2017

FOODS

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). <u>All fruit must be cooked.</u> <u>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.</u> <u>Improperly canned or potentially hazardous food items will be disqualified.</u>

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.

GENERAL

Purple, $4; Blue, $3.50; Red, $3; White, $2.50

*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, 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, 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 or career concept/lesson. 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, a written report in portfolio or notebook. Consider neatness and creativity.

*E350003 Physical Activity and Health Poster, Scrapbook, or Photo Display – Open to a 4-H'er enrolled in a Foods and Nutrition project, involving a physical activity or career concept/lesson. 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, a written report in portfolio or notebook. Consider neatness and creativity.

ROAD TO GOOD COOKING

May exhibit no more than 2 years in this project area. See directions at beginning of the Foods Section.

Purple, $2.50; Blue, $2; Red, $1.50; White, $1

E400001 Four oatmeal cookies (any recipe)

E400002 Four no-bake cookies

E400003 Creative mixes (any recipe, at least ¾ of baked product or four cookies on a paper plate) or baked item from a commercial mix. Commercial food product must have been modified to make a new or different baked item (quick bread made from Bisquick, bubble bread from refrigerator rolls, etc.).

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

E400004 Recipe file — 10 to 12 recipes tried by 4-H'er.

E400005 Poster — 14 inches by 22 inches relating to a Nutritional Fact learned in the project.

E400006 You Be The Teacher — Share with others what you learned in this project.

SIX EASY BITES

See directions at beginning of the Foods section.

Purple, $2.50; Blue, $2; Red, $1.50; White, $1

E401001 Cookies (any recipe) — Four cookies

E401002 Muffins (any recipe) — Four muffins

E401003 Simple snack (any recipe) — Granola, trail mix, cereal based snack recipes, etc. Two bars or at least ½ cup of snack in self-sealing zipper bag. (No longer a State Fair class.)

E401004 Brownie cents — Four unfrosted brownies (two made from scratch and two made from a mix). Exhibit with answers to questions from Activity 2d in the project manual on an appropriate sized index card. Label brownies made from scratch.

E401005 Art collage poster consisting of a poster no larger than 14 inches by 22 inches showing favorite bakery foods. Artistic presentation will be considered.

E401006 Complete one of the activities in Bite 6 from the project manual and write a report (handwritten or typed) about it. Maximum of two pages, one-sided, neatly handwritten. Consider creativity and style of report. Mount report on a 9-inch by 12-inch colored paper or poster board. May be laminated.

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

E401007 Recipe file — 10 to 12 recipes tried by 4-H'er.

E401008 Poster (14 inches by 22 inches) to illustrate some facts you discovered about nutrients in "Six Easy Bites."

E401009 You Be The Teacher — Share with others what you learned in this project.