

2016

NUTRITION, FOODS AND FOOD PRESERVATION

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 allowed in Tasty Tidbits Class 409002, Fast Food Class 402006 and Cake Project Class 416004 exhibits ONLY. Prepared mixes, biscuit mixes 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.

Note: Exhibitors may pick up their **large** (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 the Jubilee Center.

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.

DIVISION — 402

FAST FOODS

See directions at beginning of the Foods section.

*Denotes State Fair Entry

Purple, \$3; Blue, \$2.50; Red, \$2; White, \$1.50

*E402001 Coffee cake (any recipe or shape, non-yeast product) — at least $\frac{3}{4}$ of baked product. May be exhibited in a disposable pan. Include a menu for a complete meal where this recipe is served.

*E402002 Cost comparison exhibit — Exhibit must include both the food product made from scratch and the comparable purchased product (for example, homemade cinnamon rolls compared to a pre-made cinnamon roll purchased at the store). Supporting information needs to include the cost of the food item made compared to the commercial product and the recipe for the homemade food item. See pages 22-35 of Fast Foods Manual relating to the Grocery Store Tour and the Store Shopper Tip Sheet listed on page 31.

*E402003 Fast Food Baked Product — Exhibit must include a food product prepared using a non-traditional method (bread baked in bread machine, cake baked in convection oven, baked item made in microwave, etc.) that saves time in food preparation. Entry must include supporting information that discusses alternative preparation method and how it compares with traditional method.

*E402005 Fast Foods Recipe File — 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 4-H'er is in project with year clearly marked on recipes. Display in recipe file or in a clear plastic binder. Be sure to include the number of servings or yield of each recipe.

Purple, \$2; Blue, \$1.50; Red, \$1; White, \$0.50

E402008 Poster (14 inches by 22 inches) telling what was learned from the project.

E402009 You Be The Teacher — Share with others what you learned in this project.

DIVISION — 410

TASTY TIDBITS

See directions at beginning of the Foods section.

*Denotes State Fair Entry

Purple, \$3; Blue, \$2.50; Red, \$2; White, \$1.50

*E410001 Healthy Baked Product — Must be made with less sugar, fat or salt; modified to use a sugar or fat substitute; changed to include a whole grain; or be altered for specific allergies/food intolerances. Exhibit must include $\frac{3}{4}$ of baked product or 4 muffins or cookies on a paper plate. May be baked in a disposable pan. Include original recipe and altered recipe. **Write what you learned about products made from an altered recipe in supporting information.**

*E410002 Creative mixes — Any recipe, at least $\frac{3}{4}$ of baked product or four cookies or muffins on a paper plate. May be baked in a disposable pan. Baked item from a commercial or homemade mix acceptable. Food product must have been modified to make a new or different baked item (poppy seed quick bread from a cake mix, cake mix cookies, sweet rolls made from readymade bread dough, monkey breads from biscuits, 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 convenience product of mix? Why or why not?”**

*E410003 Biscuits — Four on a plate. May be rolled, dropped, or cut into shape. Any recipe. Recipe must be a non-yeast product baked from scratch.

*E410004 Unique 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 surprise ingredient and **MUST** not use a mix (ex. Cantaloupe Quick Bread, Pork & Bean Bread, etc). **Write what you learned about making this unique item with an unusual ingredient. What was the anticipated outcome? Would you make it again?**

*E410005 Foam Cake — Original recipe (no mixes) of a least $\frac{3}{4}$ 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.

E410006 Interview a person who works in a food-related job. Maximum of two pages, one-sided, neatly handwritten. Write-up of an interview with a person who works in a food-related job. Consider creativity and neatness. Mount on a 9-inch by 12-inch colored paper or poster board. Include a picture of the person interviewed. May be laminated to preserve exhibit. Overall size of mounted exhibit no larger than 9 inches by 12 inches.

Purple, \$2; Blue, \$1.50; Red, \$1; White, \$0.50

E410007 Recipe file — 10 to 12 recipes tried by 4-H'er.

E410008 Poster (14 inches by 22 inches) relating what you learned from this project.

E410009 You Be The Teacher — Share with others what you learned in this project.

