

## DEPARTMENT E - HEALTHY LIFESTYLES

### NUTRITION, FOODS, AND FOOD PRESERVATION

#### RULES

- A. **GENERAL** - Members may exhibit only in the projects in which enrolled. It is suggested that baked products chosen for State Fair competition be baked fresh for the State Fair if time allows. Premier 4-H Science Award is available in this area at Nebraska State Fair.
- B. **LABELS FOR ALL FOOD PRODUCTS** - 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. GENERAL LABELING INFORMATION, including recipes and supplemental information should be identified with 4-H'ers name and county.
- C. **CRITERIA FOR JUDGING** - Exhibits will be judged according to score sheets available at the Extension office. Incomplete exhibits will be lowered a ribbon class. (Make sure to follow all entry instructions required for your exhibit.) Commercially prepared mixes are ONLY allowed in Cooking 201 Creative Mix Class. Prepared baking mixes, biscuit mixes, commercially prepared seasoning mixes for food preservation, or other pre-made mixes entered in other categories will be lowered a ribbon placing.
- D. **ENTER FOOD PROJECTS** in disposable materials, i.e., paper plate or plastic self-sealing bag. 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.
- E. **Ingredients:** Any ingredient that the 4-H member 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. Sourdough is categorized differently than standard yeast breads due to its unique leavening agent and fermentation process and may ONLY be entered in Cooking 201 Baking with Whole Grains, Cooking 401 Family Food Traditions, or Cooking 401 Ethnic Food Exhibit.
- F. **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).
- G. **ONLY ONE ENTRY PER CLASS** for each 4-H'er at County and State Fair. If exhibiting at the State Fair, limit of three entries per exhibitor in Foods and Nutrition.

## FOODS AND NUTRITION

AWARDS	Purple	Blue	Red	White
	\$2.00	\$1.75	\$1.50	\$1.25

4-H Cooking curriculum can be found here: [https://shop4-h.org/search?type=product&options\[prefix\]=last&q=healthy%20food%20curriculum\\*](https://shop4-h.org/search?type=product&options[prefix]=last&q=healthy%20food%20curriculum*)

### CLASSES

- E350001 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, food preservation 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, and a written report in portfolio or notebook. Consider neatness and creativity.
- E350002 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 technique or explore a career related to the food industry (Caterer, restaurant owner, food scientist, dietician, etc.). This might contain pictures, captions, and/or reports. 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, and a written report in portfolio or notebook. Consider neatness and creativity.
- E350003 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 explore a career-related to physical activity or health (personal trainer, sports coach, physical therapist, etc). 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, and a written report in portfolio or notebook. Consider neatness and creativity.
- E350004 Cooking Basics Recipe Collection.** 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.

### CLASSES - COOKING 101 (Not eligible for State Fair)

- E401901L Cookies** (any recipe) - Four on a paper plate.
- E401902L Muffins** (any recipe) - Four on a paper plate.
- E401903L No Bake Cookies** (any recipe) – Four on a plate.
- E401904L Cereal Bar Cookie** - (cereal-based recipe made in pan, cut into bars or squares)
- 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)

## CLASSES - COOKING 201

- E410001 Loaf Quick Bread** 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** (any recipe, at least  $\frac{3}{4}$  of baked product baked in a disposable pan or 4 muffins or cookies on a paper plate.) 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, Streusel Coffee Cake from a cake mix, etc.) **Write what you learned about making this product using a mix instead of homemade recipe or recipe "from scratch". Does it make it better or easier to use a mix? Why or why not.**
- E410003 Biscuits or Scones** - Four biscuits on a small paper plate. May be rolled, dropped, or cut into shape. Any recipe that is a non-yeast product baked from scratch.
- E410004 Healthy Baked Product** (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.) Recipe must contain a fruit or vegetable as part of the ingredients (Ex. banana bars, cantaloupe quick bread, zucchini muffins, etc.).
- E410005 Coffee Cake** - any recipe or shape, non-yeast product -at least  $\frac{3}{4}$  of baked product. May be baked 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** any recipe, at least  $\frac{3}{4}$  of baked product or 4 muffins/cookies on a paper plate. May be baked in a disposable pan. Recipe must contain whole grains as part of the ingredients. (Ex. whole wheat applesauce bread, peanut butter oatmeal cookies, etc.)  
**Sourdough can go in this class.**
- E410007 Non-Traditional Baked Product** 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. Entry must include supporting information that discusses alternative preparation method and how it compares with traditional method.

**COOKING 301:** 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.

## CLASSES

- E411001 White Bread** (any yeast recipe or method other than bread machine) - At least  $\frac{3}{4}$  of a standard loaf displayed on a paper plate.
- E411002 Whole Wheat or Mixed Grain Bread** (any yeast recipe or method other than bread machine). At least  $\frac{3}{4}$  of a standard loaf displayed on a paper plate.
- E411003 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 make individual portions. Recipe must include yeast.

- E411004 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 roll. *Recipes must include yeast.*
- E411005 Specialty Bread** - any yeast recipe, includes tea rings, braids, or any other full-sized specialty bread products. Must exhibit at least ¾ of a full-sized baked product. May be baked in a disposable pan.
- E411006 Shortened Cake** - NOT FROM A CAKE MIX! At least ¾ of the cake. 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).

**COOKING 401** 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.

## CLASSES

- E412001 Double Crust Fruit Pie** - Made with homemade fruit filling. No egg pastries or cream fillings. NO canned fillings. May be a double crust, crumb, or lattice topping. Using an 8- or 9- inch disposable pie pan is recommended.
- E412002 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.) 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.  
**Sourdough can go in this class.**
- E412003 Ethnic 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.  
**Sourdough can go in this class.**
- E412004 Candy**- 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** 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** 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, 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.

## COOKIE JAR DECORATING - NOT ELIGIBLE FOR STATE FAIR

AWARDS	Purple	Blue	Red	White
	\$4.00	\$3.50	\$3.00	\$2.50

### GUIDELINES

- A. Cookie Jar Decorating is open to any 4-H member. Jar of homemade cookies made from different kinds of batters and dough.
- B. Jar may be either glass or plastic and may be decorated as desired by the contestant. Greenware and ceramics are not allowed. Judging will include appearance and creativity. Jars count 75%, cookies 25%.
- C. Clearly label jars to show the types of cookies (ex: Snicker doodle, Chocolate Chip, etc.)
- D. **Grant County-** Youth must be present to show jar at Auction, or it will not be auctioned.

### CLASSES

**C253001L Senior Cookie Jar** - 13 years of age and older. One gallon jar with at least two (2) kinds of cookies.

**C253002L Junior Cookie Jar** - 12 years of age and younger. One-half gallon or gallon jar with at least two (2) kinds of cookies.

## CAKE DECORATING - NOT ELIGIBLE FOR STATE FAIR

AWARDS	Purple	Blue	Red	White
	\$4.00	\$3.50	\$3.00	\$2.50

**GENERAL INFORMATION:** Exhibitors should be enrolled in Cake Decorating. At least one (1) inch should be allowed around the edge on all cake boards and display boards to allow for ease of handling. Decorator frosting refers to any frosting used that is NOT fondant.

**CLASSES - CAKE DECORATING - UNIT 1:** *Designed for 4-H youth in their first or second year in the project.* Specify on a 3" x 5" the occasion of the cake, cupcake, or cookies; number and name of the tip(s) used; decorating techniques used; type of frosting - decorator frosting, fondant, combination; other items used in decoration – candies, etc.; number of years in cake decorating.

**E420001L One-layer decorated cake** using two decorating tips and frosting – no fondant

**E420002L Novelty cake** using character or shaped pans or built by 4-H youth; using two decorating tips (additional food items such as candies, coconut, etc., are allowed at this level)

**E420003L Four decorated cupcakes** – may use decorator frosting or fondant, use at least two tips, may use other food items.

**E420004L Six decorated sugar cookies**

**CLASSES - CAKE DECORATING - UNIT 2:** *For 4-H youth who have one or two years of experience in cake decorating and are ready to try new challenges and techniques.* Specify on a 3" x 5" card the occasion for cake, cupcake, or cookies; number and names of tips used; type of frosting – decorator, fondant, combination; number of years in cake decorating.

**E420007L Two-layer cake** - frosted using decorator frosting including smoothing techniques or fondant. Show 3-5 techniques (limited to the following tips: round, star, basket weave, leaf, drop flower and rose) or decorate with fondant decorating techniques.

**E420008L Novelty cake using character or shaped pan, or one built by 4-H youth.** Use 3 or more tips and decorator frosting or fondant, no additional food items allowed at this level.

**E420009L Four decorated cupcakes with filling** - use decorator frosting and/or fondant, and at least 3 tips. Refer to the General Rules for safe and unsafe filling ingredients.

**CAKE DECORATING – UNIT 3:** *4-H youth who have four or five years of experience in cake decorating and may be interested in a career as a pastry chef.* Specify on a 3" x 5" occasion for cake, cupcake, or cookies; number and name of the tip(s) used; decorating techniques used; type of frosting – decorator, fondant, or combination.

#### CLASSES

**E420015L 2 or 3-tiered, stacked cake or combination tiered or stacked** using decorator frosting and/or fondant. Each tier or stack must be two layers. Plastic separators, columns, etc. may be used. Make sure cake is on a sturdy cake board so it can be safely moved.

**E420016L Original shaped cake made by 4-H youth from a cut-up cake.** May decorate using frosting, fondant, and other decorating food items such as sugar sheets, and unlimited tips.

**E420017L Special Design** (example: gingerbread house) must be a food item.

#### FOOD PRESERVATION

AWARDS	Purple	Blue	Red	White
	\$4.00	\$3.50	\$3.00	\$2.50

**4-H FOOD PRESERVATION Series Curriculum:** <https://shop4-h.org/pages/search-results-page?q=food+preserv>

#### GENERAL RULES

- A. **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.
- B. **JARS AND LIDS:** Jars 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 a ring should be used. No zinc lids or one-piece lids.
- C. **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.
- D. **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/elevation-and-food-preservation/> for your county's altitude and how that affects food processing times and pounds of pressure.

- E. **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 print labels from <https://go.unl.edu/canninglabel>. 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. 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 or water bath canner)
  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).
- F. **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/>
  - Nebraska Extension's Food Website <https://food.unl.edu/food-preservation> or Extension publications from other states
  - Ball Blue Book (published after 2009)
- G. **ONLY ONE ENTRY PER CLASS** for each 4-H'er at County Fair. If exhibiting at the State Fair, each 4-H'er is limited to a total of two (2) exhibits (each in a different class) in food and nutrition and two (2) exhibits (each in a different class) in food preservation area.

#### **CLASSES - UNIT 1 FREEZING PROJECT MANUAL**

- E406001 Baked Item Made with Frozen Produce** - 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.

#### **CLASSES - UNIT 2 DRYING PROJECT MANUAL**

- E407001 Dried Fruit** - Exhibit 3 different examples of dried fruits. Place each dried fruit (6-10 pieces of fruit, minimum of 1/4 cup) in a self-sealing bag. Use a rubber band or "twisty" to keep exhibit together.
- E407002 Fruit Leather** - Exhibit 3 different example of 3 different fruit leathers. Place a 3-4" sample of each fruit leather in separate self-sealing bags. Use a rubber band or "twisty" to keep exhibit together.

- E407003 Vegetable Leather** - exhibit 3 different examples of 3 different vegetable or vegetable/fruit leather combo. Place a 3-4" sample of leather together in separate self-sealing bags. Use a rubber band or "twisty" to keep exhibit together.
- E407004 Dried Vegetables** - Exhibit 3 different samples of dried vegetables. Place each food (1/4 cup of each vegetable) in a self-sealing bag. Use a "twisty" tie to keep exhibit together.
- E407005 Dried Herbs** - Exhibit 3 different samples of dried herbs. Place each food (1/4 cup of each vegetable) in a self-sealing bag. Use a "twisty" tie to keep exhibit together.
- E407006 Baked Item Made with Dried Produce/Herbs** any recipe, at least 3/4 of baked product or 4 muffins or cookies on a paper plate. Maybe baked 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 MANUAL:** All entries must be processed in the boiling water bath according to the current USDA recommendations.

#### CLASSES

- E408001 1 Jar Fruit Exhibit** - One jar of a canned fruit.
- E408002 3 Jar Fruit Exhibit** - Exhibit 3 jars of different canned fruit. May be three different techniques for same type of product, ex: applesauce, canned apples, apple pie filling, etc.
- E408003 1 Jar Tomato Exhibit** - One jar of a canned tomato product.
- E408004 3 Jar Tomato Exhibit** - Exhibit 3 jars of different canned tomato products (salsa, sauces without meats, juice, stewed, etc.)
- E408005 1 Jar Pickled Exhibit** - One jar of a pickled and/or fermented product.
- E408006 3 Jar Pickled Exhibit** - Three jars of pickled and/or fermented products.
- E408007 1 Jar Jelled Exhibit** - One jar of a jam, jelly, or marmalade. See Rule C for special labeling instructions.
- E408008 3 Jar Jelled Exhibit** - Three different kinds of jellied fruit 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.

**UNIT 4 PRESSURE CANNING PROJECT MANUAL:** All entries must be processed in the pressure canner according to the current USDA recommendations.

#### CLASSES

- E414001 1 Jar Vegetable or Meat Exhibit** - One jar of a canned vegetable or meat.
- E414002 3 Jar Vegetable Exhibit** - Three jars of different kinds of canned vegetables.
- E414003 3 Jar Meat Exhibit** - Three jars of different kinds of canned meats.
- E414004 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 a complete menu on 3 x 5 file card and attach to one of jars.
- E414005 Jar Tomato Exhibit** - One jar of canned tomato product.



**E414006    3 Jar Tomato Exhibit** 3 jars of different canned tomato products (salsa, sauces without meats, juice, stewed, etc.).

## FAVORITE FOODS – NOT STATE FAIR ELIGIBLE

AWARDS	Purple	Blue	Red	White
	\$5.00	\$4.00	\$3.00	\$2.00

4-H'ers plan a meal for a special occasion, prepare one food item from the menu and decorate a table according to their chosen theme. Each contestant will be interviewed by the judge. Questions will be asked about the favorite food, menu, and nutritional value of the meal, centerpiece, and place setting. Information on nutrition requirements can be found in various 4-H food project manuals. The Fast Foods manual and many cookbooks have information on menu planning and place settings.

### RULES

- A. Select and prepare one food item at home prior to the contest (does not have to be from project manuals). A copy of the recipe must be included in the display. Remember: Food Safety. Participants must be able to maintain proper temperature of prepared foods as the judge will taste the product.
- B. Display must include table covering, place setting for one individual, recipe, menu, prepared food item and a centerpiece pertaining to the theme.
- C. Parents and leaders may assist in carrying articles for display, but 4-H'ers are to set up their own display. Depending on where the contest will be held, contestants may need to provide a card table for display.
- D. The prepared food may be displayed as the whole product, or as one serving.
- E. The contest is divided into Junior: 4-H age 8-12; and Senior: 4-H age 13 and older as of January 1 of current year.
- F. Entries will be judged on food preparation, menu planning, meal management, nutrition, table setting, food, and creativity of the display. The score card will be available for review by contestants.

### CLASSES

**E425001L Favorite Foods - Junior (8-12 yrs.)**

**E425002L Favorite Foods - Senior (13 yrs. and up)**

## 4-H CULINARY CHALLENGE CONTEST

AWARDS	Purple	Blue	Red	White
	\$5.00	\$4.00	\$3.00	\$2.00

**PURPOSE OF THE CONTEST:** A challenge ingredient will be selected each year, highlighting a Nebraska commodity food product. **The 2025 challenge ingredient is Pork.** The 4-H Culinary Challenge Contest will require youth to demonstrate healthy decision making through nutrition, food preparation, menu planning, and food safety. 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 appropriately themed and properly set table. To showcase these skills, youth will create a menu, prepare a 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.

County Contest: Contact your local UNL Extension Office to determine if a county contest will be held. Participants are not required to participate in a county contest to participate in the state contest.

State Contest: Teams of two 4-H members will have the opportunity to participate in the 4-H Culinary Challenge Contest. Teams will be determined by the oldest 4-H'ers age and will be placed as follows:

#### **CLASSES**

**F500010 - Junior: Ages 8-10**

**F500097 - Intermediate: Ages 11-13**

**F500098 - Senior: Ages 14-18**

	SAFETY			
AWARDS	Purple	Blue	Red	White
	\$3.00	\$2.50	\$2.00	\$1.50

Youth Printed Materials: <https://marketplace.unl.edu/extension/bebraska-4-h-curriculum/citizen-safety.html>

## CLASSES - FIRST AID KIT

**E440001** A **First Aid Kit** is a good way to organize supplies in an emergency. The kit should be assembled in a container appropriate for the kit's intended use. A description of where the kit will be stored and examples of specific emergencies for that situation should be included in the items should cover the following areas: airway and breathing, bleeding control, burn treatment, infectious disease protection, fracture care and miscellaneous supplies. Use citizen Safety manual, 4-H 425, pg. 6&7 for guidance. Any kit containing any of the following will be automatically disqualified:

1. Prescription medications (if the purpose of the kit is to provide medication for someone with special needs, explain in the written description and inventory, but remove the medication).
2. Any materials with expiration dates on or before the date of judging. (This includes sterilized materials, non-prescription medications, ointments, salves, solutions, etc. Articles dated month and year only are considered expired on the last day of that month.)
3. Any controlled substance.

**E440002** Specific Purpose First Aid Kit - A first aid kit is a good way to organize supplies in an emergency in a variety situations and locations. The kit should be assembled in a container appropriate for the kit's intended purpose. Examples could include a kit for a vehicle, recreational vehicle, boat, livestock building, camping etc. A description of where the kit will be stored and examples of specific emergencies expected for that location should be included in the exhibit. The kit should include a written inventory and purpose statement for included items. Items included should be relevant to the kit's intended purpose. Consider items needed to cover the following areas of first aid: airway and breathing, bleeding control, burn treatment, infectious disease protection.

**E440003** A **Disaster Kit (Emergency Preparedness)** must contain the materials to prepare a person or family for emergency conditions caused by a natural or man-made incident. Selection of materials is left to the exhibitor. Family or group kits must have enough material or items for each person. A description of the kit's purpose, the number of people supported, and a list of individual contents are required. Youth are encouraged to test their kit by challenging their family to try to survive using only the included materials for the designated time. If tested, share the experience in kit documentation. Please include a short explanation of water needs for your disaster kit. Do not bring actual water to the fair in the kit.

**E440004** The **Safety Scrapbook** will contain 15 news articles from print and/or internet sources about various incident types. Mount each clipping on a separate page and accompanied by a description of events leading to the accident and measures that might have prevent this kind of accident. The Scrapbook should be bound in a standard size hardcover binder or notebook for 8 ½ " x 11" size papers. Correct sentence structure, readability and thorough explanations are an important part of judging.

- E440005 Safety Experience** exhibit should share a learning experience the youth had related to safety. Examples could be participating in a first aid or first responder training, a farm safety day camp, babysitting workshop or similar event; scientific experiment related to safety; or the youth's response to an emergency situation. The exhibit should include a detailed description of the experience, the youth's role, some evidence of the youth's leadership in the situation and a summary of the learning that took place. Exhibits may be presented in a poster with supplemental documentation, a notebook including up to ten pages of narrative and pictures, or a multimedia presentation lasting up to five minutes.
- E440005 Careers in Safety** exhibit should identify a specific career area in the safety field and include education and certification requirements for available positions, salary information, demand for the field and a summary of the youth's interest in the field. Examples of careers include firefighters, paramedics, emergency management personnel, some military assignments, law enforcement officers, emergency room medical personnel and more. It is recommended youth interview a professional in the field in their research. Additional research sources might include books, articles, career web sites, job-related government web sites or interviews with career placement or guidance counselors. Exhibits may be presented in a poster with supplemental documentation, a notebook including up to ten pages of narrative and pictures, or a multimedia presentation lasting up to five minutes.

#### **CLASSES – FIRE SAFETY**

- E450001 Fire Safety Poster** is a home floor plan drawn to scale showing primary and secondary escape routes and where fire extinguishers and smoke detectors are located. Draw every room, including all doors and windows. Use black or blue arrows showing primary escape routes from each room. Use red arrows showing secondary routes to use if the primary routes are blocked. Primary and secondary escape routes must lead outside to an assembly location. Documentation should include evidence the escape plan has been practiced at least four times. Posters must be constructed of commercial poster board at least 11" x 14" but no larger than 22" x 28"
- E450002 Fire Safety Scrapbook** will contain at least 10 news articles from both print and/or internet sources about fires to residential or commercial properties or landscapes. Mount each clipping on a separate page accompanied by a description of events leading to the incident and any measures that might have prevented it. The Scrapbook should be bound in a standard size hardcover binder or notebook for 8 ½" x 11" size paper. Correct sentence structure, readability and thorough explanations are an important part of judging.
- E450003 Fire Prevention Poster** should promote a fire prevention message and be appropriate to display during National Fire Prevention Week or to promote fire safety at specific times of the year (Halloween, 4th of July, etc.). Originality, clarity, and artistic impression will all be judged. Do not include live fireworks, matches or other flammable/explosive/hazardous materials. Any entry containing this material will be disqualified. Posters must be constructed of commercial poster board at least 11" x 14" but not larger than 22" x 28".