

STAR SPANGLED FOODS - 475

Project Description:

This intermediate-level project introduces you to some favorite American regional foods. Through this project, you'll learn customs and traditions that have influenced the foods we eat and the way we like them. It is designed for 12 to 14 year old members. If you are older but have a limited knowledge of nutrition and food preparation, you may begin with this project.

To Complete This Project:

Follow and complete the project guidelines outlined on page 2 of the project book. Explore each recipe. Complete at least 3 learning experiences & 3 leadership/citizenship activities.

Judging of This Project:

Prepare one of the recipes from the project book (or a similar recipe - bring recipe with you to judging) and bring the entire dish and a serving utensil, if one is 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 your 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 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 Ohio State Fair must participate in judging at the Union County Fair, as described above. Union County representatives to the Ohio State Fair will be chosen as part of Union County Fair Judging.