

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, cards, special items) must be labeled with exhibitor's name.

C. Criteria For Judging: Exhibits will be judged according to score sheets available at your local extension office or at <http://4h.unl.edu/statefair4h>. Incomplete exhibits will be lowered a ribbon placing. Make sure to follow all entry instructions required for your exhibit. **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.

D. Enter Food Exhibits: Enter food projects in disposable materials, i.e. paper plate or plastic ziplock bags. Not responsible for lost bread boards, china or glassware.

E. Number of Exhibits: Only ONE exhibit per class for each 4-H'er.

F. 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. This includes menu and recipe file exhibits.

G. Exhibits Are On Display 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 fillings must be cooked. Uncooked fruit is not allowed in any exhibit due to spoilage (for example, fresh fruit tart). **Cream cheese 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.**

INTERVIEW JUDGING

PROJECTS INCLUDE: ALL Healthy Lifestyles Projects

4-H members are encouraged to participate in interview judging. Interview judging allows 4-H members to discuss their 4-H exhibits directly with the judge. This will give 4-H members the opportunity to discuss the process they took preparing their project. In addition, interview judging will give judges the opportunity to provide positive input and helpful suggestions to the 4-H member.

REQUEST FOR INTERVIEW JUDGING:

- Department Superintendents are to be notified when a 4-H project is entered by a 4-H member intending to Interview Judge.
- Entry cards of 4-H exhibits must designate Interview Judging Request by checking the "INTERVIEW" box at the upper right corner (above "Dodge County Fair") of the entry card.
- **Exhibitors are limited to ONE interview entry per department (project area).**

TIME: (Optional) Interview Judging / Wednesday, July 29 by appointment / 4-H Exhibit Hall

- Exhibitors will make appointments (9:30 am-3:00 pm) with superintendent at time of check in.

INTERVIEW JUDGING IS OPTIONAL:

- Projects are not required to be interview judged. Therefore, no projects will be deducted a ribbon placing for not interview judging.

DEPT. E / DIV. 350

GENERAL

Class 1 Food Science Explorations:

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.

Class 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" 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,

Class 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 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.

DEPT. E / DIV. 401

SIX EASY BITES - LEVEL A

(NOT Eligible for State Fair)

Class 1 Cookies / any recipe: Four on a paper plate.

Class 2 Muffins / any recipe: Four on a paper plate.

DEPT. E / DIV. 410

TASTY TIDBITS - LEVEL B

Class 1 Healthy Baked Product: Any recipe, at least $\frac{1}{4}$ 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, or altered using a sugar or fat substitute changed to include a whole grain; or be altered for specific allergies/food intolerance. Include original recipe and altered recipe. Write what you learned about products made from an altered recipe in supporting information.

Class 2 Creative Mixes: Any recipe: at least $\frac{1}{4}$ 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. Poppyseed Quick Bread from a cake mix, cake mix cookies, sweet rolls made from ready made bread dough, monkey breads from biscuit doughs, 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?

Class 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.