

463 – Sports Nutrition: Ready, Set, Go!

Project Description:

In this intermediate level project, you will learn how to increase your fitness levels, identify nutrient-rich foods, select the best beverage when exercising and gauge how and when to fuel your body for physical activity. Easy food preparation skills are included in 5 activities and related recipes. This project may be taken a second year by completing the Overtime activities.

To Complete This Project:

Step 1: Complete all 5 activities including recipes, and **all** of the Talking It Over questions.

Activity 1 – The Three Parts of Physical Fitness

Activity 2 – Exercise and Your Heart Rate

Activity 3 – Eating and Burning Calories

Activity 4 – How Nutrients Help Performance

Activity 5 – Finding Hidden Water for Hydration

Step 2: Take part in at least 2 learning experiences

Step 3: Become involved in at least 2 leadership/citizenship activities

Step 4: Create a portfolio using a 3-pronged folder that includes 8 ½" x 11" pages. The participants will create a **maximum** of one page per "activity area" as designated in the front of their project books. These pages could be in collage, journaling, timeline, photo, or any other format that would illustrate the work and knowledge of the participant. **However, photographs are highly recommended as a way to show and explain what you have learned.** Each page could be different or could be a combination of styles providing the 4-H'er reflects on their learning experience. **There will be no points during county judging for scrapbooking style.**

Step 5: Complete a project review including your portfolio. If you choose not to participate in judging at the fair, make arrangements to discuss and review completion of your project with your advisor.

Judging of This Project:

Judging will consist of **three areas:**

1. Interview/Portfolio (50%) – You will share your completed portfolio*. The judge will review your portfolio and ask you questions about your learning activities.
2. MyPlate Activity (25%) – You will complete activities based on MyPlate information.
3. Completed Project Book Review (25%) – You will share your project book

Optional: Prepare one of the recipes from the project book and bring it for the judge to see.

Union County Fair:

Judging will be held with the Special Interest Projects on Wednesday – Friday immediately prior to the Union County Fair. You will receive a specific judging time from your advisor closer to judging.

Richwood Fair:

Food and Nutrition Judging will be held on Sunday prior to the Richwood Independent Fair at the same time as the Special Interest Project Judging.

Ohio State Fair Opportunity:

This project **Does** have the opportunity to be displayed at the Ohio State Fair. 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.