

HEALTHY LIFESTYLE EDUCATION/FOODS DEPARTMENT E

LABELS - For ALL FOOD PRODUCTS - Each exhibit must include the recipe. Recipe may be handwritten or typed. Place the food on the appropriate size plate. Put exhibit in a self-sealing bag. Attach entry tag and recipe at the corner of the bag on the outside. FOR NON-FOOD ENTRIES-Please attach the entry tag to the upper right hand corner of the exhibit. GENERAL LABELING INFORMATION-All additional information pieces (recipes, special items) must be labeled with exhibitor's name and county.

CRITERIA FOR JUDGING-Exhibits will be judged according to score sheets available at your local extension office. Incomplete exhibits will be lowered a ribbon placing. Make sure to follow all entry instructions required for your exhibit. Incomplete exhibits will be lowered one ribbon placement. Commercially prepared mixes are allowed in the **Tasty Tidbits Creative Mixes (Class 2) exhibit ONLY**. Prepared baking mixes, biscuit mixes, or other pre-made mixes entered in other categories will be lowered a ribbon placing. Ingredients that the 4-H member cannot legally purchase, such as beer, whiskey, rum, etc. may not be used in any recipe or Foods exhibit. Exhibits that include alcohol in the recipe will be disqualified.

ENTER FOOD PROJECTS in disposable materials, i.e. paper plate and then placed in a clear plastic self-sealing bag. The Fair Board is not responsible for lost bread boards, china or glassware.

EXHIBITS ARE ON DISPLAY FOR SEVERAL DAYS. Please limit exhibits to products which hold up well. Items that require refrigeration will not be accepted, judged or displayed. Food products must be unquestionably safe to eat when they are entered, whether tasted or not. Egg glazes 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 baked goods or crusts and cheeses mixed into bread dough are considered safe. All fruit fillings must be cooked. Uncooked fruit is not allowed in any exhibit due to spoilage (i.e. fresh fruit tart). All fruit must be cooked. *Cream cheese and/or fillings and frostings are not allowed. Meat, dried meat, meat substitute pieces, (bacon bits, pepperoni, etc.) or melted cheese toppings may result in an unsafe food product by the time the item is judged due to unpredictable heat/and or weather conditions and will be disqualified.*

DISPLAYS - A display may not exceed a total exhibit space of 12" deep, 15" wide and 10" high. Posters may be up to 14" x 22". Pictures, food models, plaster, paper-mache, etc. may be used in your exhibit. Semi perishable foods may be used only if they add to or help explain your educational exhibit.

Exhibits which may contain perishable food should include a colored photograph of the food.

You Be The Teacher Exhibits - This exhibit is designed to share what the 4-H'er learned in the project with others. Exhibit may be a poster, three dimensional display, scrapbook charts, pictures, photographs, a file of ideas, research study, etc. Posters should be approximately 28" x 22". A display may not exceed a total space of 12" deep, 15" wide and 10" high.

*Denotes that entries are eligible for State Fair after earning that privilege at the Dakota - Thurston Fair.

GENERAL

Department E - Section 350

- *1 **Food Science and Technology** - Open to any 4-H'er enrolled in a Foods and Nutrition project. Show the connection between food and science as it relates to food preparation, food safety, or food production. Exhibit may be a poster or foam core board (not to exceed 22" by 30"), computer based presentation printed off with notes pages, if needed, and displayed in binder, an exhibit display a written report in portfolio or notebook. Consider neatness and creativity.
- *2. **Foods and Nutrition Poster, Scrapbook, or Photo Display** - Open to any 4-H'er enrolled in a Foods and Nutrition project involving a nutrition or food preparation or career concept/lesson. This might contain pictures, captions, and/or reports to highlight the concept. Exhibit may be a poster or foam core board, (not to exceed 22" x 30"), computer based presentation printed off with notes pages, if need and displayed in a binder, and exhibit display, a written report in portfolio or notebook. Consider neatness and creativity.
- *3. **Physical activity and Health Poster, Scrapbook, or Photo Display** - Open to any 4-H'er enrolled in a Foods

and Nutrition project, involving a physical activity of career concept/lesson. This might contain pictures, captions, and/or reports to highlight the concept. Exhibit may be a poster or foam core board (not to exceed 22" x 30"), computer based presentation printed off with notes pages, if needed, and displayed in a binder, an exhibit display, a written report in portfolio or notebook. Consider neatness and creativity.

SIX EASY BITES/ROAD TO GOOD COOKING- Level A

Department E - Section 401

901. **Cookies** (any recipe) - Four on a paper plate.
902. **Muffins** (any recipe) - Four on a paper plate.
903. **You Be The Teacher** - Share with others what you learned in this project.

FAST FOODS

Department E - Section 402

- *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 menu for a complete meal where this recipe is served.
- *2. **Cost Comparison Exhibit** - Exhibit **must** include a food product made from scratch and the comparable purchased product (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 Foods Manual relating to the Grocery Store Tour and the Store Shopper Tip Sheet listed on page 31.
- *3. **Fast Food Baked Product** - Exhibit must include a food product prepared using a non-traditional method (i.e. bread machine, cake baked in convection oven, baked item made in microwave etc.) that saves time in food preparation. Entry must include supporting information that discusses alternative preparation method and how it compares with traditional method.
- *4. **Fast Foods Recipe File** - 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 project, with year clearly marked on recipes. Display in recipe file or in a clear plastic binder. Be sure to include the number of servings or yield of each recipe.

TASTY TIDBITS - Level B

Department E - Section 410

- *1. **Healthy Baked Product** - Must be made with less sugar, fat or salt; modified to use a sugar or fat substitute; changed to include a whole grain; or be altered for specific allergies/food intolerances. Include original recipe and altered recipe. Exhibit must include 3/4 of baked product or 4 muffins or cookies, on a paper plate. May be baked in a disposable pan. **Write what you learned about products made from an altered recipe in supporting information.**
- *2. **Creative Mixes** - (any recipe, at least 3/4 of baked product or 4 muffins or cookies on a paper plate. May be baked in a disposable pan.) 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 breads from biscuit dough, Streusel Coffee Cake from a cake mix, etc.) **Write what you learned about making this product using a mix instead of a homemade recipe or recipe "from scratch". Does it make it better or easier to use a convenience product or mix?**
- *3. **Biscuits** - Four biscuits on a small paper plate. This may be any type of biscuit - rolled, dropped. Any recipe. Recipe must be a non-yeast product baked from scratch.
- *4. **Unique Baked Product** - (any recipe, at least 3/4 of baked product or 4 muffins or cookies on a paper plate. May be baked in a disposable pan.) Recipe must contain a surprise ingredient and **MUST** not use a mix (ex. Cantaloupe Quick Bread, Pork & Bean bread, etc). **Write what you learned about making this unique item with unusual ingredients. What was the anticipated outcome? Would you make it again?**

- *5. **Foam Cake** - original recipe (no mixes) display 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.
906. **You Be The Teacher** - Share with others what you learned in this project.

YOU'RE THE CHEF - Level C

Department E - Section 411

Any bread item prepared or baked using a bread machine should be entered under the Fast Foods - Food Technology exhibit. All exhibits made in the You're the Chef and Foodworks Project must have been prepared without the assistance of a bread machine for mixing, raising, or baking of the food item.

- *1. **Loaf Quick Bread** (any recipe) - At least 3/4 of a standard loaf displayed on a paper plate. Quick bread is any bread that does not require kneading or rising time and does NOT include yeast. A standard quick bread loaf measures approximately 8 ½ X 4 ½ or 9 x 5 inches. If mini-loaf pans are used for exhibit, two loaves must be presented for judging.
- *2. **White Bread** (any yeast recipe) - At least 3/4 of a standard loaf displayed on a paper plate.
- *3. **Whole Wheat or Mixed Grain Bread** (any yeast recipe) - At least 3/4 of a standard loaf displayed on a paper plate.
- *4. **Specialty Rolls** - (any yeast recipe) 4 rolls on a paper plate. May be sweet rolls, English muffins, kolaches, bagels, or any other similar recipe that makes individual portions.
- *5. **Dinner Rolls** - (any yeast recipe) 4 rolls on a paper plate. May be clover leaf, crescent, Knot, bun, bread sticks, or any other type of dinner roll.
907. **You Be The Teacher** - Share with others what you learned in this project.
- 4-H'ers taking You're The Chef may exhibit food preservation items in Section 407, under appropriate class number.

FOODWORKS- Level D

Department E - Section 413

Any bread item prepared or baked using a bread machine should be entered under the Fast Foods - Food Technology exhibit. All exhibits made in the You're the Chef and Foodworks Project must have been prepared without the assistance of a bread machine for mixing, raising, or baking of the food item.

- *1. **Double Crust Fruit Pie** - Made with homemade fruit filling. No egg pastries or cream fillings. No canned fillings or pre-made pie crusts. May be a double crust, crumb or lattice topping. Using an 8- or 9-inch disposable pie pan is recommended.
- *2. **Family Food Traditions** - (any recipe, at least 3/4 of baked product or 4 muffins or cookies on a paper plate. May be baked in a disposable pan.) Any baked item associated with family tradition and heritage. Entry must include A) recipe, B) tradition or heritage associated with preparing, serving the food, C) where or who the traditional recipe came from.
- *3. **Cultural Food Exhibit** (any recipe, at least 3/4 of baked product or 4 muffins or cookies on a paper plate. May be baked in a disposable pan. The name of the country, culture or region should be included as part of the supporting information with the recipe, as well as some background information about the country or culture the food item is representing.
- *5. **Specialty Bread** (any recipe made with yeast) - Tea rings, braids, or any other full sized specialty bread products. Must exhibit at least 3/4 of a full sized baked product. May be baked in a disposable pan.
- *6. **Specialty Pastry** (any recipe, at least 3/4 of baked product or 4 muffins or cookies on a paper plate. May be baked in a disposable pan.) Baked items such as - pie tarts, puff pastry, Phyllo doughs, scones, biscotti, choux, croissants, danish, strudels, Phyllo dough may be pre-made or from scratch. Pastries made with cream or egg based fillings will be disqualified.

4-H'ers taking Foodworks may exhibit food preservation items in Section 407, under appropriate class number.

FOOD PRESERVATION

Department E

- A. PROCESSING METHODS - CURRENT USDA PROCESSING METHODS AND ALTITUDE ADJUSTMENTS 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 processed in a pressure canner.) All non-acid vegetables and meats must be processed in a pressure canner. Spoiled or unsealed container disqualifies entry.
- B. 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, it helps protect the seal. No zinc lids. Improperly canned or potentially hazardous food items will be disqualified.
- C. CURRENT PROJECT - All canning must be the result of this year's 4-H project, since September 1, of the previous calendar year.
- D. RECIPE/LABELING - Recipe must be included, may be handwritten, photocopied or typed. Commercially prepared mixes are not allowed. See <http://food.unl.edu/web/preservation/home> for current USDA guidelines, how to find your Nebraska altitude, and proper procedures for food preservation. Jars should be labeled with name of 4-H'er, county name of product and date of processing. Write plainly on a label and paste or tape securely on jar bottom. In addition:

All canned foods must include the following supporting information :

- 1) Method of preservation (pressure canner or water bath canner)
- 2) Type of pack (raw pack or hot pack)
- 3) Altitude and altitude adjustment if needed
- 4) Processing time
- 5) Number of pounds of pressure, if pressure canner used
- 6) Date Processed
- 7) Recipe and source of recipe (If publication, include name and date). **RECIPE CAN COME FROM ANY SOURCE BUT CURRENT USDA GUIDELINES FOR FOOD PRESERVATION METHODS MUST BE USED.**

<http://food.unl.edu/web/preservation/home> for current USDA guidelines.

All dried foods must include the following supporting information:

- 1) Recipe and recipe source
- 2) Method of pretreatment
- 3) Drying method and drying time

Write plainly on label and attach securely to exhibit. Securely attach official entry card to exhibit. Multiple dried food exhibits should be secured by a rubber band or "twisty" to keep exhibit containing the 3 self sealing bags together.

- E. YOU BE THE TEACHER - The educational display may be a poster, mobile, three-dimensional display, scrapbook, balance beam type exhibit, charts, journals, pictures, slides, equipment, supplies, photographs, puppet play, skit, judging comparison, taped interview, file of ideas, research study, etc. A display may not exceed a total exhibit space of 12" deep, 15" wide and 10" high. Poster may be up to 14" X 22". Picture, food models, plaster paper-mache, etc., may be used only if they add to help explain your educational exhibit. Exhibits which contain perishable food should include a colored photograph of the food (not the food item). The photograph should be taken prior to the Fair and attached to the exhibit. The photograph will be displayed and judged as part of the educational exhibit.

FOOD PRESERVATION

Department E - Section 407

- *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 "twisty" to keep exhibit together.

- *2. **Fruit Leather** - Exhibit 3 different examples of 3 different fruit leathers. Place a 3-4" sample of each fruit in separate self sealing bags. Use a rubber band or "twisty" to keep exhibit together.
- *10. **Dried Vegetables** - Exhibit 3 different 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 different 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. Entry must be processed in the boiling water bath according to current USDA recommendations.
- *13. **3 Jar Exhibit** - Exhibit 3 jars of different canned fruits. May be three different techniques for same type of product, ex. Applesauce, canned apples, apple pie filling, etc. Entry must be processed in the boiling water bath according to current USDA recommendations.
- *14. **1 Jar Tomato Exhibit** - One jar of a canned tomato product. Entry must be processed in the boiling water bath according to current USDA recommendations.
- *15. **3 Jar Tomato Exhibit** - Exhibit 3 jars of different canned tomato products (salsa, sauces without meats, juice, stewed, etc.) Entry must be processed in the boiling water bath according to current USDA recommendations.
- *20. **1 Jar Vegetable or Meat Exhibit** - One jar of a canned vegetable or meat. Include only vegetables and meat canned in a pressure canner according to current USDA recommendations.
- *21. **3 Jar Vegetable Exhibit** - Three jars of different kinds of canned vegetables. Include only vegetables canned in a pressure canner according to current USDA recommendations.
- *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"x 5" file card and attach to one of the jars. Entry must be processed according to current USDA recommendations.
- *30. **1 Jar Pickled Exhibit** - One jar of a pickled and/or fermented product. Entry must be processed in the boiling water bath according to current USDA recommendations.
- *31. **3 Jar Exhibit** - Three jars of different kinds of canned pickled and/or fermented products. Entry must be processed in the boiling water bath according to current USDA recommendations.
- *40. **1 Jar Jellied Fruit Exhibit** - One jar of a jam, jelly or marmalade. Entry must be processed in the boiling water bath according to current USDA recommendations.
- *41. **3 Jar Jelled Fruit Exhibit** - Three different kinds of jellied products. Entry may be made up of either pints or half pints (but all jars must be the same size). Entry must be processed in the boiling water bath according to current USDA recommendations. Entry must be processed in the boiling water bath according to current USDA recommendations.
- 950. **You Be The Teacher** - Educational exhibit on food preservation.

GENERAL FOODS - Department E
CAKE DECORATING
 Department E - Section 911

County project - not eligible for State Fair.

4-H member may exhibit one entry per class in unit enrolled in. All decorating exhibits will remain in place until the official exhibit release time.

Plastic or styrofoam base may be used instead of cake for base since exhibit will be judged on quality of decorating. Use a disposable cardboard which can be covered with paper, plastic doilies, ruffles or foil.

UNIT 1

- 901. **One or two layer decorated cake** (or plastic base) without use of tips with edible decorations.
 - 902. **One or two layer decorated cake** (or plastic base) using two decorating tips.
 - 903. **Novelty cake** (using character or shaped pans and star tips)
- Unit II, III, IV

904. **One or two layer, decorated cake** (or plastic base) showing the use of three or more tips (rose tip must be one)
905. **Tiered cake using unlimited tips** Sugar molding may be used.
906. **Display Board:** Use an 8 1/2" x 11" corrugated cardboard, covered with freezer paper (coated side up) or foil.
Display skills learned in the project by making examples of:
- lettering (minimum of three different letters)
 - stars (minimum of three different, using star tip)
 - leaves (minimum of three different leaves)
 - borders (minimum of four different, using star and one other tip)
 - flowers (minimum of two different kinds)

RECIPE COLLECTION

Department E - Section 920

County Exhibit - Not a State Fair exhibit.

4-Hers enrolled in any foods project can exhibit one recipe collection of recipes. All recipes must have been tried by the 4-Her and must be in the 4-Hers handwriting or be typed or computer written. Recipe boxes, files or notebooks can be used to exhibit recipes. Correct recipe format needs to be followed.

Recipes need to have year (ie: 2010) written on them in the upper right hand corner on the front side of the recipe.

901. **Beginning 8-9 years old** 5-15 new recipes each year)

*Intermediate & Advanced must enter recipe collection under Fast Foods, Department E, Section 402, Class *5.*