awards Program - 7:00 p.m. at Fisher Auditorium, OARDC. Family & friends are invited to see 4-H members model their clothing projects. Outstanding Exhibitor Award winners and State Fair representatives in all State Fair eligible FCS & Still project areas will be announced at this event.

**August 9, 2016**

“Last Chance” Project Judging - 6:00 - 9:00 p.m. at Wayne County Fairgrounds. For members not interested in or unable to participate in the July 14 judging event.

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*Members are encouraged to try all recipes in the project book at least once. After trying all the recipes in the project book, members are encouraged to try variations, even be creative and develop their own variations of recipes in the book. For judging purposes, members may use recipes not printed in the project book. However, to ensure that similar ingredients and preparation techniques are being evaluated, a recipe used as a substitution **MUST** be very similar to a recipe in the project book. For example, in the Star Spangled Foods project, a member may substitute another Snicker doodle recipe for the one in the book, but may not substitute Chocolate Chip or Peanut Butter cookies for the Snicker doodles. Remember, the quality of the food only counts for 10% of the overall evaluation rating. The member’s knowledge of basic nutrition and the information in the project book counts for 75% of the rating. If the recipe used for judging is not printed in the member's project book, it should be written on a recipe card.

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Your *Presentation Folder* will be judged on the inclusion of information about the interest or activity areas listed in the front of your book, the organization of the materials, your verbal presentation, and your communication with the judge regarding your portfolio.

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Updated January 2016
#462 Yeast Breads On the Rise

**Project Checklist**

- Read and follow all rules pertaining to your project in this document and the Jr Fair book
- Enroll in 4-H by April 1, 2016 (Enrollment form should be turned into your club advisor before this date)
- Attend Project Judging July 14 or August 9
- Make a Jr Fair Entry for your project by August 1, 2016 (if you want to exhibit at the fair) Entries for the Fair must be made by class number, not project number. Refer to Jr. Fair Handbook for class entry listings and numbers. (Entry form should be turned into your club advisor before this date)

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<td>#462 Yeast Breads on the Rise Advanced</td>
<td>Complete requirements on page 5 of project book. Understand the nutritive value of bread products. Recognize characteristics of quality yeast products.</td>
<td>Bring Presentation Folder**, project book, one prepared dish, menu plan for 1 day which includes prepared dish, table setting for meal at which dish is served. Bring recipe.*</td>
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<td>Style Revue &amp; State Fair Awards Program - 7:00 p.m. at Fisher Auditorium, OARDC. Family &amp; friends are invited to see 4-H members model their clothing projects. Outstanding Exhibitor Award winners and State Fair representatives in all State Fair eligible FCS &amp; Still project areas will be announced at this event.</td>
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*Members are encouraged to try all recipes in the project book at least once. After trying all the recipes in the project book, members are encouraged to try variations, even be creative and develop their own variations of recipes in the book. For judging purposes, members may use recipes not printed in the project book. However, to ensure that similar ingredients and preparation techniques are being evaluated, a recipe used as a substitution **MUST** be very similar to a recipe in the project book. For example, in the Star Spangled Foods project, a member may substitute another Snickerdoodle recipe for the one in the book, but may not substitute Chocolate Chip or Peanut Butter cookies for the Snickerdoodles. Remember, the quality of the food only counts for 10% of the overall evaluation rating. The member’s knowledge of basic nutrition and the information in the project book counts for 75% of the rating. If the recipe used for judging is not printed in the member’s project book, it should be written on a recipe card.

**Presentation Folder** – prepare a 3-pronged folder that includes one 8½” x 11” page (one-sided only) for each “activity area” or “interest area” as designated in the front of your project book. These pages could be in collage, journaling, timeline, photo, or any other format that would illustrate your work and knowledge of your project. Each page could be different or could be a combination of styles allowing you to reflect on your learning experience. **There will be no points for scrapbooking style.**

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Updated January 2016
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<tr>
<td>#463</td>
<td>Intermediate</td>
<td>Complete requirements on pgs. 4-7 of project book.</td>
<td>Bring Presentation Folder**, project book, one prepared dish, menu plan for 1 day which includes prepared dish, table setting for meal at which dish is served. Bring recipe.*</td>
</tr>
<tr>
<td>#483</td>
<td>Beginner</td>
<td></td>
<td></td>
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**Presentation Folder** – prepare a 3-pronged folder that includes one 8½” x 11” page (one-sided only) for each “activity area” or “interest area” as designated in the front of your project book. These pages could be in collage, journaling, timeline, photo, or any other format that would illustrate your work and knowledge of your project. Each page could be different or could be a combination of styles allowing you to reflect on your learning experience. There will be no points for scrapbooking style.

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PRO JECT REQUIR EMENTS

JUDGING REQUIREMENTS

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Your Presentation Folder will be judged on the inclusion of information about the interest or activity areas listed in the front of your book, the organization of the materials, your verbal presentation, and your communication with the judge regarding your portfolio.
#467 You’re the Chef

**Project Checklist**

- Read and follow all rules pertaining to your project in this document and the Jr Fair book
- **Enroll in 4-H by April 1, 2016**
  (Enrollment form should be turned into your club advisor before this date)
- **Attend Project Judging** July 14 or August 9
- **Make a Jr Fair Entry** for your project by August 1, 2016 (if you want to exhibit at the fair)
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<tr>
<td>#467 You’re the Chef Advanced</td>
<td>Complete requirements on page 3 of project book. Learn to prepare 7 different types of meals.</td>
<td>Bring Presentation Folder**, project book, one prepared dish, menu plan for 1 day which includes prepared dish, table setting for meal at which dish is served. Bring recipe.*</td>
<td>Poster or club exhibit.</td>
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**IMPORTANT DATES**

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**Style Revue & State Fair Awards Program** - 7:00 p.m. at Fisher Auditorium, OARDC. Family & friends are invited to see 4-H members model their clothing projects. Outstanding Exhibitor Award winners and State Fair representatives in all State Fair eligible FCS & Still project areas will be announced at this event.

**August 9, 2016**  
**“Last Chance” FCS Project Judging** - 6:00 - 9:00 p.m. at Wayne County Fairgrounds. For members not interested in or unable to participate in the July 14 judging event.

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Updated January 2016
#469 The Global Gourmet

**Project Checklist**

- Read and follow all rules pertaining to your project in this document and the Jr Fair book
- Enroll in 4-H by April 1, 2016
  (Enrollment form should be turned into your club advisor before this date)
- Attend Project Judging July 14 or August 9
- Make a Jr Fair Entry for your project by August 1, 2016 (if you want to exhibit at the fair)
  Entries for the Fair must be made by class number, not project number. Refer to Jr. Fair Handbook for class entry listings and numbers. (Entry form should be turned into your club advisor before this date)

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<tr>
<td>#469</td>
<td>Complete requirements on page 2 of project book. Learn about and prepare foods from other countries.</td>
<td>Bring Presentation Folder**, project book, one prepared dish, menu plan for 1 day which includes prepared dish, table setting for meal at which dish is served. Bring recipe.*</td>
<td>Poster or club exhibit.</td>
</tr>
</tbody>
</table>

**PROJECT REQUIREMENTS**

#469 The Global Gourmet Advanced

**JUDGING REQUIREMENTS**

- Bring Presentation Folder**, project book, one prepared dish, menu plan for 1 day which includes prepared dish, table setting for meal at which dish is served. Bring recipe.*

**FAIR EXHIBIT**

- Poster or club exhibit.

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**IMPORTANT DATES**

Ask your project or organizational advisor or call the Extension office (330-264-8722) for more information about the following events.

**July 14, 2016**

**“Early Bird” FCS Project Judging** - 4:30 - 8:30 p.m. at the Fisher Auditorium, OARDC Campus. To be eligible for State Fair selection, members must participate in this event.

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**August 9, 2016**

**“Last Chance” FCS Project Judging** - 6:00 - 9:00 p.m. at Wayne County Fairgrounds. For members not interested in or unable to participate in the July 14 judging event.

*Members are encouraged to try all recipes in the project book at least once. After trying all the recipes in the project book, members are encouraged to try variations, even be creative and develop their own variations of recipes in the book. For judging purposes, members may use recipes not printed in the project book. However, to ensure that similar ingredients and preparation techniques are being evaluated, a recipe used as a substitution **MUST** be very similar to a recipe in the project book. For example, in the Star Spangled Foods project, a member may substitute another Snicker doodle recipe for the one in the book, but may not substitute Chocolate Chip or Peanut Butter cookies for the Snicker doodles. Remember, the quality of the food only counts for 10% of the overall evaluation rating. The member’s knowledge of basic nutrition and the information in the project book counts for 75% of the rating. If the recipe used for judging is not printed in the member’s project book, it should be written on a recipe card.

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Updated January 2016
#472 Grill Master  
#474 Beyond the Grill

**Project Checklist**

- Read and follow all rules pertaining to your project in this document and the Jr Fair book
- Enroll in 4-H by April 1, 2016 (Enrollment form should be turned into your club advisor before this date)
- Attend Project Judging July 14 or August 9
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</table>
| #472 Grill Master  
Intermediate  
#474 Beyond the Grill  
Advanced | Complete requirements on page 4 in project book. | Bring Presentation Folder**, project book, one prepared dish, menu plan for 1 day which includes prepared dish, table setting for meal at which dish is served. Bring recipe.*  May be evaluated as a group. | Poster or club exhibit.  
| | | | [FAR](#)  
| | | | Eligible Project |

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#475 Star Spangled Foods

**Project Checklist**

- Read and follow all rules pertaining to your project in this document and the Jr Fair book
- Enroll in 4-H by April 1, 2016
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<tr>
<td>#475 Star Spangled Foods</td>
<td>Complete requirements on page 2 of project book.</td>
<td>Bring Presentation Folder**, project book, one prepared dish, menu plan for 1 day which includes prepared dish, table setting for meal at which dish is served. Bring recipe.*</td>
<td>Poster or club exhibit.</td>
</tr>
<tr>
<td>Intermediate</td>
<td>Prepare all recipes in book.</td>
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#476 Pathways to Culinary Success

## Project Checklist

- Read and follow all rules pertaining to your project in this document and the Jr Fair book
- **Enroll in 4-H by April 1, 2016**
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  Entries for the Fair must be made by class number, not project number. Refer to Jr. Fair Handbook for class entry listings and numbers. (Entry form should be turned into your club advisor before this date)

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<tr>
<td>#476 Pathways to Culinary Success** Advanced**</td>
<td>Complete requirements on page 1 of project book. Collect additional recipes and keep a journal of your experiences.</td>
<td>Bring Presentation Folder**, project book, one prepared dish, menu plan for 1 day which includes prepared dish, table setting for meal at which dish is served. Bring recipe.*</td>
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### IMPORTANT DATES

Ask your project or organizational advisor or call the Extension office (330-264-8722) for more information about the following events.

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*Members are encouraged to try all recipes in the project book at least once. After trying all the recipes in the project book, members are encouraged to try variations, even be creative and develop their own variations of recipes in the book. For judging purposes, members may use recipes not printed in the project book. However, to ensure that similar ingredients and preparation techniques are being evaluated, a recipe used as a substitution **MUST** be very similar to a recipe in the project book. For example, in the Star Spangled Foods project, a member may substitute another Snickerdoodle recipe for the one in the book, but may not substitute Chocolate Chip or Peanut Butter cookies for the Snickerdoodles. Remember, the quality of the food only counts for 10% of the overall evaluation rating. The member’s knowledge of basic nutrition and the information in the project book counts for 75% of the rating. If the recipe used for judging is not printed in the member's project book, it should be written on a recipe card.

**Presentation Folder** — prepare a 3-pronged folder that includes one 8½” x 11” page (one-sided only) for each “activity area” or “interest area” as designated in the front of your project book. These pages could be in collage, journaling, timeline, photo, or any other format that would illustrate your work and knowledge of your project. Each page could be different or could be a combination of styles allowing you to reflect on your learning experience. **There will be no points for scrapbooking style.**

Your Presentation Folder will be judged on the inclusion of information about the interest or activity areas listed in the front of your book, the organization of the materials, your verbal presentation, and your communication with the judge regarding your portfolio.

Updated January 2016
#477 Party Planner: A 4-H Guide to Quantity Cooking

**Project Checklist**

- Read and follow all rules pertaining to your project in this document and the Jr Fair book
- Enroll in 4-H by April 1, 2016
  (Enrollment form should be turned into your club advisor before this date)
- Attend Project Judging July 14 or August 9
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<tr>
<td>#477 Party Planner Intermediate</td>
<td>Complete requirements on pages 3-7 of project book.</td>
<td>Bring Presentation Folder**, project book, one prepared dish, menu plan for 1 day which includes prepared dish, table setting for meal at which dish is served. Bring recipe.*</td>
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*Members are encouraged to try all recipes in the project book at least once. After trying all the recipes in the project book, members are encouraged to try variations, even be creative and develop their own variations of recipes in the book. For judging purposes, members may use recipes not printed in the project book. However, to ensure that similar ingredients and preparation techniques are being evaluated, a recipe used as a substitution **MUST** be very similar to a recipe in the project book. For example, in the Star Spangled Foods project, a member may substitute another Snicker doodle recipe for the one in the book, but may not substitute Chocolate Chip or Peanut Butter cookies for the Snicker doodles. Remember, the quality of the food only counts for 10% of the overall evaluation rating. The member’s knowledge of basic nutrition and the information in the project book counts for 75% of the rating. If the recipe used for judging is not printed in the member's project book, it should be written on a recipe card.

**Presentation Folder** – prepare a 3-pronged folder that includes one 8¼” x 11” page (one-sided only) for each “activity area” or “interest area” as designated in the front of your project book. These pages could be in collage, journaling, timeline, photo, or any other format that would illustrate your work and knowledge of your project. Each page could be different or could be a combination of styles allowing you to reflect on your learning experience. **There will be no points for scrapbooking style.**

Your Presentation Folder will be judged on the inclusion of information about the interest or activity areas listed in the front of your book, the organization of the materials, your verbal presentation, and your communication with the judge regarding your portfolio.

Updated January 2016
#484 Snack Attack!

**Project Checklist**

- Read and follow all rules pertaining to your project in this document and the Jr Fair book
- Enroll in 4-H by April 1, 2016 (Enrollment form should be turned into your club advisor before this date)
- Attend Project Judging July 14 or August 9
- Make a Jr Fair Entry for your project by August 1, 2016 (if you want to exhibit at the fair) Entries for the Fair must be made by class number, not project number. Refer to Jr. Fair Handbook for class entry listings and numbers. (Entry form should be turned into your club advisor before this date)

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<tr>
<td>#484 Snack Attack! Beginner</td>
<td>Complete requirements on pgs. 4-7 of project book. Make at least one recipe in each activity.</td>
<td>Bring Presentation Folder**, project book, one prepared dish, menu plan for 1 day which includes prepared dish, table setting for meal at which dish is served. Bring recipe.*</td>
<td>Poster or club exhibit.</td>
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- **August 9, 2016** “Last Chance” FCS Project Judging - 6:00 - 9:00 p.m. at Wayne County Fairgrounds. For members not interested in or unable to participate in the July 14 judging event.

*Members are encouraged to try all recipes in the project book at least once. After trying all the recipes in the project book, members are encouraged to try variations, even be creative and develop their own variations of recipes in the book. For judging purposes, members may use recipes not printed in the project book. However, to ensure that similar ingredients and preparation techniques are being evaluated, a recipe used as a substitution **MUST** be very similar to a recipe in the project book. For example, in the Star Spangled Foods project, a member may substitute another Snicker doodle recipe for the one in the book, but may not substitute Chocolate Chip or Peanut Butter cookies for the Snicker doodles. Remember, the quality of the food only counts for 10% of the overall evaluation rating. The member’s knowledge of basic nutrition and the information in the project book counts for 75% of the rating. If the recipe used for judging is not printed in the member’s project book, it should be written on a recipe card.

**Presentation Folder** – prepare a 3-pronged folder that includes one 8¾” x 11” page (one-sided only) for each “activity area” or “interest area” as designated in the front of your project book. These pages could be in collage, journaling, timeline, photo, or any other format that would illustrate your work and knowledge of your project. Each page could be different or could be a combination of styles allowing you to reflect on your learning experience. **There will be no points for scrapbooking style.**

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Updated January 2016
#485 Racing the Clock to Awesome Meals

**Project Checklist**
- Read and follow all rules pertaining to your project in this document and the Jr Fair book
- Enroll in 4-H by April 1, 2016 (Enrollment form should be turned into your club advisor before this date)
- Attend Project Judging July 14 or August 9
- Make a Jr Fair Entry for your project by August 1, 2016 (if you want to exhibit at the fair)
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<tr>
<td>#485</td>
<td>Racing the Clock to Awesome Meals Intermediate</td>
<td>Complete requirements on pgs. 3-5 of project book.</td>
<td>Bring Presentation Folder**, project book, one prepared dish, menu plan for 1 day which includes prepared dish, table setting for meal at which dish is served. Bring recipe.*</td>
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Your Presentation Folder will be judged on the inclusion of information about the interest or activity areas listed in the front of your book, the organization of the materials, your verbal presentation, and your communication with the judge regarding your portfolio.
#486 Dashboard Dinning: A 4-H Guide to Healthful Fast Food Choices

## Project Checklist
- Read and follow all rules pertaining to your project in this document and the Jr Fair book
- Enroll in 4-H by April 1, 2016
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<tr>
<td>#486 Dashboard Dinning: A 4-H Guide to Healthful Fast Food Choices Intermediate</td>
<td>Complete requirements on pg. 6 of project book.</td>
<td>Bring Presentation Folder**, project book, one prepared dish, menu plan for 1 day which includes prepared dish, table setting for meal at which dish is served. Bring recipe.*</td>
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#487 Fast Break for Breakfast

## Project Checklist
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## JUDGING REQUIREMENTS

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## FAIR EXHIBIT

- Poster or club exhibit.

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Updated January 2016