

I SPY IN THE KITCHEN - 459

Project Description:

This beginning level project is a 1 time experience for members 9-11 years old and older youth having no experience with cooking. There is no time limit to complete the project. In this project, members will learn to measure and follow recipes in this book to make simple, nutritious drinks and snacks and how they fit into a healthy lifestyle. They will also have experiences in food shopping, following kitchen safety rules and serving foods they prepared.

To Complete This Project:

Follow the project guidelines on page 2 of the project book. Explore each of the "Investigating the Topics". Prepare at least 2 of the recipes and fill in all of the sections of your project book. Complete at least 2 learning experiences & 2 leadership/citizenship activities.

Judging Of This Project:

Prepare one of the recipes from your project book (or a similar recipe - bring recipe with you to judging) and bring the entire dish and a serving utensil, if needed. **(Do not bring a table setting and a centerpiece)** You do not need to bring a menu. You will be given a menu activity to complete at the judging. Bring completed project book. In addition to an interview with a judge, you will participate in several skillathon activities. A skillathon study guide for this project is available at the Extension Office.

Union County Fair:

Judging will be held on Tuesday, July 22, in the Armory at the fairgrounds. See the schedule printed later in the summer for the exact judging time for this project.

Richwood Fair:

Food and Nutrition Judging will be held on Thursday, August 28, in the East Arena. See the schedule printed later in the summer for exact judging time for this project.

Ohio State Fair Opportunity

This project **Does** have the opportunity to be displayed at the Ohio State Fair in 2008. Any 4-H'er who wishes to compete for an opportunity to display this project at the State Fair must participate in judging at the Union County Fair, as described above. Union County Representatives to Ohio State Fair will be chosen as part of Union County Fair judging.