

Food & Nutrition Department E

All food entry forms are due in the Extension Office by 5 P.M. Friday, June 20, 2008. Exhibits will be interview judged on Wednesday, July 12 and Thursday, July 13 by appointment. Please check in 15 minutes prior to scheduled interview time.

General information: All food and food preservation entries must include the recipe. Note requirements for additional written information for some exhibits. Incomplete exhibits will be lowered a ribbon placing. All food entries must be placed on disposable plates or pans and put in plastic bags. The Fair Board is not responsible for lost or broken bread boards, china or glassware. Cakes, quick breads and yeast breads must be at least 3/4 of the item. All exhibits must be made from scratch (no mixes). Commercially prepared mixes are allowed only in the Tasty Tidbits Creative Mixes class. **Non-perishable foods only (foods which do not require refrigeration).** Food products must be unquestionably safe to eat when they are entered. Egg glazes put on yeast products before baking are allowed. Glazes, frostings, and other sugar based toppings are also considered safe due to the high sugar content. Eggs incorporated into the dough of baked goods or crusts and cheeses mixed into bread dough are considered safe. Cream cheese fillings or melted cheese toppings may result in an unsafe food product by the time an exhibit is judged due to unpredictable heat/and or weather conditions and will be disqualified.

Four-H'ers may enter only in the projects they are enrolled in for the current year. Food Flop, My Favorite Cookie and Bake 'n' Take entries are open to all 4-H'ers regardless of project enrollment.

Road To Good Cooking

Division 403

Pay Category 8

4-H'ers exhibiting in Tasty Tidbits project and above are not eligible for Road to Good Cooking. Each exhibit must include recipe.

901.* **Oatmeal Cookies** - (any recipe) - Four cookies

902.* **Bar Cookies** - (any recipe) - Four cookies

Six Easy Bites

Division 401

Pay Category 8

4-H'ers exhibiting in Tasty Tidbits project and above are not eligible for Six Easy Bites. Each exhibit must include recipe.

1. **Cookies** - (any recipe) - Four cookies on a paper plate.
2. **Muffins** - (any recipe) - Four muffins on a paper plate.

Fast Foods

Division 402

Pay Category 7

1. **Coffee cake** - (any recipe or shape, non yeast product) - At least 3/4 of baked product. May be exhibited in a disposable pan. Include cost of making the recipe and a menu for a complete meal where this recipe is served.
2. **Cost Comparison Exhibit** - Exhibit must include a food product made from scratch and a cost comparison to a similar commercial pre-made item (for example, homemade cinnamon rolls compared to a pre-made cinnamon roll purchased at the store). Supporting information needs to include the cost of the food item made compared to the commercial product and the recipe for the homemade food item. See pages 22-35 of Fast Food Manual relating to the Grocery Store Tour and the Store Shopper Tip Sheet listed on page 31.
3. **Food Technology Exhibit** - Exhibit must include a food product prepared using new technology or a non-traditional method (i. e. bread machine, cake baked in convection oven, baked item made in microwave, etc.) Entry must include supporting information that discusses new method and how it compares with traditional method.
4. **Fast Foods Menu Planning** - Develop an exhibit that aids in menu planning. May be a menu plan developed for at least five meals, a recipe file, or a poster that is related to what is learned in the Fast Foods project. Consider creativity and neatness. Menu plan may be mounted on a colored paper or poster board, or display in clear plastic binder. Refer to pages 16-19 and 60-63 in the Fast Foods Manual. Attach the evaluation found on page 64 for two or more of the menus you have prepared.
5. **Fast Foods Recipe File** - Exhibit must be a collection of 10 recipes from any source. Each recipe must accompany a complete menu in which the recipe is used. An additional 10 recipes may be added each year 4-H'er is in the project, with year clearly marked on recipes. Display in recipe file or in a clear plastic binder.

YOUth in Motion

Division 300

Pay Category 8

1. **YOUth in Motion poster, scrapbook or photo display** about the 4-H'ers family or self involved in a physical activity or concept/lesson involving this project. This might contain pictures, captions, and/or reports about the physical activity the individual or family did as a result of taking this project.
2. **Activity Bag** - A duffle bag or backpack the 4-H'er packs so they are always prepared to be active and make healthy food choices. May include proper workout attire, a healthy beverage or snack, a notebook or goal sheet, etc. Make sure all items are clean, clearly labeled and an explanation of why it is included in the Activity Bag. **DO NOT** put valuable items (i.e. electronics) in Activity Bag, instead use a picture of the item or include in the listing of items.
3. **YOUth in Motion Health Snack Recipe File** - Collection of 10 recipes from any source. Each recipe must accompany a complete snack menu in which the recipe is used, following the idea that a healthy snack includes foods from at least two different food groups. An additional 10 recipes may be added each

year 4-H'er is in project, with year clearly marked on recipes. Consider creativity and neatness. Display in recipe file or in a clear plastic binder.

4. **Exercise Interview** - Interview someone in your life that you have chosen to be active with or someone you admire that is physically active. Why do they enjoy their exercise program? What are their goals? Why do you admire them? Maximum of two pages, one sided write up of an interview with someone who has an active exercise program. Consider creativity and neatness. Mount on a colored paper or poster board, or display in clear plastic binder. Include a picture of the person interviewed. (May be laminated to preserve exhibit.) Overall size of mounted exhibit should be no larger than 9"x12".

5. **Healthy Snack** (see ideas for non-perishable snacks on pg 36) - Four cookies, bars, muffins, etc on a paper plate, or a least 1 cup of mix (example might include: granola bars, homemade crackers or chips). Supporting information to include recipe and snack menu, and why this snack menu might be considered a healthy snack.

Tasty Tidbits

Division 410

Pay Category 8

1. **Healthy Baked Product** - Baked good must be made with less sugar, fat or salt, or altered using a sugar or fat substitute. Include original recipe and altered recipe. Exhibit at least 3/4 of the product. Tell what you learned about products made from a modified recipe in supporting information.

2. **Creative Mixes** - any recipe. Exhibit at least 3/4 of baked product or four muffins or cookies. Baked item made from a mix (commercial or homemade mixes acceptable). Food product must have been modified to make a new or different baked item. (Ex. Poppy seed Quick Bread from a cake mix, cake mix cookies, sweet rolls made from ready made bread dough, monkey bread from biscuit dough, streusel coffee cake from a cake mix, etc.) Tell what you learned about making this product using a pre-measured mix instead of a recipe from scratch. Does it make it better or easier to use a mix?

3. **Biscuits** - Four biscuits. May be rolled, dropped, or cut into shape, any recipe.

4. **Foam Cake** - original recipe (no mixes) of at least 3/4 of the cake. Foam cakes are cakes that have a high ratio of eggs to flour and fall into three categories: angel food cakes or meringues; sponge or jelly roll cakes and chiffon cakes.

You're The Chef

Division 411

Pay Category 6

1. **Quick Bread** (any recipe) - At least 3/4 of a standard loaf displayed on a paper plate. A standard quick bread loaf measures about 9"x5".
2. **White Bread** (any yeast recipe or method other than bread machine) - At least 3/4 of a standard loaf displayed on a paper plate.
3. **Whole Wheat or Mixed Grain Bread** (any yeast recipe or method other than bread machine) - At least 3/4 of a standard loaf displayed on a paper plate.
4. **Specialty Rolls** - 4 rolls on a paper plate. May be sweet rolls, English Muffins, Kolaches, Bagels, or any other sweet roll recipe. Recipe must include yeast.
5. **Dinner Rolls** - 4 rolls on a paper plate. May be Clover Leaf, Crescent, Knot, Bun, Bread Sticks, or any other type of yeast dinner roll.

Foodworks Division 413

Pay Category 6

1. **Fruit Pie** - Made with homemade fruit filling. No egg pastries or cream fillings. No canned fillings. May be a double crust, crumb or lattice topping. Using an 8" or 9" disposable pie pan is recommended. Pies donated to 4-H foodstand.
2. **International Foods Display Exhibit** - Baked product from another country or culture with at least one accessory typical of that country. The name of the country or culture should be a prominent part of the display. Include the recipe of the baked item. Explain what was learned about the culture and country, what makes this recipe unique to the country, and when this recipe is served. Attach to the recipe card. Attach exhibitor's name and county to the display, each accessory item and recipe cards. Display in a suitable container that allows for item to be transported and displayed. Should be displayed in an area no larger than 12" deep X 15" wide X 10" high. Accessory items should be securely attached. Exhibit will be judged on creativity and imagination. Consider accessories other than dolls. Baked item will be sampled by judges, so it should be bread, rolls, cookies, etc., not casseroles, cream pies, etc. Fair Board is not responsible for lost or stolen accessories.
3. **International Food Exhibit** (any recipe) - Four cookies, bars, muffins, etc., on a paper plate. The name of the county or culture should be included as part of the supporting information with the recipe.
4. **Interview A Caterer** - Maximum of two pages, one sided write up of an interview with a caterer. Consider creativity and neatness. Mount on a 9"X12" colored paper or poster board or display in clear plastic binder. Include a picture of the person interviewed. (May be laminated to preserve exhibit.) Overall size of mounted exhibit should be no larger than 9"X12".
5. **Specialty Bread** (any recipe made with yeast) - Tea rings, braids, or any other specialty bread products must be exhibited whole.
6. **Specialty Pastry** - any recipe. Pie tarts, puff pastry, phyllo doughs, scones, biscotti, choux, croissants, Danish, strudels. Four on a plate or at least 3/4 of baked product. Pastries made with cream or egg based fillings will be disqualified. Phyllo dough may be pre-made or from scratch.

Food Flops, Bake 'n' Take & My Favorite Cookie

Division 412

All 4 -H'ers enrolled in a food project may exhibit in these classes.

Pay category 7

901.* **Food Flops** - You say it didn't turn out right for your fair exhibit? Bring it anyway! Entries will be judged on the exhibitor's comments about how the failure occurred and what lessons were learned. No advanced entry required.

Pay category 6

902.* **Bake 'n' Take** - Any baked food item displayed in an attractive container for gift giving. Judging based 30% on packaging, 70% on quality of food product.

Pay category 8

903.* **My Favorite Cookie** - 8 cookies any recipe. Six cookies will be donated to the 4-H food stand.

Cake Decorating

Division 413

Cakes - Pay Category 5

Cupcakes - Pay Category 8

Cakes may be taken home after judging. Ribbons will be displayed with a picture of the cake.

Unit I - May exhibit one cake and one cupcake.

901.* **Decorated cupcake** - (without use of tips)

902.* **Decorated cupcake** - (using one tip)

903.* **One or two-layer decorated cake** - (without use of tips)

904.* **One or two-layer decorated cake** - (Use two decorating tips.) DO NOT use flowers made on a flower nail. These skills are to be exhibited in Cake Decorating II. Flowers may be used if they are a drop type or freehand type. DO NOT use anything on the cake which is not edible (plastic, paper, etc.).

Unit II - May exhibit one cake and one cupcake.

905.* **Decorated cupcake** - (using two or more tips)

906.* **One-layer decorated cake** - showing the use of three tips. Rose tip must be one. Sugar molding may be used in addition to three tips. Any shape cake may be used.

907.* **Two-layer decorated cake** - showing the use of three tips. Rose tip must be one. Sugar molding may be used in addition to the three tips. Any shape cake may be used.

Unit III

909.* **Exhibit a three-tiered stacked cake** - A suggested combination is a 6"-8"-12", only because of small size. May use styrofoam base.

Unit IV

910.* **Exhibit a three-tiered cake** - which shows both a stacked and a separate tier. A suggested combination is a 6"-8"-12", only because of small size. Other sizes may be used if they are small. May use styrofoam base.

911.* **Exhibit a cake using four or more tips** - Rose tip must be one.

Food Preservation

Division 407

Pay Category 5

Processing Methods - Current USDA processing methods must be followed for all food preservation. Jam, preserves and marmalades, fruit, tomatoes and pickled products must be processed in a boiling water bath. (Tomatoes may be also processed in a pressure canner.) All non -acid vegetables and meats must be processed in a pressure canner. Spoiled or open container disqualifies entry.

Uniformity - Jars and type of lid should be the same size, all small or large, not necessarily the same brand. Half pint jars may be used for jellies and preserves. The jars are not to be decorated by the exhibitor in any way. Canning jars must be used - others will be disqualified. No one-fourth pint jars allowed. Leave jar rings on for fair display to help protect the seal. No zinc lids.

Labeling - Label jars with name of product, type of pack (hot or cold), processing method and time, pounds of pressure (low acid food), altitude where product was processed, name and county of exhibitor. Write plainly on a label and paste or tape securely on jar bottom. Specialized sticky labels not required.

Label dried food articles with recipe and method of pretreatment, drying method and drying time. Write plainly on label and paste or tape securely to back of a self sealing bag. Securely attach official entry card to exhibit. Multiple jar exhibits should be contained in a small undecorated box. Use a rubber band or "twisty" to keep exhibit containing 3 self sealing bags together. Be sure to adjust time and pressure for county altitude. All food preservation entries must include recipe and source of recipe.

Current Project - All canning must be the result of this year's 4 -H project, since September 1, 2005.

Criteria for Judging - Exhibits will be judged according to score sheets available at your local Extension office. Incomplete exhibits will be lowered a ribbon class. Canned food items not processed according to altitude in the county will be lowered one class ribbon.

1. **Dried Fruit** - Exhibit 3 different examples of dried fruit. Place each dried fruit food (6-10 pieces of fruit, minimum 1/4 cup) in separate self sealing bags. Use a rubber band or twist tie to keep exhibit together.

2. **Fruit Leather** - Exhibit 3 different examples of fruit leather. Place a 3 - 4" sample of each fruit in separate self sealing bags. Use a rubber band or twist tie to keep exhibit together.

10. **Dried Vegetables** - Exhibit 3 samples of dried vegetables. Place each food (1/4 cup of each vegetable) in a separate self sealing bag. Use a "twisty" to keep exhibit together.

11. **Dried Herbs** - Exhibit 3 samples of dried herbs. Place each food (1/4 cup of each herb) in a separate self sealing bag. Use a "twisty" to keep exhibit together.

12. **1 Jar Fruit Exhibit** - One jar of a canned fruit. Tomatoes may be included in this entry.

13. **3 Jar Exhibit** - Exhibit 3 jars of different canned fruits. May also be three different techniques for same type of product, ex. applesauce, canned apples, apple pie filling, etc. Tomatoes may be included in this entry.
14. **1 Jar Tomato Exhibit** - One jar of a canned tomato product.
15. **3 Jar Tomato Exhibit** - exhibit 3 jars of different canned tomato products (salsa, sauces without meats, juice, stewed, etc.)
20. **1 Jar Vegetable or Meat Exhibit** -One jar of a canned vegetable or meat. Include only vegetables canned in a pressure canner.
21. **3 Jar Exhibit** -Three jars of different kinds of canned vegetables. Include only vegetables canned in a pressure canner.
22. **Quick Dinner** -Exhibit a minimum of 3 jars to a maximum of 5 jars (all the same size) plus menu. Meal should include 3 canned foods that can be prepared within an hour. List complete menu on a 3"X5" file card and attach to one of the jars.
30. **1 Jar Pickled Exhibit** -One jar of a pickled or fermented product.
31. **3 Jar Exhibit** - Three jars of different kinds of canned pickled and/or fermented products.
40. **1 Jar Jelled Exhibit** - One jar of a jam, jelly or marmalade.
41. **3 Jar Jelled Exhibit** - Three different kinds of jelled products. Entry may be made up of either pints or half pints (but all jars must be the same size).