

DIVISION J-5: NUTRITION SKILLATHON

Junior Superintendent: Kelsi Bryan
Department Heads: Peggy Smith, 4-H
FCCLA - Cheryl Newell, Ann Rigsby

All projects exhibited in this division will be judged Monday afternoon according to a schedule set after entry deadline.

Premiums: A - \$6.00 B - \$4.00 C - \$2.00

1. Read the GENERAL RULES APPLYING TO ALL JUNIOR FAIR EXHIBITORS.
2. An exhibitor must have completed a project in foods and human nutrition the current year to participate in nutrition skillathon, enter the Baked Goods Auction or enter Place Setting Contest.
3. Exhibitor must have successfully completed the nutrition skillathon on Monday of the current fair to be eligible for the Baked Goods Auction.
4. Using a variety of methods, members will demonstrate the skills and knowledge they've learned as a result of completing their project. Study guides are available from the Extension Office and FCCLA Advisors.
5. Exhibitors should bring their completed 4-H nutrition project book.
6. Once the participant enters the judging circle no talking will be permitted. This includes participants talking to parents, advisors or other participants.
7. No project books or other written information will be permitted in judging circle.
8. Skillathon scores will be released and project books returned when all participants in a class are completed.

Section A: 4-H Beginning Level

Class 1 – I Spy in the Kitchen
Class 2 - Mini Meal Magic
Class 3 - Food and Fitness For Fun
Class 4 - Fast Break for Breakfast

Section B: 4-H Intermediate Level

Class 1 - Let's Bake Quick Breads
Class 2 - Meals In Minutes
Class 3 - The Outdoor Chef
Class 4 - Star Spangled Foods
Class 5 - Food and Fitness Choices For You

Section C: 4-H Advanced Level

Class 1 - Yeast Breads On The Rise
Class 2 - You're the Chef
Class 3 - The Global Gourmet
Class 4 – Pathways to Culinary Success

Section D: FCCLA

Class 1 - FCCLA Freshman Level (current year)
Class 2 - FCCLA Sophomore, Junior, Senior Level (current year)

NUTRITION SKILLATHON AWARDS

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| I Spy in the Kitchen | Trophy |
| Mini Meal Magic | Trophy |
| Food & Fitness | Trophy |
| Fast Break for Breakfast | Trophy |
| Quick Breads | Trophy |
| Meals In Minute | Trophy |
| Outdoor Chef..... | Trophy |
| Star Spangled Foods | Trophy |
| Yeast Breads | Trophy |
| Food & Fitness Choices For You | Trophy |
| You're The Chef..... | Trophy |
| Global Gourmet | Trophy |
| Pathways to Culinary Success | Trophy |
| FCCLA Freshmen Level | Trophy |
| FCCLA Sophomore, Junior & Senior Level | Trophy |