

## **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](https://4hcurriculum.unl.edu/index.php/main/program_project/194)