



# 4-H DEPARTMENT J17 - HEALTH AND LIVING

**Judging: Thursday, 11:00 A.M.**

**Location: Domestic Arts**

**4-H Coordinator: Cathy Cunningham**

For this Department, at check in you will bring your completed project book. If you took a baking or cake decorating project you would bring your baked item or a decorated cake as a display for the week, then on judging day you will be judged on those items. If you took a cooking project, you will bring a poster board to be displayed in Domestic Arts. On judging day you will bring a table setting (table cloth, plate, silverware, cup(s) and anything else you feel goes with a table setting) along with a cooked dish. You will be judged on the table setting, look of the dish and knowledge of preparing the dish. For all other projects if there is nothing to display you will bring a poster board to display and be judged on the knowledge of that poster board.

**SECTION 1: Cooking**

**EX: Let's Start Cooking, Grill Master, ETC**

**SECTION 2: Baking**

**EX: Let's Bake Quick Breads, ETC**

**SECTION 3: Cake Decorating**

**EX: Cake Decoration Project, ETC**

**SECTION 4: Fitness**

**EX: Keeping Fit, You're the Athlete, Everyday Food and Fitness, Sports Nutrition**

**SECTION 5: Miscellaneous**

**EX: Any other project that does not fit within a section listed.**