

## DEPARTMENT E -- HEALTHY LIFESTYLES

### DEPARTMENT E - FOODS, NUTRITION, & FOOD PRESERVATION

Divisions	Purple	Blue	Red	White
401, 408, 410, 414	\$1.00	\$.75	\$.50	\$.25
300, 350, 402, 406	2.00	1.50	1.00	.50
407, 411, 413				

**Each exhibit must include the recipe** (recipe may be handwritten, photocopied or typed). Place food on the appropriate size plate. Put exhibit in a self-sealing bag. Attach entry tag and recipe at the corner of the bag on the outside.

Since exhibits are on display several days, it is necessary to 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 baked goods or crusts and cheeses mixed into bread doughs are considered safe. All fruit fillings must be cooked. Uncooked fruit is not allowed in any exhibit due to spoilage (i.e. fresh fruit tart). Cream cheese fillings and/or frostings are not allowed. Meat, dried meat substitute pieces (bacon bits, pepperoni, etc.) or melted cheese toppings are not allowed in food exhibits. They may result in an unsafe food product by the time the item is judged due to unpredictable heat and/or weather conditions and will be disqualified.

Commercially prepared mixes are allowed in the Tasty Tidbits Creative Mixes (Class 2) exhibit ONLY. Prepared baking mixes, biscuit mixes, or other pre-made mixes entered in other categories will be lowered a ribbon placing. Ingredients that the 4-H member cannot legally purchase (eg - beer, whiskey, rum, etc.) may not be used in any recipe or foods exhibit. Exhibits that include alcohol in the recipe will be disqualified, including menu and recipe file exhibits.

On non-food entries, attach the entry tag to the upper right hand corner of the entry. Any cards or special items accompanying an exhibit must include the exhibitor's name and county.

4-H members may exhibit only in the project they are enrolled in. Only one exhibit may be exhibited in each class number. 4-H members can only interview judge one exhibit per project area.

### DEPARTMENT E, DIVISION 350 GENERAL

**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" x 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 can contain pictures, captions, and/or reports to highlight the concept. 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 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 any 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" x 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.

### DEPARTMENT E, Division 406 - EDUCATIONAL EXHIBIT (any foods project)

**\*E406901 - Educational Exhibit**-The educational exhibit may be a poster, mobile, 3-dimensional display, scrapbook, balance beam type exhibit, charts, journals, pictures, slides, equipment, supplies, photographs, puppet play, skit, judging comparison, taped interview, file of ideas, research study, etc.

A display may not exceed a total exhibit space of 12" deep, 15" wide and 10" high. Posters may be up to 14" x 22". Pictures, food models, plaster, paper-mache, etc., may be used in your exhibit. Semi-perishable foods may be used only if they add to or help explain your educational exhibit. Exhibits which may contain perishable food should include a colored photograph of the food (not the food item). The photograph should be taken prior to the fair and attached to the exhibit. The photograph will be displayed and judged as part of the educational exhibit. Please attach the entry tag to the upper right hand corner of the entry.

### DEPARTMENT E, Division 401 - SIX EASY BITES

**\*E401901 - Cookies**-(any recipe ), Four on a paper plate.

**\*E401902 - Muffins**-(any recipe), Four on a paper plate.

**\*E401903 - Brownie Cents**-Four unfrosted brownies (2 made from scratch and 2 made from a mix). Exhibit must include answers to questions on page 23 in Six Easy Bites manual on appropriate sized index card. Label the brownies made from scratch.

**\*E401904 - Recipe File**-10 nutritious recipes having at least one recipe in each of the following categories: appetizers/snacks, beverages, salads, sandwiches, soups. Each recipe must include menu/serving suggestions.

**\*E401905 - Baking History Interview**-Maximum of two pages, one sided neatly handwritten or typed story of a baking history interview with an older person. Consider creativity and style of story. Mount on a 9" x 12" colored paper or poster board. Include a picture of the person interviewed on first page of written story for display purposes. (May be laminated to preserve exhibit). Overall size of mounted exhibit should be no larger than 9" x 12".

### DEPARTMENT E, Division 402 - FAST FOODS

**E402001 - Coffee Cake**-(any recipe or shape, non-yeast product), At least ¾ of baked product. May be exhibited in a disposable pan. Include 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. (i.e. 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 binder. Be sure to include the number of servings or yield of each recipe.

### DEPARTMENT E, Division 300 - YOUTH IN MOTION

**\*E300908 - YOUth in Motion completed Activity Book**

**\*E300909 - YOUth in Motion Poster, Scrapbook, or Photo Display Exhibit**-about the 4-H'er or the 4-H'ers family involved in a physical activity or concept/lesson involving this project. This might contain pictures, captions, and/or reports about the physical activity the individual or family did as a result of taking this project.

**\*E300910 - Activity Bag**-A duffel bag or backpack that the 4-H'er packs so that they are always prepared to be active and make healthy food choices. May include proper workout attire, a healthy beverage or snack, a notebook or goal sheet, etc. Make sure all items are clean, clearly labeled and an explanation of why it is included in the Activity Bag. DO NOT put valuable items (i.e. electronics) in Activity Bag, instead use a picture of the item or include in the listing of items.

**\*E300911 - YOUth in Motion Healthy Snack Recipe File**-Collection of 10 recipes from any source. Each recipe must accompany a complete snack menu in which the recipe is used following the idea that a healthy snack includes foods from at least two different food groups. An additional 10 recipes may be added each year 4-H'er is in project, with year clearly marked on recipes. Consider creativity and neatness. Display in recipe file or box or in a binder. Be sure to include the number of servings or yield of each recipe.

**\*E300912 - Healthy Lifestyle Interview**-Interview someone in your life that you admire that is physically active or has a healthy lifestyle. Why do they enjoy their exercise program or lifestyle choices? What are their goals? Why do you admire them? Maximum of two pages, one sided write up of an interview with someone who has an active exercise program or has a healthy lifestyle. Consider creativity and neatness. Mount on a 9" X 12" colored paper or poster board, or display in a binder. Include a picture of the person interviewed. (May be laminated to preserve exhibit.) Overall size of mounted exhibit should be no larger than 9 X 12 inches.

**\*E300913 - Healthy Snack**-see ideas for non-perishable snacks on pg 36. Four cookies, bars, muffins, etc., on a paper plate or at least 1 cup of mix (examples might include: granola, homemade crackers or chips). Supporting information to include recipe, and why this snack might be called a healthy snack.

#### **DEPARTMENT E, Division 410 - TASTY TIDBITS**

**E410001 - Healthy Baked Product**-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. Must be made with less sugar, fat or salt; modified to use a sugar or fat substitute; changed to include a whole grain; or altered for specific allergies/food intolerances. 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 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 by the 4-H member to make a new or different baked item. (Examples include: poppyseed quick bread from a cake mix, cake mix cookies, sweet rolls made from ready made 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**-Four biscuits on a small paper 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 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 at least 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.

**\*E410911 - Recipe File**-15 additional nutritious recipes than previous exhibit having at least one recipe in each of the following categories: bars/cookies, casseroles, desserts, meats, poultry/fish. Each recipe must include menu/serving suggestions.

#### **DEPARTMENT E, Division 411 - YOU'RE THE CHEF**

Any bread item prepared or baked using a bread machine should be entered under the Fast Foods -Food Technology exhibit. All exhibits made in the You're the Chef and Foodworks projects must have been prepared without the assistance of a bread machine for mixing, raising, or baking of the food items.

**E411001 - Loaf Quick Bread**-(any recipe),At least ¾ 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 ½" x 4 ½" or 9" x 5". If mini loaf pans are used for exhibit, two loaves must be presented for judging.

**E411002 - White Bread**-(any yeast recipe), At least 3/4 of a standard loaf displayed on a paper plate.

**E411003 - Whole Wheat or Mixed Grain Bread**-(any yeast recipe), At least 3/4 of a standard loaf displayed on a paper plate.

**E411004 - 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 makes individual portions.

**E411005 - 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.

**\*E411912 - Recipe File**-20 additional nutritious recipes than previous exhibit having at least one recipe in each of the following categories: cakes, fruits/vegetables, pies, rice/pasta, yeast breads. Each recipe must include menu/serving suggestions.

#### **DEPARTMENT E, Division 413 - FOODWORKS**

Any bread item prepared or baked using a bread machine should be entered under the Fast Foods - Food Technology exhibit. All exhibits made in the You're the Chef and Foodworks Projects must have been prepared without the assistance of a bread machine for mixing, raising, or baking of the food items.

**E413001 - Double Crust Fruit Pie**-Made with homemade fruit filling. No egg pastries or cream fillings. No canned fillings or pre-made crusts. May be a double crust, crumb, cut-out or lattice topping. Using a 8 or 9 inch disposable pie pan is recommended. This exhibit will be judged and then can be taken home by the 4-H member.

**E413002 - 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). 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.

**E413003 - Cultural 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.

**E413005 - Specialty Bread** (any recipe made with yeast) - Tea rings, braids, or any other full sized specialty bread product. Must exhibit at least 3/4 of a full sized baked product. May be baked in a disposable pan.

**E413006 - Specialty Pastry** (any recipe) - pie tarts, puff pastry, phyllo doughs, scones, 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. Four on a paper plate or at least 3/4 of baked product. May be baked in a disposable pan.

#### **DEPARTMENT E - FOOD PRESERVATION**

Processing Methods-Current USDA processing methods and altitude adjustments must be followed for all food preservation. Jams, preserves, marmalades, fruit, tomatoes and pickled vegetables 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. Spoilage disqualifies entry.

Uniformity-Jars and type of lid should be the same size, all small or all large, not necessarily the same brand. Half pint jars may be used for jellies and preserves. The jars are not to be decorated 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. No zinc lids. Improperly canned or potentially hazardous food items will be disqualified.

Recipe Labeling - Recipe must be included, may be handwritten, photocopied or typed. Commercially prepared mixes are not allowed. See <http://food.unl.edu/web/preservation/home> for current USDA guidelines, how to find your Nebraska altitude, and proper procedures for food preservation. Jars should be labeled with name of 4-H'er, county, name of product, and date of processing. Write plainly on a label and paste or tape securely on jar bottom. Specialized sticky labels not required.

**All canned foods must include the following information on the label of the item:**

- method of preservation (pressure canner or water bath canner)
- type of pack (i.e. - raw pack or hot pack)
- altitude and altitude adjustment if needed
- processing time
- number of pounds of pressure, if pressure canner used
- date processed
- recipe and source of recipe (If a publication, include name and date). Recipe can come from any source but CURRENT USDA GUIDELINES FOR FOOD PRESERVATION METHODS MUST BE FOLLOWED.

See <http://food.unl.edu/food-safety-preservation> for current USDA guidelines.

**All dried foods must include the following supporting information:**

- recipe and recipe source
- method of pretreatment
- drying method and drying time

Write plainly on label and attach securely to exhibit. Securely attach official entry card to exhibit. Multiple dried food exhibits should be secured by a rubber band or "twisty" to keep exhibit containing the 3 self sealing bags together.

Current Project-All food preservation must be the result of this year's project, since September 1 of the previous calendar year.

Criteria for Judging-Exhibits will be judged according to criteria for judging at the back of the 4-H Foods Judging Handbook. 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. Burt County ranges from 1,058 to 1,287 feet above sea level.

**DEPARTMENT E, Division 407 - FOOD PRESERVATION**

**E407001 - Dried Fruit-** Exhibit three different examples of dried fruits. Place each dried fruit (6-10 pieces of fruit, minimum ¼ cup) in a separate self-sealing bag. Use a rubber band or "twisty" to keep exhibit together.

**E401002 - Fruit Leather-** 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.

**E407010 - Dried Vegetables-** Exhibit three different samples of dried vegetables. Place each food (¼ cup of each vegetable) in a separate self-sealing bag. Use a "twisty" to keep exhibit together.

**E407011 - Dried Herbs-** Exhibit three different samples of dried herbs. Place each food (¼ cup of each herb) in a separate self-sealing bag. Attach Dried Food Label to each self sealing bag. Use a "twisty" to keep exhibit together.

**E407012 - 1-Jar Fruit Exhibit-** One jar of a canned fruit. Entry must be processed in a boiling water bath according to current USDA recommendations.

**E407013 - 3-Jar Exhibit-** Exhibit three jars of different canned fruits. May be 3 different techniques for same type of product, ex. applesauce, canned apples, apple pie filling, etc. Entry must be processed in the boiling water bath according to current USDA recommendations.

**E407014 - 1-Jar Tomato Exhibit-**One jar of a canned tomato product. Entry must be processed in the boiling water bath according to current USDA recommendations.

**E407015 - 3-Jar Tomato Exhibit-**Exhibit 3 jars of different canned tomato products (salsa, sauces without meats, juice, stewed, etc.) Entry must be processed in the boiling water bath according to current USDA recommendations.

**E407020 - 1-Jar Vegetable or Meat Exhibit-**One jar of a canned vegetable or meat. Include only vegetables and meat canned in a pressure canner according to current USDA recommendations.

**E407021 - 3-Jar Vegetable Exhibit-**Three jars of different kinds of canned vegetables. Include only vegetables canned in a pressure canner according to current USDA recommendations.

**E407022 - Quick Dinner-**Exhibit three jars to a maximum of 5 (all the same size) plus menu. Meal should include three canned foods that can be prepared within an hour. List complete menu on 3 x 5 file card and attach to one jar. Entry must be processed according to current USDA recommendations.

**E407030 - 1-Jar Pickled Exhibit-**One jar of a pickled and/or fermented product. Entry must be processed according to current USDA recommendations.

**E407031 - 3-Jar Exhibit-**Three jars of different kinds of canned pickled and/or fermented products. Entry must be processed according to current USDA recommendations.

**E407040 - 1-Jar Jelled Exhibit-**One jar of a jam, jelly or marmalade. Must be processed in boiling water bath according to current USDA recommendations.

**E407041 - 3-Jar Jelled Exhibit-**(Three different kinds of jelled 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 boiling water bath according to current USDA recommendations.

**THE CLASSICS:** The Classics Divisions are intended to provide basic learning opportunities in baking that are otherwise limited in the 4-H curriculum. As such, this class provides general guidelines.

**DEPARTMENT E, Division 408 - CLASSICS I**

Exhibitors in this division must be 14 and under, enrolled and exhibiting in one of the following projects: Six Easy Bites, Tasty Tidbits or Fast Foods.

All products must be made from basic ingredients--not from a box mix. Include recipe. Do not duplicate entries in the Classics with entries made in your regular 4-H Foods projects.

Cookies: enter four on a plate. – Coffee cakes: are not to contain yeast.

**\*E408913 - Unbaked Cookies**

**\*E408914 - Drop Cookies-**dropped from a spoon or cookie scoop

**\*E408915 - Bar Cookies-**baked in a pan, not individually on a cookie sheet

**\*E408916 - Molded Cookies-**rolled into a ball, log or shape with your hands

**\*E408917 - Refrigerator Cookies-**dough chilled in refrigerator before baking

**\*E408918 - Quick Coffee Cake**

**\*E408919 - Decorated Cookies**

**\*E408920 - Brownies**

**DEPARTMENT E, Division 414 - CLASSICS II**

Exhibitors in this division must be enrolled and exhibiting in one of the following projects: Meals, You're The Chef or Foodworks. All entries must be made from basic ingredients, not from a box mix, except for classes 922 and 923. Include recipe. Cakes in classes 923-926 should be unfrosted. Two layer cakes in those classes should be baked in a 9" x 13" pan. Minimum entry: ¾ cake, pie.

**\*E414921 - Rolled Cookies-**dough rolled out with a rolling pin and cut with a cookie cutter or glass

**\*E414922 - Pressed cookies-**dough pressed through cookie press to make cookie shapes

**\*E414923 - Shortening-type Cake**

**\*E414924 - Sponge Cake**

**\*E414925 - Chiffon Cake**

**\*E414926 - Angel Food Cake**

**\*E414927 - Fruit-filled Pie**

**\*E414928 - Decorated Cake I-**cut and/or decorated without tips. Cakes will be cut and portions displayed.

**\*E414929 - Decorated Cake II-**traditional; decorated with tips. Cakes will be cut and portions displayed.

**\*E414930 - Candy**

**\*E414931 - Creative Mix-**Create an original baked product based on a mix. The mix should be used as a starting point, but the product should be different from that made by following directions on the package. It should not require refrigeration. Include the recipe and itemized cost for both mix and "scratch" ingredients for a cost comparison.

**DEPARTMENT E- SAFETY**

Divisions	Purple	Blue	Red	White
All	\$1.00	\$.75	\$.50	\$.25

The Premier 4-H Science Award is available in this area. Please see 4-H Judging Rules for more details.

**DEPARTMENT E, Division 440 - GENERAL SAFETY**

**E440001 - First Aid Kit-**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 exhibit.

The kit should include a written inventory and purpose statement for included items. 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, pages 6 & 7 and refer to score sheet SF110 for guidance. Kits containing any of the following will be automatically disqualified:

\* Prescription medications. (If the kit's purpose is to provide medication for someone with special needs, explain in the written description and inventory, but remove the medication.)

\* Materials with expiration dates on or before the judging date. (This includes sterile items, non-prescription medications, ointments, salves, etc. Materials dated month and year only are considered expired on the last day of that month.)

\* Any controlled substance.

**E440002 - Disaster Kit**-(Emergency Preparedness) disaster kits must contain the materials to prepare a person or family for emergency conditions caused by a natural or man-made incident. Contents are at the discretion of 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 is 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 that experience in kit documentation. Please include an explanation of water needs for your disaster kit. Do not bring actual water to the fair in the kit. Refer to score sheet SF111.

**E440003 - Safety Scrapbook**-The Scrapbook must contain 15 news articles from print and/or internet sources about various incident types. 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.

**E440004 - Safety Experience**-The 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 on a CD lasting up to five minutes.

**E440005 - Careers in Safety**-The 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, fire investigator 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 on a CD lasting up to five minutes.

#### **DEPARTMENT E, Division 450 - FIRE SAFETY**

**E450001 - Fire Safety Poster**-This will be a home floor plan drawn to scale showing the primary and secondary escape routes and where fire extinguishers and smoke detectors should be located. Sketch all the rooms in the house showing 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 posterboard at least 11" x 14" but not larger than 22" x 28".

**E450002 - Fire Safety Scrapbook**-The scrapbook must contain 10 news articles from 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**-This must be constructed of commercial poster board at least 11" x 14" but not larger than 22" x 28". Posters should 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 these materials will be disqualified.

#### **DEPARTMENT E, Division 460 - HEALTH**

**\*E460944 - Health Rocks 1: Poster, notebook or scrapbook**- Include information on any of the following topics: peer pressure, nutrition, physical fitness, choosing not to smoke, friendships, disabilities, families, decision making, brain power, understanding advertising, memorizing, behavior, TV violence, self worth, beliefs, self talk, stress, study habits, seat belts, home fire safety, first aid.

**\*E460945 - Health Rocks 2: Poster, notebook or scrapbook**. Include information on any of the following topics: choosing not to smoke, fitness, physical development, choosing not to use alcohol, conversations, friendships, attraction to the opposite sex, communication, decision making, values, concept mapping, problem solving, stress, put-downs, jumping to conclusions, cultural differences, sports injuries, bicycle safety, child safety.

#### **DEPARTMENT E, Division 470 - LIFETIME SPORTS**

**\*E470948 - Box or Diorama**-depicting some aspect of the project

**\*E470949 - Poster**-maximum 22" x 28", diagraming a skill or term

**\*E470950 - Scrapbook**-showing accomplishments or experiences gained through the project

**\*E470951 - Notebook**-with written articles about the project