

## 2017 Ohio State Fair Food and Nutrition Portfolio Interest Areas

Project	Activity/ Interest Area
<b>Beginner Skill Level</b>	
Let's Start Cooking (459)	<ul style="list-style-type: none"> <li>-How Does Your Plate Rate?</li> <li>-Safety First</li> <li>-Equipment Check</li> <li>-Decoding Recipes</li> <li>-Measuring Mastery</li> <li>-Slicing and Dicing Practice</li> <li>-Microwave Know-How</li> <li>-Stove Top and Oven Use 101</li> </ul>
Sports Nutrition I (483)	<ul style="list-style-type: none"> <li>-In Training</li> <li>-Fueling Up</li> <li>-Maintaining Balance</li> <li>-Quenching Your Thirst</li> <li>-Tying It Together</li> </ul>
Snack Attack (484)	<ul style="list-style-type: none"> <li>-Exploring MyPyramid (My Plate)</li> <li>-Is It Snack Time Yet?</li> <li>-Digging for Grains</li> <li>-Color Hunt</li> <li>-Got Dairy?</li> <li>-Protein Protection</li> <li>-Not-So-Hidden Calories</li> </ul>
Fast Break for Breakfast (487)	<ul style="list-style-type: none"> <li>-Why Breakfast?</li> <li>-Be on the Winning Side of Breakfast with Breads and Cereals</li> <li>-Have that Gold Medal Glow with Fruits and Vegetables</li> <li>-Add Muscle to Your Breakfast with Meat, Poultry, Fish, Dry Beans, Eggs and Nuts</li> <li>-Score Big with Milk, Cheese and Yogurt</li> <li>-Strike Out the Fats, Sweets and Oils</li> </ul>
<b>Intermediate Skill Level</b>	
Let's Bake Quick Breads (461)	<ul style="list-style-type: none"> <li>-What Makes Grains Great</li> <li>-Digging Into Wheat</li> <li>-Putting It All Together</li> <li>-Mixing It Up</li> <li>-Equipment Experiment</li> <li>-Gluten-Free Baking</li> <li>-Tweaking Recipes for Your Health</li> <li>-Careers in the Kitchen</li> </ul>
Sports Nutrition 2 (463)	<ul style="list-style-type: none"> <li>-In Training</li> <li>-Fueling Up</li> <li>-Maintaining Balance</li> <li>-Quenching Your Thirst</li> <li>-Tying It Together</li> </ul>
Grill Master (472)	<ul style="list-style-type: none"> <li>-Sizing Up Servings</li> <li>-Ready, Set, Grill</li> <li>-Other Equipment Essentials</li> </ul>

	<ul style="list-style-type: none"> <li>-Secret Ingredients: Sauces and Marinades</li> <li>-Grilling Fruits and Vegetables</li> <li>-The Final Skill Trial: Grilling Off-Site</li> </ul>
Star Spangled Foods (475)	<ul style="list-style-type: none"> <li>-Wild West Burgers</li> <li>-Star Spangled Salads</li> <li>-Yankee Snickerdoodles</li> <li>-Indian Beans</li> <li>-Country Breakfast</li> <li>-Breakfast Down on the Farm</li> <li>-Jambalaya and Chocolate Dessert</li> </ul>
Party Planner (477)	<ul style="list-style-type: none"> <li>-Sleepover Nutrition Hunt</li> <li>-Recipe Makeover</li> <li>-Show Me the Money!</li> <li>-MyPyramid: All Mine (My Plate)</li> <li>-Perfect Timing</li> <li>-Crowd Pleasers</li> <li>-Picnic in the Parking Lot</li> <li>-Scoring Points with Burgers</li> </ul>
Racing the Clock to Awesome Meals (485)	<ul style="list-style-type: none"> <li>-MyPyramid: The Starting Block (My Plate)</li> <li>-Jump Start Your Day</li> <li>-Pastabilities</li> <li>-Super Soups</li> <li>-Planned Overs</li> <li>-Equipment Helpers</li> <li>-Overcoming Hurdles</li> </ul>
Dashboard Dining (486)	<ul style="list-style-type: none"> <li>-Rating Your Hunger</li> <li>-Eating the Right Portions</li> <li>-Making Healthful Choices</li> <li>-Selecting Nutrient Rich Foods</li> <li>-Designing Your Meals</li> <li>-Comparing Fast Food to Homemade Food</li> <li>-Checking for Restaurant Cleanliness</li> </ul>
Advanced Skill Level	
Yeast Breads on the Rise (462)	<p>FIRST YEAR (see page 6)</p> <ul style="list-style-type: none"> <li>-MyPlate</li> <li>-Ingredients in Bread Products</li> <li>-Career Options</li> <li>-Methods of Mixing Yeast Breads</li> <li>-Bread Dough Basics</li> <li>-Traditional Method</li> <li>-Sponge Dough Method</li> <li>-Batter/No Knead Method</li> <li>-Mixer Method</li> <li>-Bread Machine Method</li> </ul> <p>SECOND YEAR (see page 40)</p> <ul style="list-style-type: none"> <li>-MyPlate</li> </ul>

	<ul style="list-style-type: none"> <li>-Ingredients in Bread Products</li> <li>-Methods of Mixing Yeast Breads</li> <li>-Bread Dough Basics</li> <li>-Career Options</li> <li>-Mixing Method #1</li> <li>-Mixing Method #2</li> <li>-Mixing Method #3 (optional)</li> <li>-Mixing Method #4 (optional)</li> <li>-Mixing Method #5 (optional)</li> </ul>
You're the Chef (467)	<ul style="list-style-type: none"> <li>-Deli Meal</li> <li>-Stir-Fry Meal</li> <li>-Range-Top Meal</li> <li>-Oven Meal</li> <li>-Microwave Meal</li> <li>-Slow Cooker Meal</li> <li>-Vegetarian Meal</li> </ul>
Global Gourmet (469)	<ul style="list-style-type: none"> <li>-Mexico</li> <li>-Africa</li> <li>-Japan</li> <li>-India</li> <li>-Italy</li> <li>-Greece</li> <li>-Germany</li> </ul>
Beyond the Grill (474)	<ul style="list-style-type: none"> <li>-Pack Up and Go-Safely</li> <li>-Cowboy Up with a Campfire</li> <li>-Catch Some Rays and Cook</li> <li>-Go Lean and Know Your Temps</li> <li>-Proteins – Meat and More</li> <li>-Party Time</li> <li>-Dutch Over Treasures</li> </ul>
Pathways to Culinary Success (476)	<ul style="list-style-type: none"> <li>-Basic Equipment</li> <li>-Meats/Meat Cuts</li> <li>-Stocks and Sauces</li> <li>-Planning Meals with Appeal</li> <li>-Pies and Pastries</li> <li>-Putting it All Together</li> <li>-Project Journal</li> </ul>