

Food & Nutrition

The purpose of the Food & Nutrition exhibits is to encourage knowledge about healthy eating and safe cooking practices. This category has multiple projects that allow 4-H'ers to progress over numerous years. In addition, 4-H'ers will learn different types of cooking methods to improve their knowledge of cuisine. For more resources and materials in this category refer to the resource section at the bottom of the page.

Rules

1. Supporting Information: Each exhibit must include the recipe. The recipe may be handwritten, photocopied, or typed. Place food on the appropriately sized plate or container and put in a self-sealing bag. Attach entry tag and recipe to the corner of the bag. For non-food entries, please attach the entry tag to the upper right-hand corner of the entry. Additional information including recipes and supplemental information should be identified with 4-H'ers names and county.

2. Criteria for Judging: Exhibits will be judged according to score sheets available at your local Extension office or at <https://go.unl.edu/ne4hfood-nutrition>. Make sure to follow all entry instructions required for your exhibit. Incomplete exhibits will be lowered a ribbon placing. Commercially prepared mixes are ONLY allowed in Cooking 201 Creative Mix Class. Prepared baking mixes, biscuit mixes, commercially prepared seasoning mixes for food preservation, and other pre-made mixes entered in other categories will be lowered a ribbon placing.

3. Food Projects: Exhibits should be entered using a disposable pan or plate and covered by a plastic, self-sealing bag. The State Fair is not responsible for non-disposable containers, lost breadboards, China, or glassware.

4. Ingredients: Any ingredient that the 4-H'er uses must be able to be purchased by the 4-H'er. Ingredients such as beer, whiskey, rum, etc. may NOT be used in any recipe file or food exhibit. Exhibits that include alcohol will be disqualified.

5. Food Safety: Exhibits are on display for several days. Please think of FOOD SAFETY! Items that require refrigeration will not be accepted, judged, or displayed as exhibits must be safe to eat when entered, whether they are tasted or not. Glazes, frostings, and other sugar-based toppings are considered safe due to their high sugar content. Egg glazes on yeast breads and pie crusts BEFORE baking are acceptable. Eggs incorporated into baked goods and crusts are considered safe. The following food ingredients are considered unsafe for fair exhibits and will be disqualified:

- Egg or cream fillings and cream cheese frostings
- Any meat item including meat jerky, imitation meat bits (bacon bits, pepperoni, etc.)
- Melted cheese on top of food exhibit (cheese mixed into baked goods is considered safe and will be accepted)
- Uncooked fruit toppings (i.e., fresh fruit tart).

Scoresheets, Forms, and Contest Study Materials

Scoresheets, forms, contest study materials, and additional resources can be found at <https://go.unl.edu/ne4hfood-nutrition>.

Divisions

Cooking 101 – Not Eligible for State Fair

Class

E401901L – Cookies – any recipe - 4 on small paper plate

E401902L – Muffins – any recipe – 4 on small paper plate

E401903L – No Bake Cookies - any recipe – 4 on a paper plate

E401904L – Cereal Bar Cookie – any cereal-based recipe made in pan and cut into bars or squares for serving

E401905L – Granola Bar – any recipe – 4 on a paper plate

E401906L – Brownies – any recipe – 4 on a paper plate

E401907L – Snack Mix – any recipe – at least 1 cup in a self-sealing plastic bag

Cooking 201

Class

E410001 - Loaf Quick Bread - (SF123) - any recipe, at least $\frac{3}{4}$ 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 $\frac{1}{2}$ inches x 4 $\frac{1}{2}$ inches or 9 inches x 5 inches. If mini-loaf pans are used for the exhibit, two loaves must be presented for judging.

E410002 - Creative Mixes - (SF142) - any recipe, at least $\frac{3}{4}$ of baked product or 4 muffins or cookies on a paper plate or in a disposable pan. Baked item made from a mix (commercial or homemade mixes acceptable). Food products must have been modified to make a new or different baked item. Examples include poppy seed quick bread from a cake mix, cake mix cookies, sweet rolls made from readymade bread dough, monkey bread 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?

E410003 - Biscuits or Scones - (SF136) - four biscuits or scones on a small paper plate. This may be any type of biscuit or scone: rolled or dropped. Any recipe may be used, but it must be a non-yeast product baked from scratch.

E410004 - Healthy Baked Product - (SF124) - any recipe, at least $\frac{3}{4}$ of baked product or 4 muffins/cookies on a paper plate or in a disposable pan. The recipe must contain a fruit or vegetable as part of the ingredients (Ex. banana bars, cantaloupe quick bread, zucchini muffins, etc.).

E410005 - Coffee Cake - (SF129) - any recipe or shape, non-yeast product - at least $\frac{3}{4}$ of baked product on a paper plate or in a disposable pan. Include a menu for a complete meal where this recipe is served, following meal planning guidelines suggested in Cooking 201.

E41006 - Baking with Whole Grains - (SF134) - any recipe, at least $\frac{3}{4}$ of baked product, or 4 muffins/cookies on a paper plate or in a disposable pan. The recipe must contain whole grains as part of the ingredients. (Ex. whole wheat applesauce bread, peanut butter oatmeal cookies, etc.)

E41007 - Non-Traditional Baked Product - (SF133) - exhibit must include a food product prepared using a non-traditional method (i.e., bread machine, cake baked in an air fryer, a baked item made in a microwave, etc.) Entry must be at least $\frac{3}{4}$ baked product or 4 muffins or cookies on a paper plate or in a disposable pan. Entry must include supporting information that discusses alternative preparation method and how it compares with a traditional method.

Cooking 301

Class

E411001 - White Bread - (SF138) - any yeast recipe, at least $\frac{3}{4}$ of a standard loaf displayed on a paper plate.

E411002 - Whole Wheat or Mixed Grain Bread - (SF138) - any yeast recipe, at least $\frac{3}{4}$ of a standard loaf displayed on a paper plate.

E411003 - Specialty Rolls - (SF138) - 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.

E411004 - Dinner Rolls - (SF138) - any yeast recipe, 4 rolls on a paper plate. May be cloverleaf, crescent, knot, bun, breadsticks, or any other type of dinner roll.

E411005 - Specialty Bread - (SF141) - any yeast recipe, including tea rings, braids, or any other full-sized specialty bread products. Must exhibit at least $\frac{3}{4}$ of a full-sized baked product.

E411006 - Shortened Cake - (SF137) - Must exhibit at least $\frac{3}{4}$ of the cake (recipe must not be from a cake mix). Shortened cakes use fat for flavor and texture and recipes usually begin by beating fat with sugar by creaming and including leavening agents in the recipe. Cake may be frosted with a non-perishable frosting (no cream cheese or egg white-based frostings allowed).

Cooking 401

Class

E412001 - Double Crust Fruit Pie - (SF144) - 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.

E412002 - Family Food Traditions - (SF145) - any recipe, at least $\frac{3}{4}$ 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.

E412003 - Ethnic Food Exhibit - (SF146) - any recipe, at least $\frac{3}{4}$ of baked product or 4 muffins or cookies on a paper plate or 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 background information about the country or culture the food item is representing.

E412004 - Candy - (SF147) - any recipe, 4 pieces of candy on a paper plate or ½ cup. No items containing cream cheese will be accepted (Example: cream cheese mints). Candy may be cooked or no-cook; dipped, molded, made in the microwave, or other methods of candy preparation. Recipe must be included.

E412005 - Foam Cake - (SF138) - original recipe (no mixes) of at least ¾ 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. Cake may be frosted with a non-perishable frosting (no cream cheese or egg white-based frostings allowed).

E412006 - Specialty Pastry - (SF143) - any recipe, at least ¾ of baked product or 4 muffins or cookies on a paper plate or in a disposable pan. Baked items such as pie tarts, puff pastry, phyllo doughs, 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.

Rules

- I. Any bread item prepared or baked using a bread machine should be entered under Cooking 201. All exhibits made in the Cooking 301 or Cooking 401 projects must have been prepared without the assistance of a bread machine for mixing, raising, or baking the food item.

Food Preservation

Class

Unit 1 Freezing

E406001 - Baked Item made with Frozen Produce - (SF155) - any recipe, at least ¾ of baked product or 4 muffins or cookies on a paper plate or in a disposable pan. Recipe MUST include a food item preserved by the freezing method done by the 4-H'er. Ex. Peach pie, blueberry muffins, zucchini bread, etc. Supporting information must include both the recipe for the produce that was frozen as part of this project AND the baked food item.

Unit 2 Drying

E407001 - Dried Fruits - (SF154) - exhibit 3 different examples of 3 different dried fruits. Place each dried fruit food (6-10 pieces of fruit, minimum ¼ cup) in separate self-sealing bags. Use a rubber band or "twisty" to keep the exhibit together.

E407002 - Fruit Leather - (SF154) - exhibit 3 different examples of 3 different fruit leathers. Place a 3-4 inch sample of each fruit together in separate self-sealing bags. Use a rubber band or "twisty" to keep the exhibit together.

E407003 - Vegetable Leather - (SF154) - exhibit 3 different examples of 3 different vegetable or vegetable/fruit leather combo. Place a 3-4 inch sample of each leather together in separate self-sealing bags. Use a rubber band or "twisty" to keep the exhibit together.

E407004 - Dried Vegetables - (SF149) - exhibit 3 different samples of 3 different dried vegetables. Place each food (¼ cup of each vegetable) in a separate self-sealing bag. Use a rubber band or "twisty" to keep the exhibit together.

E407005 - Dried Herbs - (SF149) - exhibit 3 different samples of 3 different dried herbs. Place each food (1/4 cup of each herb) in a separate self-sealing bag. Use a rubber band or "twisty" to keep the exhibit together.

E407006 - Baked Item made with Dried Produce/Herbs - (SF156) - any recipe, at least 3/4 of baked product or 4 muffins or cookies on a paper plate or in a disposable pan. Recipe MUST include a dried produce/herb item made by the 4-H'er. Ex. Granola bar made with dried fruits, dried cranberry cookies, Italian herb bread, lemon thyme cookies. Supporting information must include both the recipe for the dried produce/herb AND the baked food item.

Unit 3 Boiling Water Canning

E408001 - 1 Jar Fruit Exhibit - (SF150) - exhibit one jar of canned fruit. Entry must be processed in the boiling water bath according to current USDA recommendations.

E408002 - 3 Jar Fruit Exhibit - (SF150) - exhibit 3 jars of different canned fruits. May be three different techniques for the same type of product, ex. Applesauce, canned apples, apple pie filling, etc. Entry must be processed in a boiling water bath according to current USDA recommendations.

E408003 - 1 Jar Tomato Exhibit - (SF150) - exhibit one jar of a canned tomato product. Entry must be processed in a boiling water bath according to current USDA recommendations.

E408004 - 3 Jar Tomato Exhibit - (SF150) - exhibit 3 jars of different canned tomato products (salsa, sauces without meats, juice, stewed, etc.). Entry must be processed in a boiling water bath according to current USDA recommendations.

E408005 - 1 Jar Pickled Exhibit - (SF150) - one jar of a pickled and/or fermented product. Entry must be processed in a boiling water bath according to current USDA recommendations.

E408006 - 3 Jar Pickled Exhibit - (SF150) - exhibit 3 jars of different kinds of canned pickled and/or fermented products. Entry must be processed in a boiling water bath according to current USDA recommendations.

E408007 - 1 Jar Jelled Exhibit - (SF153) - exhibit one jar of jam, jelly, fruit butter, or marmalade. Entry must be processed in a boiling water bath according to current USDA recommendations.

E408008 - 3 Jar Jelled Exhibit - (SF153) - exhibit 3 different kinds of jelled products. Entry may be made up of either pints or half-pints. Entry must be processed in a boiling water bath according to current USDA recommendations.

Unit 4 Pressure Canning

E414001 - 1 Jar Vegetable or Meat Exhibit - (SF150) - exhibit one jar of a canned vegetable or meat. Include only vegetables or meat canned in a pressure canner according to current USDA recommendations.

E414002 - 3 Jar Vegetable Exhibit - (SF150) - exhibit 3 jars of different kinds of canned vegetables. Include only vegetables canned in a pressure canner according to current USDA recommendations.

E414003 - 3 Jar Meat Exhibit - (SF150) - exhibit 3 jars of different kinds of canned meats. Include only meats canned in a pressure canner according to current USDA recommendations.

E414004 - Quick Dinner - (SF151) - exhibit a minimum of 3 jars to a maximum of 5 jars plus menu. A meal should include 3 canned foods that can be prepared within an hour. List complete menu on a 3 inch x 5 inch file card and attach it to one of the jars. Entry must be processed according to current USDA recommendations.

E414005 - 1 Jar Tomato Exhibit - (SF150) - exhibits one jar of a canned tomato product. Entry must be processed in a pressure canner according to current USDA recommendations.

E414006 - 3 Jar Tomato Exhibit - (SF150) - exhibit 3 jars of different canned tomato products (salsa, sauces without meats, juice, stewed, etc.). Entry must be processed in a pressure canner according to current USDA recommendations.

Rules

1. Processing Methods - Current USDA processing methods and altitude adjustments must be followed for all food preservation. Jams, preserves, 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. Improperly canned or potentially hazardous food items will be disqualified. A spoiled or unsealed container disqualifies entry.

2. Jars and Lids - Do not need to be 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 are allowed. Leave jar rings on for fair display, it helps protect the seal. Two-piece lids consisting of a flat metal disk and a ring should be used. No zinc lids or one-piece lids.

3. Current Project – Exhibits must have been preserved since the member's previous year's county fair, and not been exhibited at the previous State Fair.

4. Criteria for Judging - Exhibits will be judged according to score sheets available at your local Extension office or the State Fair book at <https://4hfairbook.unl.edu/fairbookview.php/rules>. 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 or this site <https://food.unl.edu/canning#elevation> for your county's altitude and how that affects food processing times and pounds of pressure.

5. Labeling - Jars should be labeled with the name of the food item, name of the 4-H'er, county, and date of processing on the bottom of each jar. Exhibits containing multiple jars such as a "3 jar exhibit" should be placed in a container to keep the jars together. Each bag containing dried foods should also be labeled with the name of the food item, the name of the 4-H'er, county, and drying date. Multiple dried food exhibits should be secured by a rubber band or "twisty" to keep the exhibit containing the 3 self-sealing bags together.

6. Recipe/Supporting Information - Recipe must be included, and may be handwritten, photocopied, or typed. Commercially prepared seasoning mixes are not allowed. Current USDA guidelines for food preservation methods MUST be followed. Suggested sources of recipes include:

- 4-H Food Preservation Manuals (Freezing, Drying, Boiling Water Bath Canning, Pressure Canning)
- USDA Guide to Home Canning https://nchfp.uga.edu/publications/publications_usda.html

- Nebraska Extension's Food Website <https://food.unl.edu/food-preservation> or Extension publications from other states
- Ball Blue Book (published after 2009)

7. All exhibits must include the 4-H Food Preservation Card attached to the project as the required supporting information or include the following information with the exhibit:

1. Name of product
2. Date preserved
3. Method of preservation (pressure canner, water bath canner, or dried)
4. Type of pack (raw pack or hot pack)
5. Altitude (and altitude adjustment, if needed)
6. Processing time
7. ~~Number of pounds of pressure (if pressure canner used)~~
8. Drying method and drying time (for dried food exhibits)
9. Recipe and source of recipe (if a publication, include name and date)

Youth in Motion- Not Eligible for State Fair

Class

30001L – Youth in Motion Poster, Scrapbook, or Photo Display – about the 4-H’ers family or self, involved in 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.

30002L – Activity Bag – A duffle bag or backpack that the 4-H’er packs so that 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 have 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 it in the listing of items.

30003L – Youth in Motion Healthy 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 the project, with the year clearly marked on recipes. Consider creativity and neatness. Display in recipe file or box, or in a binder.

30004L – Healthy Lifestyle Interview - Interview someone in your life that you admire that is physically active or has a healthy lifestyle. Why do they enjoy their exercise program or lifestyle choices? What are their goals? Why do you admire them? Maximum of two pages, one-sided and neat. Mount on colored paper or poster board or display in a binder. Include a picture of the person interviewed. (May be laminated to preserve exhibit.) The overall size of the mounted exhibit should be no larger than 9 inches x 12 inches.

30005L – Healthy Snacks – 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 snack menu, and why this snack menu might be considered a healthy snack.

Cake Decorating - Not eligible for State Fair

Cake decorating is an artful expression. This is an opportunity to make something fun and beautiful while showcasing your individual creativity and skill. Don't be afraid to think outside the box!

Class

620061L – Display of Frosting Techniques – display will be 12 inches x 14 inches foil-covered cardboard displaying each of the following with buttercream frosting.

- a. 3 different kinds of borders using a star tip, 4 inches in length
- b. 4 each of 3 different kinds of flowers using only star tips
- c. 4 leaves using one leaf tip
- d. One writing or printing of the word “Happy” with writing tip 2 or 3, no taller than 1 ½ inches.

620062L – Four Decorated Cupcakes – use three or four different tips, buttercream frosting to decorate

620063L – A Single Layer Cake Frosted - decorated with buttercream frosting – including smoothing techniques, writing tip, and star tip.

620064L – Multi-Layer Cake – Two or more layer frosted cake using buttercream, decorated using star tip, leaf tip, and writing tip only.

620065L – Baked in Novelty Pan – decorated with buttercream using at least three tips or techniques.

620066L – Special Design – simple 3-D cakes (in the likeness or shape of sports balls or equipment, animals, plants, giant cupcakes, or other objects), AND/OR use of fondant or gum paste (to make elements such as edible flower petals, edible wings, edible feathers, edible fabric, etc), AND/OR air brushing, AND/OR non-traditional decorating techniques, AND/OR using a novelty pan or regular pan to create something other than indicated by the pan shape (example: using a cake baked in a 2-D cupcake pan to make a chef's hat cake instead of a cupcake shaped cake), ETC.

Rules

1. This is a county project only.
2. All cake boards should be grease proof. Covering them with foil or using a grease proof cake board is required.
3. One (1) inch should be allowed around the edge on all cake boards and display boards to allow for ease of handling.
4. Styrofoam cake forms are allowed vs. using real cake.
5. Any sheen or glitter spray or powder used on cakes **MUST** be edible. Brand and color of glitter or luster dust(sheen) spray or powder must be listed on entry form.
6. Fondant, gum paste, modeling chocolate, wafer or rice paper **MAY** be store bought and used to decorate cake but must be shaped and formed by exhibitor without the use of silicone, plastic, or metal molds and cutters/punches.
7. Any *Special Design* cake covered in or decorated with fondant, gum paste, or modeling chocolate must be iced in buttercream first (as per proper techniques require).

8. NO fruit, fruit jellies, or purees, or cream cheese is allowed in cake or icing as they will not be refrigerated.
9. **No purchased decorations are allowed. NO royal icing decorations may be used.** ALL decorations must be made of edible components (cake supports excluded). If in doubt, call the office.

Special Foods Contest - Not eligible for State Fair

Class

- 621061L – Junior Special Foods Contest**
- 621062L – Intermediate Special Foods Contest**
- 621070L – Intermediate Special Foods Contest Advanced**
- 621071L – Senior Special Foods Contest Advanced**
- 621063L – Senior Special Foods Contest**
- 621064L – Junior Cupcake War**
- 621065L – Intermediate Cupcake War**
- 621066L – Senior Cupcake War**
- 621067L – Junior Table setting – Menu (no cooking)**
- 621068L – Intermediate Table setting – Menu (no cooking)**
- 621069L – Senior Table setting – Menu (no cooking)**

Rules

1. This is a county project only
2. 90 Minutes will be allowed to prepare a main dish for a meal and complete a place setting.
3. Youth with over 3 years of experience in the contest must register in **Advanced Classes**, which incorporate a challenge ingredient. This year's challenge ingredient is **CHICKEN**.
4. Scoring will include measuring methods, preservation, knowledge of nutrients, and safe food preparation.
5. See [handbook](#) on the Cherry County 4-H website for details and the nutritional study guide.

General Foods & Nutrition

Class

E350001 - Food Science Exploration - (SF152) - Show the connection between food and science as it relates to food preparation, food safety, food preservation, or food production. The exhibit may be a poster or foam core board (not to exceed 22 inches x 30 inches), a computer-based presentation printed off with notes pages if needed, and displayed in a binder, an exhibit display, a written report in a portfolio, or a notebook. Consider neatness and creativity.

E350002 - Foods and Nutrition Poster, Scrapbook, or Photo Display - (SF122) -The project should involve a nutrition or food preparation technique or explore a career related to the food industry (caterer, restaurant owner, food scientist, registered dietitian, etc.). This might contain pictures, captions, and/or a report to highlight the concept. The exhibit may be a poster or a foam core board (not to exceed 22 inches by 30 inches) a computer-based presentation printed off with notes pages (if needed) and displayed in a binder, an exhibit display, or a written report in a portfolio or notebook. Consider neatness and creativity.

E350003 - Physical Activity and Health Poster, Scrapbook, or Photo Display - (SF122) - The project should involve physical activity or explore a career related to physical activity or health (personal trainer, sports coach, physical therapist, etc.). This might contain pictures, captions, and/or a report to highlight the concept. The exhibit may be a poster or a foam core board (not to exceed 22 inches by 30 inches), a computer-based presentation printed off with notes pages, if needed, and displayed in a binder, an exhibit display, or a written report in a portfolio or notebook. Consider neatness and creativity.

E35004 - Cooking Basics Recipe File - (SF251) - 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 the 4-H'er is in the project, with the year clearly marked on the recipes. Display in a recipe file or binder. Be sure to include the number of servings or yields of each recipe. This may be a continued recipe file project from the previously used 4-H curriculum before 2018. Exhibits that include recipes with alcohol (wine, beer, rum, etc.) will be disqualified.

Resources

Food and Nutrition

Learn how to use MyPlate; Learn how to avoid spreading germs while cooking; Learn how to measure and mix ingredients; Learn how to test baked goods for doneness; Learn how to brown meat; Learn how to set the table for a family meal; Understand and prevent foodborne illnesses; Learn how to thaw foods; Learn proper knife techniques; Learn how to read Nutrition Fact labels; Learn how to make soups, rice, pasta, and other foods; Practice making bread, grilling meats, vegetables, and fruit; Learn how to and practice making butter; Learn about yeast, gluten, and different types of fats; Learn about herbs and spices; Learn how to make ethnic foods; practice making cakes, candy, pastries, and pies; Learn how to safely freeze foods, maintain quality; Learn how to use frozen foods in healthy recipes; Learn how to safely dry foods and maintain quality; Learn how to use dried foods in healthy recipes; Learn how to safely preserve fruits, tomatoes, fruit spreads, and pickles; Learn how to use home-canned foods in healthy recipes; Learn how to safely preserve tomatoes, vegetables, and meats

URL: https://4hcurriculum.unl.edu/index.php/main/program_project/194