

463 Sports Nutrition: Ready, Set, Go

Skill Level: Intermediate

For county project COMPLETION members must complete either:

- County Project Judging in September
 - Member is eligible for Exhibition and Fair Awards; project must be displayed for award eligibility.
- Advisor Grade
 - Completed by advisor. If done by September 15th projects are eligible for fair exhibition but is NOT eligible for fair awards.

State Fair Qualification

- Participate in July Judging – State Fair Qualification Only. ALL projects must be brought back in September to be eligible for county awards.

For Project Judging Dates & Times:

Ask your Club Advisor

Read your project letter – <http://brown.osu.edu/exhibitorletters>

Look on the 4-H Calendar <https://brown.osu.edu/4hcalendar> or check in the 4-H App

Complete All of the following for completion:

- All 5 activities, including 5 recipes and Talking It Over questions
- At least 2 learning experiences
- At least 2 leadership/citizenship activities
- Project Review

What to bring to judging:

- Completed project Book
- Project Presentation Portfolio
- Menu for a day
- Table Setting with centerpiece for meal listed on your menu

County Fair Exhibit

- Completed Project Book
- Display menu, “Presentation Project” Portfolio and table setting on Sunday of fair. (DO NOT bring a prepared food dish)

State Fair:

- Selected during county-level competition in July.
- Event: Food and Nutrition Days
- Three-pronged folder with completed “Portfolio”
- Additional state fair information can be found on the state website here:
<https://ohio4h.org/nonlivestockguidebook>

