

must be redesigned (not just decorated) in some way to create a new wearable piece of clothing. The finished garment must reflect at least one skill learned in this project. A "before" picture and a description of the redesign process must accompany the entry. Scoresheet SF21

- C-222-007 Upcycled Clothing Accessory - A wearable accessory made from a used item. The item used must be changed in some way in the redesign process. The finished accessory must reflect at least one skill learned in this project. A "before" picture and a description of the redesign process must accompany the entry. Scoresheet SF22
 - C-222-008 Textile Clothing Accessory - Textile accessory is constructed using at least one skill learned in this project. Entry examples include: hats, bags, scarves, gloves. No metal, plastic, paper or rubber base items allowed (i.e. barrettes, headbands, flip flops, duct tape, etc.) Scoresheet SF23
 - C-222-009 Top (vest acceptable)
 - C-222-010 Bottom (pants or shorts)
 - C-222-011 Skirt
 - C-222-012 Lined or Unlined Jacket
 - C-222-013 Dress (not formal wear)
 - C-222-014 Romper or Jumpsuit
 - C-222-015 Two-Piece Outfit
- Scoresheet SF28 for classes 9, 10, 11, 12, 13, 14, and 15.

Division 223 – STEAM Clothing 3 - A Stitch Further

Purple \$5.00, Blue \$5.00, Red \$4.50, White \$4.00

Exhibits entered on this project must reflect at least one new skill learned from this manual (See project manual skill level list.)

Garments as listed may be made from any pattern or any fabric and should demonstrate sewing skills beyond Clothing Level 2. Entry consists of complete constructed garments only. **Wool entries must have the fiber content listed on the identification label.**

- C-223-001 Clothing Portfolio - Complete at least four different samples/activities from Chapter 2, Chapter 3 and Chapter 4 of the project manual. The Portfolio should be placed in an 8.5x11, 3-ring binder. Include an appropriate cover. (Additional pages can be added each year but should be dated.) See pages 11-13 for portfolio formatting. Scoresheet SF20
 - C-223-002 Expanded Textile Science Scrapbook - Must include at least 10 different textile samples. use Textile Information Cards template on page 39 in project manual to identify fabric swatches. Completed textile cards should be placed in an 8.5x11, 3-ring binder. Include an appropriate cover. See project manual for fabric suggestions. Scoresheet SF20
 - C-223-003 Advanced Entrepreneurial Sewing - Using lessons learned in Chapter 5 of the manual, display one sample product with a business plan that includes a business ID and logo. The Exhibit may be a notebook, poster, or small display. Exhibits should not exceed 22"x30". Scoresheet SF63
 - C-223-004 Upcycled Garment - Create a garment from used textile based items. The original used item must be redesigned (not just decorated) in some way to create a new wearable piece of clothing. The finished garment must reflect at least one skill learned in this project. A "before" picture and a description of the redesign process must accompany the entry. Scoresheet SF21
 - C-223-005 Upcycled Clothing Accessory - A wearable accessory made from a used item. The item used must be changed in some way in the redesign process. The finished accessory must reflect at least one skill learned in this project. A "before" picture and a description of the redesign process must accompany the entry. Scoresheet SF22
 - C-223-006 Textile Clothing Accessory - Textile accessory is constructed using at least one skill learned in this project. Entry examples include: hats, bags, scarves, gloves. No metal, plastic, paper or rubber base items allowed (i.e. barrettes, headbands, flip flops, duct tape, etc.) Scoresheet SF23
 - C-223-007 Dress or Formal
 - C-223-008 Skirted Combination. (skirt with shirt, vest or jacket OR jumper and shirt)
 - C-223-009 Pants or Shorts Combination. (pants or shorts with shirt, vest or jacket)
 - C-223-010 Romper or Jumpsuit
 - C-223-011 Specialty Wear. (Includes: swim wear, costumes, hunting gear, or chaps)
 - C-223-012 Lined or Unlined Jacket. (non-tailored)
- Scoresheet SF28 for classes 7, 8, 9, 10, 11 and 12.
- C-223-013 Coat, Blazer, Suit Jacket or Outerwear. A tailored blazer or suit jacket or coat. Scoresheet 29
- Wool entries must have the fiber content listed on the identification label to be considered for the *Make It With Wool Award*.

Division 225 – Fiber Arts - Knitting

Purple \$3.00, Blue \$3.00, Red \$2.50, White \$2.00

Knitted item must be pre-registered by June 15. Criteria for judging knitting: Design and Color, Neatness, Knitting Mechanics, Trimmings, and Construction Finishes.

Information Sheet For Knitting. Each knitted exhibit must include the following information with the entry tag or exhibit will be lowered one ribbon placing: 1) What was your goal(s) in making this exhibit (Example: Learn how to block a garment or learn how to use two different yarn(s), 2) What steps did you take as you worked toward your goal(s)?, 3) What were the most important things you learned as you worked toward your goal(s)?, 4) Gauge - Number of rows per inch; number of stitches per inch, 5) Size of needles, 6) Kind of yarn - weight and fiber content, 7) Names of stitches used, 8) Copy of directions. Scoresheet SF60

C-225-901 Knitted Clothing or Home Environment Item, Level 1

C-225-005 Knitted Clothing or Home Environment Item, Level 2 - Knitted item or garment using pattern stitches such as diamond, block, twist or seed/moss stitches.

C-225-015 Knitted Clothing or Home Environment Item, Level 3. Knitted item or garment made from advanced knitting stitches such as pass slip stitch over, double-pointed needle knitting, cable, Turkish, tamerna, plait, germaine, feather and fan or knitting with one or more patterns such as Aran or Fair Isle.

Division 226 - Fiber Arts - Crocheting

Purple \$3.00, Blue \$3.00, Red \$2.50, White \$2.00

Crocheted item must be preregistered by June 15. Criteria for judging crocheting: Design and Color, Neatness, Crocheting Mechanics, Trimmings and Construction Finishes.

Information Sheet For Crochet. Each crocheted exhibit must include the following information with the entry tag or exhibit will be lowered one ribbon placing. 1) What was your goal(s) in making this exhibit (Example: Learn how to block a garment or learn how to use two different yarn(s), 2) What steps did you take as you worked toward your goal(s)?, 3) What were the most important things you learned as you worked toward your goal(s)?, 4) Gauge and size of hook, 5) Kind of yarn - weight and fiber content or other material used, 6) Names of stitches used, 7) Copy of directions. Scoresheet SF61

C-226-901 Crocheted Clothing or Home Environment Item, Level 1.

C-226-005 Crocheted Clothing or Home Environment Item, Level 2 - Crocheted item or garment using pattern stitches such as texture, shell, cluster or mesh stitches.

C-226-015 Crocheted Clothing or Home Environment Item, Level 3 - Crocheted item or garment using advanced crochet stitches such as afghan, broomstick, hairpin lace, design motifs or pattern stitches.

DEPARTMENT C – CONSUMER MANAGEMENT

Purple \$3.00, Blue \$3.00, Red \$2.50, White \$2.00

Division 240 – Shopping In Style (Age 10 & Over)

Shopping In Style exhibits must be pre-registered by June 15.

GENERAL - If exhibit is a poster it should be on 14" x 22" poster board. If a three-ring binder is used it should be 8.5" x 11" x 1". Video exhibits should be less than 5 minutes in length and be able to be played on a PC using Windows Media Player, Real Player, or Quick Time Player.

C-240-001 Best Buy for Your Buck (Ages 10-13 as of January 1)

Provide details of the best buy you made for your buck this year. Consider building the ultimate wardrobe by adding to this entry each year by dividing it into Year 1, Year 2, Year 3, etc. Put the story in a binder or video, no posters please. (see general information above). Please do not include the Shopping In Style Fashion Show Information Sheet in your entry. Although both entries do share some information, there are differences in content and format for this class. Suggested for ages 10-13, provide details about wardrobe inventory which indicates why you selected the garment you did, clothing budget, and cost of garment. Provide 3 color photos of you wearing the garment (front, side, back views.) Scoresheet SF84

C-240-002 Best Buy for Your Buck (Ages 14-18 as of January 1)

Provide details of the best buy you made for your buck this year. Consider building the ultimate wardrobe by adding to this entry each year by dividing it into Year 1, Year 2, Year 3, etc. Put the story in a binder or video, no posters please (see general information above). Please do not include the Shopping In Style Fashion Show Information Sheet in your entry. Although both entries do share some information, there are differences in the content and format for this class. Suggested for Ages 14-19, provide details listed for those ages 10-13 plus include body shape discussion, construction quality

details design features that affected your selection, cost per wearing, and care of garment. Provide 3 color photos of you wearing the garment (front, side, back views). Scoresheet SF84

C-240-003 Revive Your Wardrobe

Take at least two items in your wardrobe that still fit but that you don't wear anymore and pair them with a new garment or garments to make them wearable once again. Create a photo story which includes before and after photos and a description of what was done. Put in a binder, poster, or video (see general information). Scoresheet SF88

C-240-004 Show Me Your Colors

Select 6-8 color photos of you wearing different colors. Half should be what you consider to be good personal color choices and half should be poor personal color choices. Write a brief explanation with each photo describing your selections. Refer to the manual page 23 for more information. Entry should be a poster (see general information). Scoresheet SF89

C-240-005 Clothing 1st Aid Kit

Refer to page 73 of the manual and complete a clothing first aid kit. Include a list of items in the kit and brief discussion of why each was included. Put in appropriately sized box or tote with a lid. No larger than a shoe box. Scoresheet SF64

C-240-006 Mix, Match, & Multiply

Using this concept from page 32 of the manual take at least 5 pieces of clothing and create new outfits. Use your imagination to show various looks (i.e. on a clothes line, in a tree, on a mannequin). Include a brief discussion of each outfit which demonstrates what you have learned by completing this entry. Entry can be a binder, poster, or video (see general information). Scoresheet SF90

DEPARTMENT E – FOODS AND NUTRITION

GENERAL - Members may exhibit only in the projects in which enrolled. Each individual is limited to one exhibit per entry number. Baked products entered in county fair cannot be entered at State Fair. Products should be baked the day before entry day.

LABELS FOR FOOD PRODUCTS - Each exhibit must include the recipe. Recipe may be handwritten, photocopied 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 entry. Attach only the section above the perforations to prevent tearing the cards when they are separated.

GENERAL LABELING INFORMATION - All additional information pieces (recipes, special items) must be labeled with the exhibitor's name and county.

CRITERIA FOR JUDGING - Exhibits will be judged according to State Fair score sheets. Make sure to follow all entry instructions required for your exhibit. Incomplete exhibits will be lowered a ribbon placing. 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.

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

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. Exhibit that includes alcohol in the recipe will be disqualified. This includes menu and recipe file exhibits.

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 doughs are considered safe. All fruit filling must be cooked. Uncooked fruit is not allowed in any exhibit due to spoilage (i.e. fresh fruit tart). Cream cheese fillings and/or frostings are not allowed. Meat, dried meat, meat substitute pieces (bacon bits, pepperoni, etc.) or melted cheese toppings are not allowed in food exhibits. They 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.

Purple \$2.50, Blue \$2.50, Red \$2.00, White \$1.50

Division 906 – Road to Good Cooking

E-906-001 Oatmeal Cookie (any recipe) - Four on a small paper plate. Include the recipe.

E-906-002 Table setting for one person (not responsible for breakage). Exhibit on matte board 14" x

- 22" or a box flat 14" x 22" and no more than two inches deep.
- E-906-003 Pancake (any recipe from scratch) - Four 2-inch pancakes or two big pancakes on a paper plate. Include the recipe.

Division 907 – Baking Is Fun

- E-907-001 Quick Bread (any recipe non-yeast product) - At least 3/4 of a standard loaf on a paper plate. A standard quick bread pan measures 8 x 5 inches. Include the recipe. Scoresheet SF128
- E-907-002 Baking History Interview - Maximum of two pages, one side neatly handwritten or typed story of a baking history interview with an older person. Consider creativity and style of story. Mount on a 9" x 12" colored paper or poster board. Include a picture of the person interviewed on first page of story for display purposes. Overall size of mounted exhibit should be no larger than 9" x 12".
- E-907-003 Muffins (any recipe from scratch) - Four on a paper plate. Include the recipe.
- E-907-004 Biscuits (any recipe from scratch) - Four on a paper plate. Include the recipe. Scoresheet SF136

Division 908 – Six Easy Bites

- E-908-001 Cookies (any recipe) - Four on a small paper plate. Include the recipe.
- E-908-002 Muffins (any recipe) - Four on a small paper plate. Include the recipe.
- E-908-003 Brownies (any recipe from scratch) - Four on a paper plate. Include the recipe.

Division 402 – Fast Foods

- E-402-001 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. Include the recipe and menu. Scoresheet SF129
- E-402-002 Cost Comparison Exhibit - Exhibit must include both the 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. Include the recipe and cost comparison. Scoresheet SF132
- E-402-003 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. Include the recipe and supporting information. Scoresheet SF133
- E-402-005 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 binder. Be sure to include the number of servings or yield of each recipe. Scoresheet SF251A

Division 909 – YOUTH in Motion

- E-909-001 Healthy Snack - See ideas for non-perishable snacks on page 36. Four cookies, bars, muffins, etc. on a paper plate or at least 1 cup of mix (Examples might include: granola bars, homemade crackers or chips.) Supporting information to include recipe and why this snack might be considered a health snack. Include the recipe. Scoresheet SF125
- E-350-003 YOUTH in Motion Physical Activity and Health Poster or Photo Display - Exhibit about the 4-H'er or the 4-H'ers family 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. Scoresheet SF122

Division 410 – Tasty Tidbits

- E-410-001 Healthy 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.) 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. Write what you learned about products made from an altered recipe in supporting information. Include the recipes. Scoresheet SF123
- E-410-002 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. (Examples include: poppyseed quick bread from a cake mix, cake mix cookies, sweet rolls made from readymade 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? Why or why not? Include the recipe. Scoresheet SF142

- E-410-003 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. Include the recipe. Scoresheet SF136
- E-410-004 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 an unusual ingredient. What was the anticipated outcome? Would you make it again? Include the recipe. Scoresheet SF2012-001
- E-410-005 Foam Cake - original recipe (no mixes) or 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. Include the recipe. Scoresheet SF134

Division 411 – You're The Chef

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 projects must have been prepared without the assistance of a bread machine for mixing, raising or baking of the food item.

4-H'ers taking this project may exhibit food preservation items in Division 407, under appropriate class number.

- E-411-001 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 8.5" x 4.5" or 9" x 5". If mini-loaf pans are used for exhibit, two loaves must be presented for judging. Include the recipe. Scoresheet SF128
- E-411-002 White Bread - (any yeast recipe) - At least 3/4 of a standard loaf displayed on a paper plate. Include the recipe. Scoresheet SF138
- E-411-003 Whole Wheat or Mixed Grain Bread - (any yeast recipe) - At least 3/4 of a standard loaf displayed on a paper plate. Include the recipe. Scoresheet SF138
- E-411-004 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. Include the recipe. Scoresheet SF138
- E-411-005 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 rolls. Include the recipe. Scoresheet SF138

Division 413 – Foodworks

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 areas must have been prepared without the assistance of a bread machine for mixing, raising or baking of the food item.

4-H'ers taking this project may exhibit food preservation items in Division 407, under appropriate class number.

- E-413-001 Double Crust Fruit Pie - Made with homemade fruit filling. No egg pastries or cream fillings. No canned fillings or premade pie crusts. May be a double crust, crumb, cut-out or lattice topping. Using an 8- or 9-inch disposable pie pan is recommended. One slice will be on display after judging the whole pie during the County Fair. The rest will be used in the 4-H Cafe. Include the recipe. Scoresheet SF144
- E-413-002 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. Scoresheet SF2012-002
- E-413-003 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. Include the recipe. Scoresheet SF146
- E-413-005 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. Include the recipe. Scoresheet SF141

E-413-006 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. Include recipe. Scoresheet SF143

Division 350 – General

- E-350-001 Food Science Explorations - Open to any 4-H'er enrolled in a Foods and Nutrition project. Show the connection between food and sciences as it relates to food preparation, food safety, or food production. 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 binder, an exhibit display, a written report in portfolio or notebook. Consider neatness and creativity. Scoresheet SF152
- E-350-002 Food 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" 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. Scoresheet SF122
- E-350-003 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 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" 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. Scoresheet SF122

Division 901 – Favorite Food Show Contest

Purple \$4.00, Blue \$4.00, Red \$3.50, White \$3.00

The Favorite Food Show Contest is July 12, 2017, 4-H Exhibit Building, 1:15 p.m. Contestants must preregister for the contest two days prior to the contest date.

What is a Favorite Food Show? It is an opportunity for 4-H'ers to exhibit a food they have learned to prepare as a part of their 4-H food project. They also learn to use their creative talents as they plan the table setting, centerpiece and menu. They also will share the "how" and "why" this food makes a difference for them.

The 4-H Favorite Food Show is for everyone enrolled in a foods and nutrition project. The contest is divided into Junior (ages 8 and 9); Intermediate (ages 10 and 11); and Senior (ages 12 and over) as of January 1.

4-H'er will select a recipe and prepare it at home. The recipe doesn't have to be from project books, but should relate to learnings in the project. Type or print the recipe on a 4x6 inch card. The judge will taste the food. 4-H'ers will provide extra plates for the judge to sample food. It should be a food that can be kept at room temperature and will be on display the duration of fair.

Plan a menu which includes the food. Type or print on a 4x6 inch card. Exhibit both menu and recipe on the table.

Prepare a centerpiece and table place setting for one or two people for a card table. Members must provide their own card table, table covering, place setting, and centerpiece. The table setting should be appropriate for the menu planned. (Not responsible for the breakage or loss of items.) The display will be exhibited the whole length of fair. Label items with participant's name in an inconspicuous place.

The food may be displayed as the whole product or as one serving. After visiting with judge, display product in a self-sealing bag.

Participants must set up their own table without assistance from 12:45 to 1:00 p.m. Parents may help carry in items but cannot assist with the set up. Participants need to check in and draw for judging order in each division. Juniors will go first. Judging will begin at 1:15 p.m.

The judge will talk to each participant as entry is judged. Food preparation, menu planning, nutrition, table setting, food, display and the individual are all important. 4-H'ers are dismissed after they visit with the judge. Results will be available when the exhibit building is opened for public viewing.

A packet of information is available at the Extension Office to assist in preparing the Favorite Food Show exhibit. The packet contains the following information: entry form, a score sheet, guidelines for

“Writing the Menu,” “Writing a Recipe,” “Setting a Table,” and Food Guide Pyramid.

Complete and place entry tag on the card table.

E-901-1 Favorite Food Show, Junior Division

E-901-2 Favorite Food Show, Intermediate Division

E-901-3 Favorite Food Show, Senior Division

Division 500 – 4-H Culinary Challenge Contest

Purple \$4.00, Blue \$4.00, Red \$3.50, White \$3.00

The 4-H Culinary Challenge Contest is July 12, 2017, 4-H Exhibit Building, 1:15 p.m.

Contestants must preregister for the contest two days prior to the contest date.

Purpose of the contest: The 4-H Culinary Challenge Contest will require youth to demonstrate healthy decision making through nutrition, food preparation, menu planning, and food safety, utilizing foods and nutrition curriculum. They will apply healthy living knowledge and skills by planning a nutritious menu, demonstrating their understanding of time management skills in the kitchen, and expressing their originality and creativity through an appropriate themed and properly set table. To showcase these skills, youth will create a menu, prepare one food item, and choose an appropriate theme for their occasion while expressing their food, nutrition, and food safety knowledge during a live interview with a judge at the contest. In order to highlight knowledge and skills acquired during pre-contest preparation, youth will utilize technology as part of their interview.

Challenge ingredient/item: A challenge ingredient will be selected each year, highlighting a Nebraska commodity food product. **The 2017 challenge ingredient is dried beans, peas and lentils.** These may be used in any form, including dry-packaged or canned. More information about Nebraska Dry Bean Commission may be found at <http://nebraskadrybean.com/>. Each team must incorporate the challenge ingredient into their food item they will be presenting during the contest. This may require altering a recipe or creatively incorporating an item into their overall table theme. (For example: hummus, bean salads, soup, baked beans, or any other recipe using dried beans, peas or lentils in a creative way.) The challenge ingredient must also be included in the interview presentation, demonstrating youth knowledge of the ingredient, such as nutritional value, a farm-to-fork concept, or how to adapt a recipe to include the ingredient.

Judges interview: The team should view themselves as the hosts, welcoming the judge, cooperatively presenting the table to the judge, incorporating multi-media resources, and answering any questions from the judge. Teams must be prepared to present to the judge utilizing technology. (PowerPoint, picture story, or other multi-media resource. Presentations may include photos, clip art, animation, video or audio sound.) The 4-H members should cooperatively present a verbal presentation to the judge that is highlighted by their multi-media presentation via computer or iPad. Participants must provide their own computer or other equipment needed for their 4-H Foods Event judging interview. Presentations will occur at participants’ tables. Please do not bring projectors or other equipment which will require extra space.

Considerations should be given to creatively include the following items through the multi-media presentation:

- nutritional facts of their menu
- food safety
- time management
- choice of menu
- food preparation
- cost of item/per serving
- food handling techniques
- recipe of the food item shared with the judge
- challenge ingredient (nutritional value, farm-to-fork, recipe revision, etc.)

General Rules/Guidelines

1. A team will consist of two members to be eligible to compete. 4-H members must all be at least 10 years of age by January 1, of the current calendar year.
2. All team members must be enrolled in a 4-H foods and nutrition project during the current 4-H year.
3. Judging interviews will be approximately 12 to 15 minutes for Intermediate and Senior Divisions. This time includes a short presentation by the teams, as well as questions from the judge.
4. Teams should arrive at least 15 minutes prior to your assigned time to set up their table.
5. Team members must provide their own card table for the display.
6. Upon arriving, check-in at the registration table. Teams will be assigned a specific area to set up.
7. Check-in area will contain a refrigerator, a microwave and limited temporary storage for table settings at State Fair.

8. Only contestants will be allowed to set up or arrange table settings.
9. Participants must have their table setting ready by the assigned time. Once tables are set, contestants should stay with their tables, as they are responsible for items placed on tables. Chairs will be available for contestants.
10. During judging, 4-H memers may choose to dress in appropriate clothing, costume, or accessories relevant to the theme.

Contest Resources: SF 4-H Culinary Challenge Contest scoresheet. More information regarding proper table setting guidelines, recipe development resources, and food safety guidelines are also available through the website at <http://food.unl.edu/youth/projects>. Complete and place entry tag on the card table.

F-500-097 4-H Culinary Challenge Contest, Intermediate - ages 10-13

F-500-098 4-H Culinary Challenge Contest, Senior - ages 14-18

Division 407 – Food Preservation

PROCESSING METHODS – Current USDA processing methods and altitude adjustments must be followed for all food preservation. The USDA Complete Guide to Home Canning is on the web at: http://nchfp.uga.edu/publications/publications_usda.html. Jams, 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. Spoilage or unsealed 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 jar 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.

CURRENT PROJECT – All canning must be the result of this year's 4-H project, since September 1 of the previous calendar year.

CRITERIA FOR JUDGING – Exhibits will be judged according to State Fair score sheets. 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. Check with your local extension office for your county's altitude and how that affects food processing times and pounds of pressure. Altitudes: Overton - 2320; Lexington - 2392; Cozad - 2490; Gothenburg - 2569; Brady - 2651; Sumner - 2365; Eddyville - 2447; Elwood - 2667; Eustis - 2634; and Farnam - 2753.

The Fair Board is not responsible for lost, damaged or broken exhibits.

RECIPE/LABELING – Recipe must be included, may be handwritten, photocopied or typed. Commercially prepared mixes are not allowed. See <http://food.unl.edu/food-safety-preservation> 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. Recipe and source of recipe. (if a publication, include name and date) RECIPE CAN COME FROM ANY SOURCE BUT CURRENT USDA GUIDELINES FOR FOOD PRESERVATION METHODS MUST BE FOLLOWED. See <http://food.unl.edu/food-safety-preservation> 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 3 self sealing bags together.

Please attach the entry tag to the upper right hand corner of the entry. Attach only the section above the perforations of the entry tag to prevent tearing the cards when they are separated.

Purple \$2.50, Blue \$2.50, Red \$2.00, White \$1.50

- E-407-001 Dried Fruit - Exhibit 3 different examples of dried fruit. Place each dried fruit food (6-10 pieces of fruit, minimum of 1/4 cup) in separate self-sealing bags. Use a rubber band or "twisty" to keep exhibit together. See special recipe/labeling instructions. Include recipes and source of recipes. Scoresheet SF147
- E-407-002 Fruit Leather - Exhibit 3 different examples of 3 different fruit leathers. Place a 3-4" sample of each fruit together in separate self-sealing bags. Use a rubber band or "twisty" to keep exhibit together. See special recipe/labeling instructions. Include recipes and source of recipes. Scoresheet SF147
- E-407-010 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. See special recipe/labeling instructions. Include recipes and source of recipes. Scoresheet SF149
- E-407-011 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. See special recipe/labeling instructions. Include recipes and source of recipes. Scoresheet SF149
- E-407-012 1-Jar Fruit Exhibit - One jar of a canned fruit. Entry must be processed in the boiling water bath according to current USDA recommendations. See special recipe/labeling instructions. Include recipe and source of recipe. Scoresheet SF150
- E-407-013 3-Jar Fruit Exhibit - Exhibit three 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. See special recipe/labeling instructions. Include recipes and source of recipes. Scoresheet SF150
- E-407-014 1-Jar Tomato Exhibit - One jar of a canned tomato product. Entry must be processed in a boiling water bath or pressure canner according to current USDA recommendations. See special recipe/labeling instructions. Include recipe and source of recipe. Scoresheet SF150
- E-407-015 3-Jar Tomato Exhibit - Exhibit 3 jars of different canned tomato products (salsa, sauces without meats, juice, stewed, etc.) Entry must be processed in a boiling water bath or pressure canner according to current USDA recommendations. See special recipe/labeling instructions. Include recipes and source of recipes. Scoresheet SF150
- E-407-020 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. See special recipe/labeling instructions. Include recipe and source of recipe. Scoresheet SF150
- E-407-021 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. See special recipe/labeling instructions. Include recipes and source of recipes. Scoresheet SF150
- E-407-022 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 3" x 5" file card and attach to one of jars. Entry must be processed according to current USDA recommendations. See special recipe/labeling instructions. Include recipes and source of recipes. Scoresheet SF151
- E-407-030 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. See special recipe/labeling instructions. Include recipe and source of recipe. Scoresheet SF150
- E-407-031 3-Jar Pickled 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. See special recipe/labeling instructions. Include recipes and source of recipes. Scoresheet SF150
- E-407-040 1-Jar Jelled Exhibit - One jar of a jam, jelly or marmalade. Entry must be processed in the boiling water bath according to current USDA recommendations. See special recipe/labeling instructions. Include recipe and source of recipe. Scoresheet SF153
- E-407-041 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). Entry must be processed in the boiling water bath according to current USDA recommendations. See special recipe/labeling instructions. Include recipes and source of recipes. Scoresheet SF153

DEPARTMENT C – FINANCIAL CONSUMER MANAGEMENT

Purple \$2.50, Blue \$2.50, Red \$2.00, White \$1.50

Entries shall be posters or notebooks. Poster size shall be 14" x 22". Notebooks must be 3-ring binders 8.5" x 11" x 1".

Division 246 - Making Cents of It

C-246-901 Educational Exhibit based on what was learned from the project. This exhibit may be presented in poster 14" x 22", notebook or display form.

Division 247 - My Financial Future

General information: Entries should be typed and then attached to a piece of colored card stock or colored poster board (limit the size of the poster board or card stock to 14" x 22" or smaller). You may use the front and back of the poster board.

Beginner/Intermediate

C-247-001 SMART Goals - Write 3 SMART financial goals for yourself (one should be short term, one intermediate, and one long term.) Explain how you intend to reach each goal you set.

C-247-002 Income Inventory - Using page 13 as a guideline, list sources and amounts of income you earn/receive over a six month period. Answer the following questions: What were your income sources? Were there any steady income sources? What did you do with the income you received? Include your income inventory in the exhibit.

C-247-003 Tracking Expenses - Use an app or chart like the one on page 17 to track your spending over 2 months. Answer the following questions: What did you spend most of your money on? What did you learn about your spending habits? Will you make any changes in your spending based upon what you learned? Why or why not? Include your chart in your exhibit.

C-247-004 Money Personality Profile - Complete the money personality profile found on pages 21-22. Answer the following questions: What is your money personality? How does your money personality affect the way you spend/save money? Have a friend or family member complete the money personality profile. Compare and contrast (how are you alike how are you different) your money personality profile with theirs.

C-247-005 What Does It Really Cost - Complete Activity 8 "What Does It Really Cost?" on pages 39-40.

C-247-006 My Work; My Future - Interview three adults in your life about their careers or jobs using the questions on page 51 and record these answers. In addition, answer the following questions on your display. What did you find most interesting about these jobs? Were there any positions you might want to pursue as your career? Why/Why not? What careers interest you at this point in your life? What are three steps you need to do now to prepare for this career?

Intermediate/Advanced

C-247-007 Interview someone who is paid a salary; someone who is paid a commission; and someone who is paid an hourly wage. Have them answer the following questions plus any additional questions you may have.

*What are some benefits of receiving your pay the way you do (salary, commission, or hourly wage)?

*What are some negative outcomes for getting paid the way you do?

*Does your pay keep pace with inflation? Why do you think this?

Summarize: Based upon your interviews which payment method would suit you the best? Discuss your answer.

C-247-008 The Cost of Not Banking - Type your answers to the questions about Elliot on page 50.

C-247-009 Evaluating Investment Alternatives - Complete the case study of Jorge on page 64. Answer all three questions found at the bottom of the page.

C-247-010 Understanding Credit Scores - Watch the video and read the resource listed on page 71. Answer the following questions.

*Name 3 prudent actions that can reduce a credit card balance.

*What are the main factors that drive the cost of credit?

*List one personal financial goal that you could use credit or collateral to purchase. Discuss possible consequences that might happen with improper use of credit for your purchase.

C-247-011 You Be The Teacher - Create an activity, story board, game or display that would teach another youth about "Key Terms" listed on page 62. Activity/display must include at least five (5) of the terms.

DEPARTMENT A – HERITAGE

Purple \$2.50, Blue \$2.50, Red \$2.00, White \$1.50

4-H'ers must be enrolled in Heritage, Genealogy, Family Folklore or Foodways projects to exhibit in classes. An exhibit of items, pictures, maps, charts, slide/tapes, drawings, illustrations, writings, or displays that depict the heritage of the member's family or community or 4-H history. Please note: Exhibits are entered at 4-H'ers own risk. Will not be responsible for loss or damage to family heirloom items or any item in this division. Displays should not be larger than 22" x 28" wide. Display collections securely in an attractive

container no larger than 22" x 28". Exhibits must include Name, County, Age, and past experience (years in Explore Your Heritage, Genealogy, Family Folklore or Foodways projects) on back of exhibit. All entries must have documentation included. Scoresheet SF71

Division 101 – Level I Beginning (1-4 years in project):

- A-101-001 Heritage poster or flat exhibit. Entries may be pictures, posters, items that depict family heritage. Exhibits must be supported by a written explanation.
- A-101-002 Family Genealogy/History Notebook - Include pedigree charts/family group sheets, with documentation for two-three generations of one family line, expanding each year. If multiple books included in exhibit, only bring book with most current year's work.
- A-101-003 Local History Scrapbook/Notebook - A scrapbook or notebook that depicts history of local community or Nebraska that helps youth appreciate their heritage.
- A-101-004 Framed family groupings (or individuals) of pictures showing family history. Pictures must be supported by a written explanation.
- A-101-005 Other exhibits depicting the heritage of the member's family or community. Exhibit must be supported by a written explanation. May include, biographical album of themselves or another family member, family cookbooks, etc.
- A-101-006 4-H History Scrapbook - A scrapbook relating 4-H history of local club or county. Must be work of individual 4-H'er - no club project. If multiple books included in exhibit, only bring book with most current year's work.
- A-101-007 4-H History Poster - A poster relating 4-H history of local club or county or individual.
- A-101-008 Story or illustration about a historical event.
- A-101-009 Book review about local, Nebraska or regional history.
- A-101-010 Other historical exhibits - attach an explanation of historical importance.
- A-101-011 Family Traditions Book - Exhibitor scrapbook depicting family traditions of the past.
- A-101-012 Family Traditions Exhibit - Story or illustration of a family tradition or event. Exhibits must be supported by a written explanation.
- A-101-013 4-H Club/County Scrapbook - Scrapbook relating 4-H history of local club or county compiled by club historian. If multiple books included in exhibit, only bring book with most current year's work.
- A-101-014 4-H Member Scrapbook - Scrapbook relating to individual 4-H members' 4-H history. If multiple books included in exhibit, only bring book with most current year's work.
- A-101-015 Special Events Scrapbook - A scrapbook relating to a 4-H special event, such as Congress or CWF or a personal or family special event, such as a trip, family reunion, etc.

Division 102 – Level II Advanced (over 4 years in project):

- A-102-001 Heritage poster or flat exhibit. Entries may be pictures, posters, items, etc. that depict family heritage. Exhibits must be supported by a written explanation.
- A-102-002 Family Genealogy/History Notebook - Include pedigree charts/family group sheets, with documentation beyond two-three generations of one family line, expanding each year. If multiple books included in exhibit, only bring book with most current year's work.
- A-102-003 Local History Scrapbook/Notebook - Scrapbook or notebook that depicts history of local community or Nebraska that helps youth appreciate their heritage.
- A-102-004 Framed family groupings (or individuals) of pictures showing family history. Pictures must be supported by a written explanation.
- A-102-005 Other exhibits depicting the heritage of the member's family or community. Exhibit must be supported by a written explanation. May include, biographical album of themselves, another family member, family cookbooks, etc.
- A-102-006 4-H History Scrapbook - a scrapbook relating 4-H history of local club or county. Must be work of individual 4-H'er - no club project. If multiple books included in exhibit, only bring book with most current year's work.
- A-102-007 4-H History Poster - a poster relating 4-H history of local club or county or individual.
- A-102-008 Story or illustration about a historical event.
- A-102-009 Book review about local, Nebraska or regional history.
- A-102-010 Other historical exhibits - attach an explanation of historical importance.
- A-102-011 Exhibit depicting the importance of a community or Nebraska historic landmark.
- A-102-012 Community Report documenting something of historical significance from past to present.
- A-102-013 Historic collection (displayed securely and attractively in a container no larger than 22" x 28").
- A-102-014 Video/DVD or slide/tape documentary of a family or a community event. Must be produced and edited by 4-H member.