

Food & Nutrition

The purpose of Food & Nutrition exhibits is to encourage the 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. Recipe may be handwritten, photocopied, or typed. Place food on the appropriately sized plate or container and put in self-sealing bag. Attach entry tag and recipe at 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 name 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 bread boards, 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 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).

General Foods & Nutrition
Premium: \$3.00, \$2.75, \$2.50, \$2.25

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. 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 a portfolio or 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. Exhibit may be a poster or a foam core board (not to exceed 22" by 30"), 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 a 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. Exhibit may be a poster or a foam core board (not to exceed 22" by 30"), 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.

E350004 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 year clearly marked on recipes. Display in a recipe file or binder. Be sure to include the number of servings or yield 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.

Cooking 101

Premiums: \$2.00, \$1.75, \$1.50, 1.25

*** County Project Only – not eligible for State Fair Competition.**

- *E401901 COOKIES** (any recipe, 4 on a paper plate).
- *E401902 MUFFINS** (any recipe, 4 on a paper plate).
- *E401903 NO BAKE COOKIE** (any recipe, 4 on a paper plate).
- *E401904 CEREAL COOKIE BAR** (any cereal-based recipe made in pan and cut into bars or squares for serving.)
- *E401905 GRANOLA BAR** (any recipe, 4 on a paper plate)
- *E401906 BROWNIES** (any recipe, 4 on a paper plate)
- *E401907 SNACK MIX** (any recipe, at least 1 cup in self-sealing plastic bag)
- *E401908 EXTRA COOKING 101 ITEMS** May bring up to three items in this category from a Cooking 101 project.

Cooking 201

PREMIUMS: \$2.50, \$2.25, \$2.00, \$1.75

*** County Project Only – not eligible for State Fair Competition.**

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 $\frac{1}{2}$ " x 4 $\frac{1}{2}$ " or 9" x 5". If mini-loaf pans are used for 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 product 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. 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 menu for a complete

meal where this recipe is served, following meal planning guidelines suggested in Cooking 201.

E410006 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. Recipe must contain whole grains as part of the ingredients. (Ex. whole wheat applesauce bread, peanut butter oatmeal cookies, etc.)

E410007 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, baked item made in 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 traditional method.

***E410901 EXTRA COOKING 201 ITEM** May bring up to three items in this category from a Cooking 201 project.

Cooking 301

PREMIUMS: \$2.50, \$2.25, \$2.00, \$1.75

*** County Project Only – not eligible for State Fair Competition**

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, bread sticks, or any other type of dinner roll.

E411005 Specialty Bread - (SF141) - any yeast recipe, includes 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 include leavening agents in the recipe. Cake may be frosted with a non-perishable frosting (no cream cheese or egg white based frostings allowed).

***E411901 EXTRA COOKING 301 ITEM** May bring up to three items in this category from a Cooking 301 project

Rules

1. Any bread item prepared or baked using a bread machine should be entered under the Cooking 201, Non-Traditional Baked Product. 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 of the food item.

Cooking 401

PREMIUMS: \$2.50, \$2.25, \$2.00, \$1.75

*** County Project Only – not eligible for State Fair Competition**

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 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 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 3/4 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.

***E412901 EXTRA COOKING 401 ITEM** May bring up to three items in this category from a Cooking 401 project

Rules

Any bread item prepared or baked using a bread machine should be entered under the 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 of the food item.

Food Preservation
PREMIUMS: \$2.50, \$2.00, \$1.50, \$1.00

UNIT 1 FREEZING

E406001 Baked Item made with Frozen Produce - (SF155) - 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 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 1/4 cup) in separate self-sealing bags. Use a rubber band or "twisty" to keep exhibit together.

E407002 Fruit Leather - (SF154) - 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.

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

E407004 Dried Vegetables - (SF149) - exhibit 3 different samples of 3 different dried vegetables. Place each food (1/4 cup of each vegetable) in a separate self-sealing bag. Use a rubber band or "twisty" to keep 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 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 a 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 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 a 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 meats 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. 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.

E414005 - 1 Jar Tomato Exhibit - (SF150) - exhibit 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. 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. Improperly canned or potentially hazardous food items will be disqualified. 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 allowed. Leave jar rings on for fair display, it helps protect the seal. Two-piece lids consisting of a flat metal disk and 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 Fairbook 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 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 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_ or <https://food.unl.edu/food-preservation> 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 following information with 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)

MISCELLANEOUS

Premiums: \$2.50, \$2.25, \$2.00, \$1.75

*** Designates County Project Only – not eligible for State Fair Competition.**

***E415901 FOOD FLOP** - Any one food project that failed. Must be accompanied by a written or typed summary explaining what you planned, what you did while preparing the item, the result, why you think the flop occurred and how you would keep it from

happening again. Include a sample of the flopped food item.

***E415902 YOU PUT WHAT IN WHAT?** (Surprise ingredient food product) A baked product that will maintain its appearance throughout fair. Include easy to read recipe prominently displayed. Recipe must contain a unique or unexpected ingredient and must not be a mix. (Example: sauerkraut cake, mashed potato cake, pork and bean bread, castor oil cookies.) Product should be displayed, along with the recipe, in a unique and attractive manner. Entries will be tasted and judged. Limit one entry per member.

***E415914 GIFTS IN A JAR** Entry must include recipe attached with what is in jar and what the recipient of the “gift” must do to bake or cook the product.

CREATE, BAKE, DECORATE!

Premiums: \$2.50, \$2.25, \$2.00, \$1.75

**** Designates County Project Only – not eligible for State Fair Competition.***

Any 4-H’ers enrolled in a foods project may exhibit in this area. Cakes may be flat, cut up, or layer types. Decorated cakes and decorated gingerbread houses are considered as two different types of entries. Therefore, if a 4-H’er is exhibiting a gingerbread house for the first time, it is entered in the beginning division (one year of gingerbread house decorating experience) regardless of any previous cake decorating experience.

Supporting information should include years enrolled in the Cake Decorating project, size of tips used on decorated item, why the design was chosen and how this cake or decorated item could be used for a special event or occasion. Recipes for cake or frosting are not required. This item is not tasted - judging is based on skill in decorating the item. For more information on how to decorate cakes and other items, contact the Polk County Extension Office for the “Create, Bake, Decorate!” manual.

BEGINNING DIVISION: For 4-H members entering a decorated item for the 1st or 2nd year.

***E415903 GRAHAM CRACKER GINGERBREAD HOUSE** (first year) to be made and exhibited prior to exhibiting Decorated Gingerbread House.

***E415904 DECORATED GINGERBREAD HOUSE** must be made of gingerbread with Edible items and parts on base no wider than 12”.

***E415905 DECORATED CAKE** (without the use of tips. Show creativity using cookies, candies, chocolate chips, small toy items, etc. to decorate cake for specific party or theme).

***E415906 DECORATED COOKIE, CUPCAKE, BOX, BLOCK, ETC.** Show cake decorating skills as outlined in CLASS 46. Item should be frosted, as in the tops of a cupcake, or the outside covering of the box or block.

***E415907 SET OF FOUR DECORATED BORDERS** Use the same tip on all four

borders. Use no larger than a 6" by 8" covered cardboard and allow 1" space around outside for handling.

***E415908 DECORATED CAKE** (decorated with two different style decorating tips, any size. Allow cake board to extend at least an inch around the base of the decorated cake, no wider than 12").

ADVANCED DIVISION: For 4-H members entering decorated items for 3 or more years.

***E415909 DECORATED GINGERBREAD HOUSE** must be made of gingerbread with edible items and parts on base no wider than 12".

***E415910 DECORATED CAKE** (without the use of tips. Show creativity using cookies, candies, chocolate chips, small toy items, etc. to decorate cake for specific party or theme).

***E415911 DECORATED COOKIE, CUPCAKE, BOX, BLOCK, ETC.** Show cake decorating skills as outlined in CLASS 52. Item should be frosted, as in the tops of a cupcake, or the outside covering of the box or block.

***E415912 SET OF FOUR DECORATED BORDERS** Use the same tip on all four borders. Use no larger than a 6" by 8" covered cardboard and allow 1" space around outside for handling.

***E415913 DECORATED CAKE** (decorated with at least three different style decorating tips, any size. Allow cake board to extend at least an inch around the base of the decorated cake, no wider than 12").