

# 2020 FOOD & NUTRITION FACT SHEET

Ohio State University Extension  
Erie County 4-H  
2900 Columbus Ave, Sandusky, OH 44870  
419-627-7631 or 1-888-399-6065  
<http://erie.osu.edu>

## Project Numbers

- ✂ 459 – Let's Start Cooking
- ✂ 461 - Let's Bake Quick Breads
- ✂ 462 - Yeast Breads on the Rise
- ✂ 463 - Sports Nutrition: Ready, Set, Go
- ✂ 467 - You're the Chef
- ✂ 469 - Global Gourmet
- ✂ 472 - Grill Master
- ✂ 474 – Beyond the Grill
- ✂ 475 - Star Spangled Foods
- ✂ 476 - Pathways to Culinary Success
- ✂ 477 - Party Planner: 4-H Guide to Quantity Cooking
- ✂ 481 – Every Day Food and Fitness
- ✂ 484 - Snack Attack!
- ✂ 485 - Racing the Clock to Awesome Meals
- ✂ 487 – Take a Break for Breakfast
- 1002 - Dough Delicacies (*County Project*)
- 1007J - Let's Fill the Cookie Jar I (*County Project*)
- 1007S - Let's Fill the Cookie Jar II (*County Project*)

## Evaluation, Times & Places

Food Project Judging will be at **EHOVE on Tuesday, July 28<sup>th</sup> at 9:00am.** Detailed schedule will be posted in July.

Announcement of results will begin when they are available. The Outstanding Food Awards will be announced at Fair Awards.

**Key Leader – Carolyn Cull**

**Questions? 419-239-4953**

**Educator Responsible - Angie Holmes**

## General Information & Food Requirements

**Project check-in:** Bring your exhibit to the fairgrounds on Monday, August 10, 2020 between 5-8pm.

**Project check-out times are:**

Supervised - Sunday, August 16, 2020 from 7-8pm

Unsupervised - Sunday, August 16, 2020 from 8-9pm

Monday, August 17, 2020 during the day, after that projects will be at the Extension Office until September 18.

✂ Designates projects that are eligible for the state fair, if member is selected.

100 Denotes Small Project Auction eligibility for first place winners.

-Continues-



**THE OHIO STATE UNIVERSITY**  
COLLEGE OF FOOD, AGRICULTURAL,  
AND ENVIRONMENTAL SCIENCES



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1. Completed project books and Member Project Guides are required at all judgings. If the book and/or guidelines are not complete or present, the letter grade will be lowered and the member is not eligible to place.
2. Appropriate attire for judging is required. Appearance should be neat, clean, and respectful. No shorts, tank tops, tube tops, halter tops, midriff tops, or low rise jeans should be worn for judging.
3. All projects displayed at the fair must be identified with name, age, and project. Display must be for the current year's project.
4. Junior division includes ages 13 and younger. Senior division includes ages 14 and older as of January 1 of that judging year.
5. Read the State Fair guidelines for your project judging. It's easier to document your project while you are doing it, rather than after the fact. Guidelines can be found here:  
<https://ohio4h.org/nonlivestockguidebook>  
A summary of those guidelines are at the end of this document.
6. Small Project Auction: Food items offered for sale must be baked, such as: breads, cookies, brownies, cakes, candy or fruit pies. You may not sell creamed items (including creamed pies and cheesecakes), canned foods or other products that require a food license. Read Small Project Rules. **Sign up by August 7, 2020.**  
**No checks from the Livestock Sale or the Small Project Auction will be mailed! All checks will need to be picked up at the Erie County Fair Sr. Fairboard Office on Saturday, October 17, 2020 from 9am to 1pm. Checks can be picked up by the exhibitor or immediate family member with a valid form of ID. If the exhibitor or an immediate family member cannot pick up, anyone presenting a signed letter from the exhibitor or the exhibitor's legal guardian can pick up the check. All checks will require a signature of the person picking up the check.** All sale checks must be cashed by November 25<sup>th</sup> of the current year or funds are forfeited. This includes issued checks and checks held for not meeting requirements, i.e. Thank you notes or poultry cards not submitted. No exceptions allowed.
7. MyPlate color supplement is included with this fact sheet. **DISREGARD** any older pyramid icons that may still be present in your project book! The only food guidance system to be recognized by 4-H is the new MyPlate icon found at [www.choosemyplate.gov](http://www.choosemyplate.gov)
8. All food projects need to bring to judging:
  - **A copy of the recipe of your food item** - recipe does not have to come from the project book
  - **Menus for 3 family meals for 1 day** - included in **one** of your meals must be the **food item** you bring to judging. Use the 4-H My Plate Worksheet to show that you met all the required servings for a day with the menu you chose.
  - **Table setting with centerpiece and placemat.** Only bring the dishes and silverware necessary to illustrate the meal that features your food item (for example, if your meal is a sandwich and does not require a fork, do not bring a fork)!! **Bring only ONE food item to judging.** Do not bring the entire meal. Extra items will be removed and not allowed on the plate. If you have more than one food project, you must bring a different place setting for each project.
  - **Completed project book and 4-H MyPlate Worksheet**
9. The 4-H foods judging will evaluate skills in food safety, consumerism, nutrition, food preparation and health.
10. FOOD does not come to fair for exhibit. You should bring your place setting. You need a different place setting for each food project.

**✂ 459 Let's Start Cooking** - (Beginner for members with little to no experience or 8-10 years old)

Everyone enjoys good food. There are a few mysteries that must be solved when learning how to prepare good food. In this project, you will learn about MyPlate and the foods you need to eat each day to be healthy. You will also learn to prepare simple recipes.

Judging: As stated in #8 of the General Information & Food Requirements, bring to judging an individual serving of one of the recipes you tried in completing your project. Recipe does not need to come from the project book. Don't forget to bring along everything listed in #8 above.

**✂ 461 Let's Bake Quick Breads** (Intermediate for members with some experience or 11-13 years old)

Bake delicious quick breads while learning the principles of quick bread preparation. Learn how mixing techniques and ingredients determine product character and quality.

Judging: Bring 2 samples from 2 different bakings from your project. Recipe does not need to come from the project book. Don't forget to bring along everything listed in #8 above.

**✂ 462 Yeast Breads on the Rise** - (Advanced for members with a lot of experience or 14-18 years old)

Master the art of baking delicious yeast breads. Learn the principles of yeast bread preparation and how mixing techniques and ingredients determine product character and quality.

Judging: Bring half a loaf of yeast bread (i.e. white, rye, wheat) and two samples from one other recipe shaped in any form BUT loaf (ex: bagel, English muffin, pretzel, roll). Recipe does not need to come from the project book. Don't forget to bring along everything listed in #8 above.

**✂ 463 Sports Nutrition: Ready, Set, Go** - (Intermediate for members with some experience or 11-13 years old)

Eating well and exercising daily are two keys to a healthy life. Learn how to balance the calories you eat with the calories you burn, why to hydrate, and how carbs, protein, and fats work to support your body and mind.

Judging: As stated in #8 of the General Information & Food Requirements bring to judging an individual serving of one of the recipes you tried in completing your project. Recipe does not need to come from the project book. Don't forget to bring along everything listed in #8 above.

**✂ 467 You're the Chef** – (Advanced for members with a lot of experience or 14-18 years old)

Focuses on meals prepared in the oven, the range top, the microwave, slow cooker, and stir fried foods.

Judging: As stated in #8 of the General Information & Food Requirements bring to judging an individual serving of one of the recipes you tried in completing your project. Recipe does not need to come from the project book. Don't forget to bring along everything listed in #8 above.

**✂ 469 The Global Gourmet** - (Advanced for members with a lot of experience or 14-18 years old)

Enjoy the many flavors of foods from around the world! You explore the food history, customs, and nutritional needs around the globe to better understand our world.

Judging: As stated in #8 of the General Information & Food Requirements bring to judging an individual serving of one of the recipes you tried in completing your project. Recipe does not need to come from the project book. Don't forget to bring along everything listed in #8 above.

**🔪📖472 - Grill Master** - (Intermediate for members with some experience or 11-13 years old)

Focuses on the safe use of a grill while preparing delicious meals. Youth who complete this project learn about appropriate portion sizes, cooking meat to safe temperatures, and using gas and charcoal grills and grilling accessories. Learn how to prepare a complete meal on the grill.

Judging: As stated in #8 of the General Information & Food Requirements bring to judging an individual serving of one of the recipes you tried in completing your project. Recipe does not need to come from the project book. Don't forget to bring along everything listed in #8 above.

**🔪📖474 –Beyond the Grill** - (Advanced for members with a lot of experience or 14-18 years old)

Explore a variety of outdoor cooking skills. Experiment with a pie iron, solar cooker, and rotisserie. Hone your skills further on the grill and throw a cook-out party showcasing what you've learned!!

Judging: As stated in #8 of the General Information & Food Requirements bring to judging an individual serving of one of the recipes you tried in completing your project. Recipe does not need to come from the project book. Don't forget to bring along everything listed in #8 above.

**🔪📖475 Star Spangled Foods** - (Intermediate for members with some experience or 11-13 years old)

This project introduces you to some favorite American regional foods. Learn customs and traditions that have influenced the foods we eat and the way we like them.

Judging: As stated in #8 of the General Information & Food Requirements bring to judging an individual serving of one of the recipes you tried in completing your project. Recipe does not need to come from the project book. Don't forget to bring along everything listed in #8 above.

**🔪📖476 - Pathways To Culinary Success** - (Advanced for members with a lot of experience or 14-18 years old)

Learn about techniques used by cooks and chefs in preparing foods, how to use basic equipment, prepare meats, stocks, and sauces, pies and pastries, garnishes and presenting meals with appeal! Career exploration, advanced recipes and lots of activities are included in this project. Member taking this advanced level project should have completed projects at the beginning and intermediate levels.

Judging. As stated in #8 of the General Information & Food Requirements bring to judging an individual serving of one of the recipes you tried in completing your project. Recipe does not need to come from the project book. Don't forget to bring along everything listed in #8 above. Don't forget to completed the journal part of the project book.

**🔪📖477 Party Planner: A 4-H Guide to Quantity Cooking** - (Intermediate for members with some experience or 11-13 years old)

Focus on how to prepare food for groups. Learn how to plan, budget, and safely prepare foods for large groups.

Judging: As stated in #8 of the General Information & Food Requirements bring to judging an individual serving of one of the recipes you tried in completing your project. Recipe does not need to come from the project book. Don't forget to bring along everything listed in #8 above.

**🔪📖481 – Everyday Food and Fitness** – (Beginner for members with little to no experience or 8-10 years old).

Learn to prepare healthy and hearty snacks using MyPlate as a guide, and discover how powerful healthy food can be for your body and mind. Fun and easy recipes help build your skills in the kitchen.

Judging: As stated in #8 of the General Information & Food Requirements bring to judging an individual serving of one of the recipes you tried in completing your project. Recipe does not need to come from the project book. Don't forget to bring along everything listed in #8 above.

**🔪📖484 Snack Attack!** – (Beginner for members with little to no experience or 8-10 years old)

Introduces MyPlate and covers grains, vegetables, fruits, milk, meat and beans, oils, and sugar.

Judging: As stated in #8 of the General Information & Food Requirements bring to judging an individual serving of one of the recipes you tried in completing your project. Recipe does not need to come from the project book. Don't forget to bring along everything listed in #8 above.

✂️ **485 Racing the Clock to Awesome Meals** – (Intermediate for members with some experience or 11-13 years old)

Prepare quick and nutritious meals with low-cost, handy ingredients.

Judging: As stated in #8 of the General Information & Food Requirements bring to judging an individual serving of one of the recipes you tried in completing your project. Recipe does not need to come from the project book. Don't forget to bring along everything listed in #8 above.

✂️ **487 Take a Break for Breakfast** - (Beginner for members with little to no experience or 8-10 years old)

Focus on the importance of starting each day with a nutritious breakfast and uses MyPlate as the basis for exploring breakfast options.

Judging: As stated in #8 of the General Information & Food Requirements bring to judging an individual serving of one of the recipes you tried in completing your project. Recipe does not need to come from the project book. Don't forget to bring along everything listed in #8 above.

📦 **1002 (County Project) Dough Delicacies** - To complete this project the member should complete project requirements listed in front of book.

Judging: Bring a pie of your choice and one serving of uncooked noodles. Recipes do not have to come from book. Don't forget to bring along everything listed in #8 above.

📦 **1007J (County Project) - Let's Fill the Cookie Jar 1** - To complete this project, make all 4 varieties of cookies.

Judging: Bring 3 cookies from (1) drop recipe and 3 from (1) molded recipe. Arrange all six on 1 plate. Recipes do not have to come from the project book. Display cookies on a separate plate from table setting. Don't forget to bring along everything listed in #8 above.

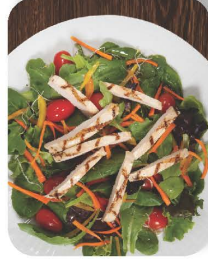
📦 **10072 (County Project) - Let's Fill the Cookie Jar 2** - To complete this project make at least 6 varieties of cookies, including rolled, filled or tarts and pressed.

Judging: Bring 3 filled (same recipe), 3 bar (same recipe), and 3 rolled (same recipe) cookies. Recipes do not have to come from the project book. Display all 9 cookies on one separate plate from table setting. Don't forget to bring along everything listed in #8 above.

# What's on your plate?



Before you eat, think about what and how much food goes on your plate or in your cup or bowl. Over the day, include foods from all food groups: vegetables, fruits, whole grains, low-fat dairy products, and lean protein foods.



Make half your plate fruits and vegetables.



Make at least half your grains whole.



Switch to skim or 1% milk.



Vary your protein food choices.



## Cut back on sodium and empty calories from solid fats and added sugars



Look out for salt (sodium) in foods you buy. Compare sodium in foods and choose those with a lower number.

Drink water instead of sugary drinks. Eat sugary desserts less often.

Make foods that are high in solid fats—such as cakes, cookies, ice cream, pizza, cheese, sausages, and hot dogs—occasional choices, not every day foods.

Limit empty calories to less than 260 per day, based on a 2,000 calorie diet.

## Be physically active your way

Pick activities you like and do each for at least 10 minutes at a time. Every bit adds up, and health benefits increase as you spend more time being active.

**Children and adolescents:** get 60 minutes or more a day.

**Adults:** get 2 hours and 30 minutes or more a week of activity that requires moderate effort, such as brisk walking.

Vegetables	Fruits	Grains	Dairy	Protein Foods
<p>Eat more red, orange, and dark-green vegetables like tomatoes, sweet potatoes, and broccoli in main dishes.</p> <p>Add beans or peas to salads (kidney or chickpeas), soups (split peas or lentils), and side dishes (pinto or baked beans), or serve as a main dish.</p> <p>Fresh, frozen, and canned vegetables all count. Choose “reduced sodium” or “no-salt-added” canned veggies.</p>	<p>Use fruits as snacks, salads, and desserts. At breakfast, top your cereal with bananas or strawberries; add blueberries to pancakes.</p> <p>Buy fruits that are dried, frozen, and canned (in water or 100% juice), as well as fresh fruits.</p> <p>Select 100% fruit juice when choosing juices.</p>	<p>Substitute whole-grain choices for refined-grain breads, bagels, rolls, breakfast cereals, crackers, rice, and pasta.</p> <p>Check the ingredients list on product labels for the words “whole” or “whole grain” before the grain ingredient name.</p> <p>Choose products that name a whole grain first on the ingredients list.</p>	<p>Choose skim (fat-free) or 1% (low-fat) milk. They have the same amount of calcium and other essential nutrients as whole milk, but less fat and calories.</p> <p>Top fruit salads and baked potatoes with low-fat yogurt.</p> <p>If you are lactose intolerant, try lactose-free milk or fortified soy milk (soy beverage).</p>	<p>Eat a variety of foods from the protein food group each week, such as seafood, beans and peas, and nuts as well as lean meats, poultry, and eggs.</p> <p>Twice a week, make seafood the protein on your plate.</p> <p>Choose lean meats and ground beef that are at least 90% lean.</p> <p>Trim or drain fat from meat and remove skin from poultry to cut fat and calories.</p>
<b>For a 2,000-calorie daily food plan, you need the amounts below from each food group.</b> To find amounts personalized for you, go to <a href="http://ChooseMyPlate.gov">ChooseMyPlate.gov</a> .				
<b>Eat 2½ cups every day</b>  <b>What counts as a cup?</b> 1 cup of raw or cooked vegetables or vegetable juice; 2 cups of leafy salad greens	<b>Eat 2 cups every day</b>  <b>What counts as a cup?</b> 1 cup of raw or cooked fruit or 100% fruit juice; ½ cup dried fruit	<b>Eat 6 ounces every day</b>  <b>What counts as an ounce?</b> 1 slice of bread; ½ cup of cooked rice, cereal, or pasta; 1 ounce of ready-to-eat cereal	<b>Get 3 cups every day</b>  <b>What counts as a cup?</b> 1 cup of milk, yogurt, or fortified soy milk; 1½ ounces natural or 2 ounces processed cheese	<b>Eat 5½ ounces every day</b>  <b>What counts as an ounce?</b> 1 ounce of lean meat, poultry, or fish; 1 egg; 1 Tbsp peanut butter; ½ ounce nuts or seeds; ¼ cup beans or peas



## 4-H MyPlate Worksheet

Include somewhere in your day's menu the food you are bringing to food judging.

One Day's Menu (breakfast, lunch, dinner)	Food Group	Tip	Goal Based on a 2000 calorie pattern.	List each food choice in your menu in its proper food group*	Estimate Your Total
_____	<b>Grains</b>	Make at least half your grains whole grains	<b>6 ounce equivalents</b> (1 ounce equivalent is about 1 slice bread, 1 cup dry cereal, or ½ cup cooked rice, pasta, or cereal)	_____	<b>ounce equivalents</b>
_____				_____	
_____				_____	
_____				_____	
_____	<b>Vegetables</b>	Try to have vegetables from several subgroups each day	<b>2 ½ cups</b> Subgroups: Dark Green, Orange, Starchy, Dry Beans and Peas, Other Veggies	_____	<b>cups</b>
_____				_____	
_____				_____	
_____				_____	
_____	<b>Fruits</b>	Make most choices fruit, not juice	<b>2 cups</b>	_____	<b>cups</b>
_____				_____	
_____				_____	
_____				_____	
_____	<b>Dairy</b>	Choose fat-free or low fat most often	<b>3 cups</b> (1 ½ ounces cheese = 1 cup milk)	_____	<b>cups</b>
_____				_____	
_____				_____	
_____				_____	
_____	<b>Protein</b>	Choose lean meat and poultry. Vary your choices—more fish, beans, peas, nuts and seeds	<b>5 ½ ounce equivalents</b> (1 ounce meat, poultry, or fish, 1 egg, 1 T. peanut butter, ½ ounce nuts, or ¼ cup dry beans)	_____	<b>ounce equivalents</b>
_____				_____	
_____				_____	
_____				_____	
_____	<b>Fats</b>	Limit amounts of fats, sugar, and salt (sodium)			
_____	<b>Physical Activity</b>	Build more physical activity into your daily routine at home and work.	At least <b>30 minutes</b> of moderate to vigorous activity a day, 10 minutes or more at a time.	* Some foods don't fit into any group. These "extra" may be mainly fat or sugar—limit your intake of these.	<b>minutes</b>

**How did you do on your menu?**   ☐ **Great**   ☐ **So-So**   ☐ **Not so Great**

**My food goal to improve this menu is:** \_\_\_\_\_

**My activity goal is:** \_\_\_\_\_



Instructions based on 2000 calorie plan, for the *4-H MyPlate Worksheet*.

1. Fill in a day's menu based on a 2000 calorie plan. You may want to include snacks. Be sure to include the food item you bring to judging.
2. List each food in the column that is titled "List each food choice in its food group".  
Example: If you have the following grains in your menu, you would list them in the top box. 1 cup dry cereal, 2 slices of bread, 1 cup of pasta, 3 cups popcorn. Write small!
3. Estimate your total amounts in the last column. Following the grain example below, you would have 4 ounces for grains.

Notice for the grain and the meat and bean groups you must convert to ounces. The vegetable, fruit, and milk groups are listed as cups.

\* Serving sizes can be found at <http://www.myplate.gov/>

1 cup dry cereal = 1 ounce

2 slices bread = 2 ounce

1 cup pasta = 2 ounces

3 cups popcorn = 1 ounce

Day's total = 6 ounces

Do you have enough grains for the day? Yes, for a 2000 calorie level.

4. Remember to include your minutes of physical activity.
5. Answer the questions at the bottom of the front page.

#### **4-H MyPlate Worksheet**

Developed by: Ann L. Fremion.

Revised February 2012 by Donna Green

Source: [MyPlate.gov](http://MyPlate.gov)

# Tablesetting

There is no one “right” way to set the table. The pattern of table service to be used, the menu to be served, and the size of the table, establish the plan for setting the table.

A cover consists of the dinnerware, beverage ware, flatware, and linens to be used by each person; it is the individual’s place at the table. Use only flatware and plates necessary for the meal!

Linens: Linens mean all of the table cloths, placemats, and other table cover and napkins used on the dining table.

1. Placemats should be placed an inch away from the table edge.
2. The preferred shape for the folded napkin is the rectangle, but the square is also good.
3. The napkin is usually placed to the left of the fork or forks. However, if covers are close together, it can be placed in the center of the cover between the knife and fork (on dinner plate).
4. The practice of placing the fork or forks on top of the napkin laid to the left in the cover has come into wide use. This practice necessitates sliding the napkin out from under the fork or forks, and presents an accident-prone situation to those accustomed to tradition.
5. The open edges of the napkin should face toward the plate when placed to the left of the forks.

Table Decorations (i.e. centerpiece)

1. Decorations need not always be placed in the center of the table. Small arrangements can be placed at diagonally opposite corners, at all four corners, at two ends of the table, or at one end of the table. Size of the arrangement should be determined by the placement of the decorations. (i.e. not so large that you cannot see over it).

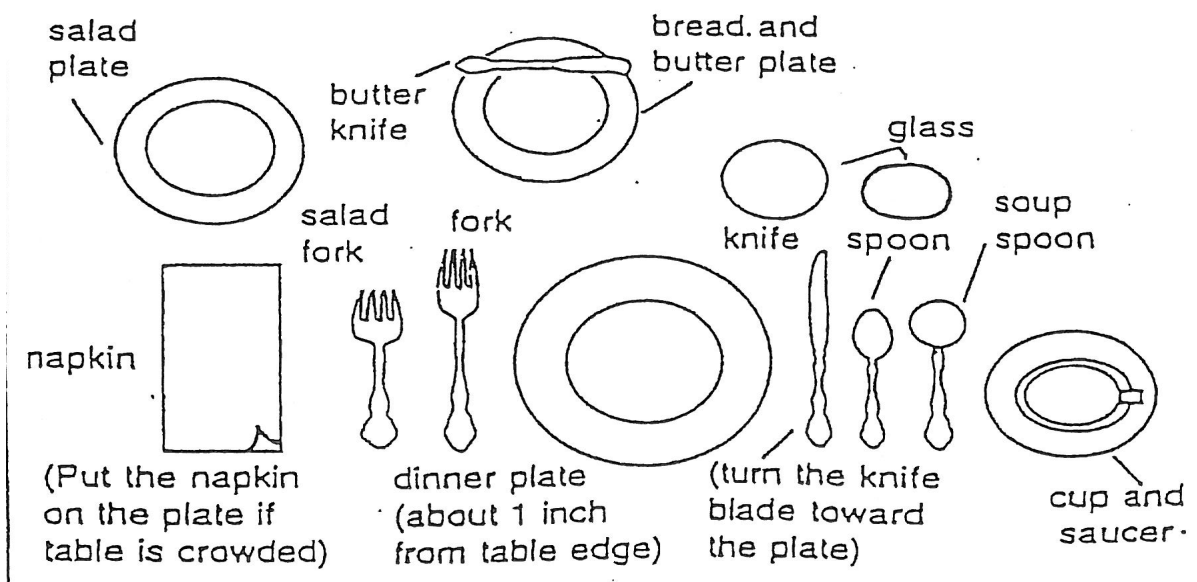
Laying Flatware (i.e. knife, fork, spoons etc.)

1. Lay the dinner knife to the right of the plate with the cutting edge directed toward the plate.
2. Lay spoons with the bowls facing up at the right of the knife.

3. Always lay the fork or forks with the tines facing up at the left of the plate. Lay the salad fork nearest the plate and the dinner fork to the left of it if you intend that the salad be eaten with the main course or after it. Lay the dinner fork nearest the plate and the salad fork to the left of it if you intend that the salad be eaten before the main course.
4. It is not necessary to provide a salad fork when the salad accompanies the main course.
5. Laying the flatware for dessert is no problem unless the tool for dessert is a fork. When it is a fork, it must be laid so that there is no doubt about its intended use. Should a menu need a dessert fork, it should be placed to the right of the dinner fork. When the flatware for dessert is a spoon, lay it to the right of the knife.
6. If no spoon is necessary for eating either the meal or dessert, it is not included in the cover.

### Placing Beverageware

1. Place the water glass at the tip of the knife.
2. Glasses of milk, when water also is served, are placed to the right and a little in front of the water glass – see figure below. If no water glass is placed, as is often true in families with children, place the glass of milk or other beverage in the position of the water glass.
3. Dinner plate should be placed at least 1" and not more than 2" from the table edge.



## State Fair Food & Nutrition Requirements

If you are interested in representing Erie County at the state fair in a foods project, you will need documentation of that project. Please consider making a “portfolio” (similar to a scrapbook) while you work on your project as you prepare for county judging (see second bullet point). It is NOT a requirement for county judging, but is for state fair. If you are picked to go to state fair in your project, it will be much harder after-the-fact to go back and take pictures of you working on your project. Also, the portfolio can be a tool you use at county judging to show the judge how you worked on your project.

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### Food and Nutrition State Fair Project Judging: What You Will Need!!

- The Skills Station is where the participant will demonstrate knowledge they learned from the MyPlate information in their book, their 4-H office, or online at [www.choosemyplate.gov](http://www.choosemyplate.gov) and other information from their book. They should study their project book for this (in other words, know MyPlate inside and out).
- The Portfolio is project specific and is used to enhance a conversation between the 4-H member and a judge about activities the member completed within the project. The participant will be responsible for bringing a **3 pronged folder that includes 8 ½” x 11” pages**. The participants will create a maximum of one page (one-sided only) per “activity area” or “interest area” as designated in the front of their project books. Ideas for these pages include journaling, a timeline, and photos taken during their project, or any other format that would illustrate the work and knowledge of the participant. Each page could be different or can be a combination of styles allowing the 4-H’er to reflect on their learning experience. **There will be no points for scrapbooking style.** The portfolio is to be completed prior to arriving at the state fair.
- Portfolios are judged based on the verbal presentation, organization of the material in the portfolio, inclusion of their efforts in required “Activity or Interest” area pages, and communication with the judge regarding their portfolio.
- The member will present the portfolio to the judge and have the opportunity to explain their active involvement in their project.
- The member’s **project book may not be a part of their portfolio.**