

2022

FOOD AND NUTRITION

The purpose of Food and 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.

4-H members may only exhibit in the project in which they are enrolled and one entry per class number. Baked products should be baked the day before or the day of entry day. Be sure to follow entry instructions required for your exhibit (include supporting information when requested). Incomplete exhibits will be lowered a ribbon placing.

All static exhibits must receive a purple ribbon at the county fair in order to be eligible for State Fair selection.

State Fair Premier 4-H Science Award is available in this area. See General Rules in State Fair Book for more details.

Exhibit Guidelines

1. All edible food items must be entered in a disposable container or will be lowered one ribbon place.

Muffins, cookies, or biscuits should be entered on a 6-inch disposable plate and sealed in a zip-lock bag. Cakes, loaf breads and yeast breads should be entered on a larger disposable plate and sealed in a zip-lock bag. Angel food or larger cakes may need a 2 gallon zip-lock bag. Snack mixes should be entered in a sealed zip-lock bag. Food Preservation exhibits should be entered in appropriate containers per class.

2. All food exhibits must be labeled.

Label each item with the exhibitor name, county, project division, exhibit class number and years in the project.

Where to place the label:

Plated Items: The underside of the plate, inside the sealed bag

Snack Mixes and Dried Food: The lower right-hand corner of the bag

Cakes: The lower right corner on top of the cake board.

Canned Goods: Attached to the jar

Other Exhibits: The back of the exhibit in an appropriate manner

3. Each Food exhibit MUST include a recipe.

Recipe may be handwritten, photocopied or typed on a recipe card or half sheet of paper. Label the recipe with exhibitor's name and exhibit class number. Attach the recipe at the corner of the bag on the outside. Exhibits entered without a recipe will be lowered one ribbon placing.

Criteria for Judging

Commercially prepared mixes are only allowed in Cooking 201, Creative Mix class. Prepared mixes, biscuit mixes, commercially prepared seasoning mixes for food preservation and other pre-mixes entered in other categories will be lowered a ribbon placing.

Ingredients that the 4-H member cannot legally purchase, such as beer, whiskey, rum, etc. may not be used in any recipe or Food exhibit. Exhibits that include alcohol in the recipe will be disqualified.

Limit exhibits to products which hold up well. Items that require refrigeration will not be accepted, judged or displayed. Food products must be unquestionably safe to eat when they are entered, whether tasted or not. Egg glazes on yeast products before baking are allowed. Glazes, frostings, and other sugar based toppings are also considered safe due to the high sugar content. Eggs incorporated into baking goods or crusts and cheeses mixed into bread doughs are considered safe. Uncooked fruit is not allowed in an exhibit due to spoilage (i.e. fresh fruit tart).

All fruit must be cooked. Cream cheese and/or meat filling or melted cheese toppings may result in unsafe food product by the time the item is judged due to unpredictable heat / weather conditions and will be disqualified.

Improperly canned or potentially hazardous food items will be disqualified. The following food ingredients are considered unsafe for fair exhibits and will be disqualified: egg or cream cheese 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 good is considered safe and will be accepted), uncooked fruit toppings.

Note: Exhibitors may pick up their **large** (Anything requiring $\frac{3}{4}$ of the item like Angel Food Cake, Tea Rings, Cakes & Braids) food items after judging, but before 6:00 p.m. on Wednesday. All remaining items will be donated to a local food pantry.

For nonfood entries:

Attach the entry tag to the upper right hand corner of the entry.

Any cards or special items accompanying an exhibit must include exhibitor's name and county.

Posters — Consider color, layout, design and other art principles for posters. Consider colored poster board rather than white. Posters should be two-dimensional and elements contained within the suggested size.

You Be The Teacher — This exhibit is designed to share what the 4-H'er learned in the project with others. Exhibit may be a three-dimensional display, scrapbook, charts, pictures, photographs, a file of ideas, research study,

etc. A display may not exceed a total space of 12 inches deep, 15 inches wide and 10 inches high. Picture, food models, plaster, papier-mâché, etc., may be used in the exhibit. Semi-perishable foods may be used only if they add to or help explain the exhibit. Exhibits that may contain perishable food should include a color photograph of the food. The photograph should be taken prior to the county fair and attached to the exhibit. The photograph will be displayed and judged as part of the educational exhibit (not the food items). Attach the entry tag to the upper right hand corner of the entry. If food items are included as part of the exhibit, include recipe and information card.

COOKING 201

See directions at beginning of the Foods Section.

Purple, \$3.00; Blue, \$2.50; Red, \$2.00; White, \$1.50

*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 or 4 muffins or cookies on a paper plate. May be baked in a disposable pan. Baked item made from a mix (commercial or homemade mixes acceptable). Food product must have been modified to make a new or different baked item. Examples include poppy seed quick bread from a cake mix, cake mix cookies, sweet rolls made from readymade bread dough, monkey breads 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 - 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 - 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 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.)

*E410007 Non-traditional Baked Product - exhibit must include a food product prepared using a non-traditional method (i.e. bread machine, cake baked in convection oven, 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.