



# Junior, Intermediate & Senior Food Science Award Guidelines

Complete at least 5 of the items listed for your respective age category (more can be completed). Please put all paperwork in a pocket folder with brads. Members name and age level (beginner, intermediate or senior) should be clearly marked on the front of the folder. The folder will be judged on amount and quality of work completed.

## Junior

- 1) Make a poster (14x22) based upon bread or cheese from another culture. Enter the poster in the county fair and/or display it in a public place. Write a paragraph about what you learned from researching the information for the poster and where the poster was displayed. (Pictures Optional)
- 2) Make muffins, rolled biscuits or drop cookies. Write a paragraph about your experience include what you learned, what was the hardest part and how your baked item turned out. (Pictures Optional)
- 3) Make one pint or ½ pint jar of jam, jelly, salsa or picante sauce or fruit leather. Write a paragraph about how you prepared the fruit or vegetables and how your food preservation project turned out. (Pictures Optional)
- 4) Make a poster (14x22) based upon a recipe modification for healthful eating. Enter the poster in the county fair and/or display it in a public place. Write a paragraph about what you learned from researching the information for the poster and where the poster was displayed. (Pictures Optional)
- 5) Make a poster (14x22) based upon food or kitchen safety. Enter the poster in the county fair and/or display it in a public place. Write a paragraph about what you learned from researching the information for the poster and where the poster was displayed. (Pictures Optional)
- 6) Make a poster (14x22) illustrating a place setting for a specific occasion or menu. Enter the poster in the county fair and/or display it in a public place. Write a paragraph about what you learned from researching the information for the poster and where the poster was displayed (Pictures Optional)
- 7) Present at least one food or food science demonstration, illustrated presentation or speech. Write a paragraph/paragraphs including where your presentation was given, how many were in attendance, the audience's reaction to your presentation and what you learned. (Pictures Optional)

Late or incomplete forms will not be considered for awards.

- 8) Spend at least 30 minutes working at a live-action exhibit based upon food or healthy food choices. Write a paragraph about your experience including date and location of the live-action exhibit and what you learned. Please include any literature or recipes given out to the public. (Pictures Optional)
- 9) Do a comparison of two like food items. One being homemade and the other being a purchased pre-made item. (Homemade pudding vs. premade pudding; homemade chocolate chip cookies vs. purchased cookies) Write a paragraph/paragraphs about your comparison along with pictures of both items.
- 10) Keep a log of food prepared for one month including the date of preparation, items prepared and number of people served.
- 11) Complete a taste test of an original recipe and a recipe with a healthy modification. Write a paragraph/paragraphs with the results of the test. (Pictures Optional)
- 12) Prepare or try a food from another culture. Write a paragraph about your experience.
- 13) Take part in a community service project that involves food (food drive, bake sale or food donation) and write a paragraph about your participation and project outcome. (Pictures Optional)
- 14) Project of your choice. Write a one to two pages about a food science project of your choice not listed above. (Project ideas: making a weekly meal plan, grocery shopping on a budget, healthy choices when dining out)

## **Intermediate**

- 1) Make a poster (14x22) based upon foods from another culture. Enter the poster in the county fair and/or display it in a public place. Write a paragraph about what you learned from researching the information for the poster and where the poster was displayed. (Pictures Optional)
- 2) Make yeast bread, yeast cinnamon rolls or rolled sugar-type cookies. Write a paragraph about your experience include what you learned, what was the hardest part and how your baked item turned out. (Pictures Optional)
- 3) Make pint of cucumber pickles or vegetable relish, a pint or quart of a single canned fruit or dried fruit. Write a paragraph about how you prepared the fruit or vegetables and how your food preservation project turned out. (Pictures Optional)
- 4) Make a poster (14x22) based upon nutritional contributions of fruits and vegetables. Enter the poster in the county fair and/or display it in a public place. Write a paragraph about what you learned from researching the information for the poster and where the poster was displayed. (Pictures Optional)

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- 5) Make a poster (14x22) based up protein food safety. Enter the poster in the county fair and/or display it in a public place. Write a paragraph about what you learned from researching the information for the poster and where the poster was displayed. (Pictures Optional)
- 6) Make an educational display based on a breakfast buffet theme. Should include menu, buffet layout, decorations, invitation and any additional information. Enter the display in the county fair and/or display it in a public place. Write paragraph/paragraphs about what you learned from researching the information for the display and where the display was exhibited.
- 7) Present at least one food or food science demonstration, illustrated presentation or speech. Write a paragraph/paragraphs including where your presentation was given, how many were in attendance, the audience's reaction to your presentation and what you learned. (Pictures Optional)
- 8) Spend at least 30 minutes working at a live-action exhibit based upon food or healthy food choices. Write a paragraph about your experience including date and location of the live-action exhibit and what you learned. Please include any literature or recipes given out to the public. (Pictures Optional)
- 9) Do a comparison of two like bread products; one that is homemade and one purchased. (example: compare homemade cinnamon roll and store purchased cinnamon rolls) Write paragraph/paragraphs about your comparison along with pictures of both items.
- 10) Keep a log of food prepared for two month including the date of preparation, items prepared and number of people served.
- 11) Keep a log of all the food and drinks you consume for 3 consecutive days. List if the food was consumed in the morning, noontime, afternoon, dinnertime or evening, remember to list all meals, snack and beverages. Write a page describing your eating habits and how you could make improvements.
- 12) Keep a log of the amount of water you consume for 3 consecutive days. Write a page of the importance of water to the body, if you consumed the recommended amount of water and how you could make improvements.
- 13) Use the internet to find a recipe that you have never prepared. Make the recipe and then write paragraph/paragraphs about the success or failure of the recipe and any modification you would make if you were to make it again. (Picture Optional)
- 14) Conduct a food science workshop. Write paragraph/paragraphs about your workshop, where you presented your workshop, the number who participated in the workshop, what you learned from preparing your workshop and how you could improve your workshop. (Pictures Optional)

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- 15) Research and explain how yeast works as a leavening agent in baked goods.
- 16) Take part in a community service project that involves food (food drive, bake sale or food donation) and write a paragraph about your participation and project outcome. (Pictures Optional)
- 17) Project of your choice. Write a one to two pages about a food science project of your choice not listed above. (Project ideas: making a weekly meal plan, grocery shopping on a budget, healthy choices when dining out)

## Senior

- 1) Make a poster (14x22) based upon foods from another culture. Enter the poster in the county fair and/or display it in a public place. Write a paragraph about what you learned from researching the information for the poster and where the poster was displayed. (Pictures Optional)
- 2) Make a half loaf or portion of bread from another culture. Write a one page story on how this bread fits into the culture and its nutritional contribution. Must include picture of bread made.
- 3) Make one-half of an 8" layer Un-iced shortening type cake from scratch (no mixes, angel food or chiffon) Write a paragraph / paragraphs about your experience include what you learned, what was the hardest part and how your baked item turned out. (Pictures Optional)
- 4) Make pint or quart of pressure canned vegetables (no tomatoes or pickles) or a pint or quart of plain canned tomatoes Write a paragraph about how you prepared the fruit or vegetables and how your food preservation project turned out. (Pictures Optional)
- 5) Make an educational display (3x3x3) based upon a recipe modification including 1) the original recipe and what modifications were made, 2) the benefits of the modification 3) how the modifications impact of the above factors & 4) what were other people's responses to the modification. Enter the display in the county fair and/or display it in a public place. Write a paragraph about what you learned from researching the information for the display and where the display was exhibited. (Pictures Optional)
- 6) Make a poster (14x22) based up careers in the food industry. Enter the poster in the county fair and/or display it in a public place. Write a paragraph about what you learned from researching the information for the poster and where the poster was displayed. (Pictures Optional)
- 7) Present at least one food or food science demonstration, illustrated presentation or speech. Write a paragraph/paragraphs including where your presentation was given, how many were in attendance, the audience's reaction to your presentation and what you learned. (Pictures Optional)

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- 8) Spend at least 30 minutes working at a live-action exhibit based upon food or healthy food choices. Write a paragraph about your experience including date and location of the live-action exhibit and what you learned. Please include any literature or recipes given out to the public. (Pictures Optional)
- 9) Do a comparison 3 way comparison of a homemade cake, a cake made from a mix and a store purchased cake. Write paragraph/paragraphs about your comparison along with pictures of all 3 items.
- 10) Keep a log of food prepared for two month including the date of preparation, items prepared and number of people served.
- 11) Keep a log of all the food and drinks you consume for 3 consecutive days. List if the food was consumed in the morning, noontime, afternoon, dinnertime or evening, remember to list all meals, snack and beverages. Write a page describing your eating habits and how you could make improvements.
- 12) Keep a log of the amount of water you consume for 3 consecutive days. Write a page of the importance of water to the body, if you consumed the recommended amount of water and how you could make improvements.
- 13) Use the internet to find a recipe that you have never prepared. Make the recipe and then write paragraph/paragraphs about the success or failure of the recipe and any modification you would make if you were to make it again. (Picture Optional)
- 14) Conduct a food science workshop. Write paragraph/paragraphs about your workshop, where you presented your workshop, the number who participated in the workshop, what you learned from preparing your workshop and how you could improve your workshop. (Pictures Optional)
- 15) Conduct an interview with a food science, food service or nutrition professional. Write a one page report including the education requirements for their profession, what lead them to the profession and your thoughts on their profession. (Pictures Optional)
- 16) Take part in a community service project that involves food (food drive, bake sale or food donation) and write a paragraph about your participation and project outcome. (Pictures Optional)
- 17) Project of your choice. Write a one to two pages about a food science project of your choice not listed above. (Project ideas: making a weekly meal plan, grocery shopping on a budget, healthy choices when dining out)