

HEALTHY LIFESTYLES

FOOD & NUTRITION

The purpose of Food & 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. For more resources and materials in this category refer to the resource section of the State fair book pages at <http://4h.unl.edu/fairbook>. All static exhibits must have received a purple ribbon at the county fair to advance to the State Fair.

FAVORITE FOODS REVUE

RULES

1. Open to any 4-H member, regardless of 4-H projects carried.
 2. No official 4-H attire is required. See newsletter or website for pre-registration date.
 3. The Favorite Foods Revue combines food preparation, menu planning and table setting skills. 4-H'ers participating in this contest need to plan a menu suitable for an indoor or outdoor meal. One food the 4-H'er prepared should be brought along to the Revue with the selected 1) table service, 2) centerpiece, 3) menu card, 4) recipe card and 5) card table. The recipe for the food products does not have to come from a 4-H manual. Use the correct form for writing the menu card. Ask for EC 9-43-77 "Writing a Menu".
 4. The prepared food should be comparable in skill difficulty to the age and experience of the exhibitor.
 5. The 4-H'er may want to choose to center his/her display around a special occasion, a holiday, a picnic, etc. Disposable place settings can also be used. The 4-H Food Revue will be judged by the interview method. 4-H members will not make a presentation in front of other participants. Rather, they will visit individually with the judge. 4-H members should be knowledgeable about their food product; its preparation, nutritional value, cost, etc.; as well as, their menu, table service and planned occasion for serving. Participants should dress appropriately for the contest.
 6. Following judging, a sampling of foods shown will be an option available to exhibitors and audience. Plates, plastic utensils and beverage will be provided.
 7. If desired, 4-H members may want to make additional copies of their recipe to share with the audience and other participants.
- C) **E170900** Clover Kids Division (5-7 years) Participation only
 C) **E170901** Junior Division (8 to 11 years)
 C) **E170902** Intermediate Division (12 to 13 years)
 C) **E170903** Senior Division – (14 years and older)

Public Sample Line- If your recipe lends itself to be shared we encourage you to participate in the Public Sample Line following the contest. Contestants bring sample sized portions of their exhibit to try, submit an electronic version of their recipe to be disturbed, and must be present to share and answer questions about their exhibit. Please think about how you will serve your samples. Copies of you recipe, small plates and napkins will be provided for those tasting!

RULES

- A. Limit of (1) entry per class. Premier 4-H Science Award is available in this area. Please see General Rules for more details.
1. **Supporting Information:** Each exhibit must include the recipe. Recipe can be handwritten, photocopied or typed. Place the food on the appropriate size plate or container and put in self-sealing bag. Attach entry tag and recipe at the corner of the bag. For non-food please attach the entry tag to the upper right hand corner of the entry. Additional information including recipes and supplemental information should be identified with 4-H'ers name and county.
 2. **Criteria for Judging:** Exhibits will be judged according to score sheets available at your local Extension office or at <http://4h.unl.edu/fairbook>. Make sure to follow all entry instructions required for your exhibit. Incomplete exhibits will be lowered a ribbon placing. Commercially prepared mixes are ONLY allowed in Cooking 201 Creative Mix Class. Prepared baking mixes, biscuit mixes, commercially prepared seasoning mixes for food preservation and other pre-made mixes entered in other categories will be lowered a ribbon placing.
 3. **Food Projects:** Exhibits should be entered using a disposable pan or plate and covered by a plastic self-sealing bag. The Fairboard is not responsible for non-disposable containers, lost bread boards, China, or glassware.
 4. **Ingredients:** Any ingredient that the 4-H 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.
 5. **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).
 6. **Pick up time:** Baked goods (except what needs to be displayed and decorated items) may be picked up after judging at the announced time. Watch for signs at entry time for more information.
- H. **Muffin liners:** are optional. State Fair does not rule either way, so it will be a personal choice.

GENERAL FOOD

- SF) E350001 **Food Science Exploration (SF152)** – Open to any 4-H'er enrolled in a Foods & Nutrition or Food Preservation 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" x 30"), computer based presentation printed off with notes pages, if needed, and displayed in a binder, an exhibit display, a written report in portfolio or notebook. Consider neatness and creativity.
- SF) E350002 **Foods and Nutrition Poster, Scrapbook, or Photo Display (SF122)** – Open to any 4-H'er enrolled in a Foods & Nutrition or Food Preservation project. The project should involve a nutrition or food preparation technique or explore a career related to the food industry (caterer, restaurant owner, food scientist, registered dietitian, etc.) This might contain pictures, captions, and/or a report 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, or a written report in a portfolio or notebook. Consider neatness and creativity.
- SF) E350003 **Physical Activity and Health Poster, Scrapbook, or Photo Display (SF122)** – Open to any 4-H'er enrolled in a Foods and Nutrition or Food Preservation project. The project should involve a physical activity or explore a career-related to physical activity or health (personal trainer, sports coach, physical therapists, etc.) This might contain pictures, captions, and/or a report 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.
- SF) E350004 **Cooking Basics Recipe File (SF251)** – 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 the 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
- C) E350901 **Cost Comparison Exhibit (SF132)** - Exhibit **must** include both the food product made from scratch and the comparable purchased product (for example, homemade cinnamon rolls compared to a premade 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.
- C) E350902 **County Only** - Any other project or food item made.

BEGINNING PROJECTS

COOKING 101 Not eligible for State Fair

- C) E401901 **Baked Cookies** - Any recipe, 4 on a paper plate
- C) E401902 **Muffins** - Any recipe, 4 on a paper plate
- C) E401903 **No-Bake Cookies** -Any recipe, 4 on a paper plate
- C) E401904 **Cereal Bar** -Any cereal based recipe made in a pan and cut into bars or squares for serving – 4 on a paper plate
- C) E401905 **Granola Bar**-Any recipe, 4 on a paper plate
- C) E401906 **Brownies** -Any recipe, 4 on a paper plate
- C) E401907 **Snack Mix** -Any recipe, at least 1 cup in self-sealing plastic bag
- C) E401908 **County Only** - Any other project or food item made from the project manual.
- C) E401909 **County Only** - Any other project or food item made from the project manual

MIDDLE PROJECTS

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.

COOKING 201

- SF) E410001 **Loaf Quick Bread (SF123)** – (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
- SF) E410002 **Creative Mixes (SF142)** – any recipe, at least $\frac{3}{4}$ of baked product or 4 muffins or cookies on a paper plate or 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 ready-made bread dough, monkey bread 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?**
- SF) E410003 **Biscuits or Scones (SF136)** – 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.
- SF) E410004 **Healthy Baked Product (SF124)** - any recipe, at least $\frac{3}{4}$ of baked product or 4 muffins/cookies on a paper plate or 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.).

- SF) E410005 **Coffee Cake (SF129)** - any recipe or shape, non-yeast product – at least $\frac{3}{4}$ of baked product on a paper plate or in a disposable pan. Include menu for a complete meal where this recipe is served, following meal planning guidelines suggested in Cooking 201.
- SF) E410006 **Baking with Whole Grains (SF134)** – any recipe, at least $\frac{3}{4}$ of baked product of 4 muffins/cookies on a paper plate or in a disposable pan. Recipe must contain whole grains as part of the ingredients. (Ex. whole wheat applesauce bread, peanut butter oatmeal cookies, etc.)
- SF) E410007 **Non-Traditional Baked Product (SF133)** – 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 or in a disposable pan. Entry must include supporting information that discusses alternative preparation method and how it compares with traditional method.
- C) E410901 **County Only** - Any other project or food item made from the project manual.
- C) E410902 **County Only** - Any other project or food item made from the project manual.

ADVANCED PROJECTS

COOKING 301

- SF) E411001 **White Bread (SF138)** – any yeast recipe, at least $\frac{3}{4}$ of a standard loaf displayed on a paper plate.
- SF) E411002 **Whole Wheat or Mixed Grain Bread (SF138)** – any yeast recipe, at least $\frac{3}{4}$ of a standard loaf displayed on a paper plate.
- SF) E411003 **Specialty Rolls (SF138)** – 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.
- SF) E411004 **Dinner Rolls (SF138)** – 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.
- SF) E411005 **Specialty Bread (SF141)** – any yeast recipe, includes tea rings, braids, or any other full-sized specialty bread products. Must exhibit at least $\frac{3}{4}$ of a full sized baked product.
- SF) E411006 **Shortened Cake – (SF137)** Must exhibit at least $\frac{3}{4}$ of the cake (recipe must not be from a cake mix). 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).
- C) E411902 **County Only** - Any other project or food item made from the project manual.
- C) E411903 **County Only** - Any other project or food item made from the project manual.

COOKING 401

- SF) E412001 **Double Crust Fruit Pie (SF144)** – made with homemade fruit filling. No egg pastries or cream fillings. No canned fillings or premade pie crusts. May be a double crust, crumb, or lattice topping. Using an 8 or 9 inch disposable pie pan is recommended.
- SF) E412002 **Family Food Traditions (SF145)** – 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. 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.
- SF) E412003 **Ethnic Food Exhibit (SF146)** – any recipe, at least $\frac{3}{4}$ of baked product or 4 muffins or cookies on a paper plate or in a disposable pan. The name of the country or 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.
- SF) E412004 **Candy (SF147)** - any recipe, 4 pieces of candy on a paper plate or $\frac{1}{2}$ cup. No items containing cream cheese will be accepted. (Example: cream cheese mints). Candy may be cooked or no cook; dipped, molded, made in microwave or other methods of candy preparation. Recipe must be included.
- SF) E412005 **Foam Cake (SF138)** – original recipe (no mixes) of at 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. Cakes may be frosted with a non-perishable frosting (no cream cheese or egg white based frostings allowed).
- SF) E412006 **Specialty Pastry (SF143)** – any recipe, at least $\frac{3}{4}$ of baked product or 4 muffins or cookies on a paper plate or in a disposable pan. Baked items such as pie tarts, puff pastry, phyllo dough, 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.
- C) E412901 **County Only** - Any other project or food item made from the project manual.
- C) E412902 **County Only** - Any other project or food item made from the project manual.

FOOD PRESERVATION

RULES

- 1. Processing Methods** – Current USDA processing methods and altitude adjustments must be followed for all food preservation. Jams, 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.
- 2. 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. No zinc lids.

3. **Current Project** – All canning must be the result of this year’s 4-H project.
4. **Criteria for Judging** – Exhibits will be judged according to score sheets available at your local Extension office or the State Fairbook. 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 for your county’s altitude and how that affects food processing times and pounds of pressure. **Cedar County altitude is 1340 ft. above sea level.**
5. **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. 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.
6. **Recipe/Supporting Information** – Recipe must be included, 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 Manuals (Freezing, Drying, Boiling Water Bath Canning, Pressure Canning), USDA Guide to Home Canning, Nebraska Extension’s Food Website or Ball Blue Book (published after 2009) or online <https://www.freshpreserving.com/recipes>
7. All exhibits must include the 4-H Food Preservation Card attached to the project as the required supporting information or include the following information with exhibit.
 1. Name of product
 2. Date preserved
 1. Method of preservation (pressure canner, water bath canner or dried)
 2. Type of pack (raw pack or hot pack)
 3. Altitude (and altitude adjustment if needed)
 4. Processing time
 5. Number of pounds of pressure, (if pressure canner used)
 6. Drying method and drying time (for dried food exhibits) Include pre-treatment for dried products.
 7. Recipe and source of recipe. (If a publication, include name and date)

4-H HOME FOOD PRESERVATION SERIES

UNIT 1 FREEZING



- SF) E406001 Baked Item Made with Frozen Produce (SF155)** any recipe, at least ¾ 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.
- C) E406901 County Only** - Any other item made in the Food Preservation project.

UNIT 2 DRYING

- SF) E407001 Dried Fruits (SF154)** – exhibit 3 different examples of 3 different dried fruit. Place each dried fruit food (6-10 pieces of fruit, minimum ¼ cup) in separate self-sealing bags. Use a rubber band or “twisty” to keep exhibit together.
- SF) E407002 Fruit Leather (SF154)** – 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.
- SF) E407003 Vegetable Leather (SF154)** – exhibit 3 different examples of 3 different vegetable or vegetable/fruit leather combo. Place a 3- 4” sample of each fruit together in separate self-sealing bags. Use a rubber band or “twisty” to keep exhibit together.
- SF) E407004 Dried Vegetables (SF149)** – exhibit 3 different samples of 3 different dried vegetables. Place each food (1/4 cup of each vegetable) in a separate self-sealing bag. Use a “twisty” to keep exhibit together.
- SF) E407005 Dried Herbs (SF149)** – exhibit 3 different samples of 3 different dried herbs. Place each food (1/4 cup of each herb) in a separate self-sealing bag. Use a “twisty” to keep exhibit together.
- SF) E407006 Baked Item Made with Dried Produce/Herbs (SF156)** – any recipe, at least ¾ of baked product or 4 muffins or cookies on a plate or 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.
- C) E407902 County Only** - Any other item made in the Food Preservation project.

UNIT 3 BOILING WATER CANNING METHOD

- SF) E408001 1 Jar Fruit Exhibit (SF150)** – exhibit one jar of canned fruit. Entry must be processed in a boiling water bath according to current USDA recommendations.

4-H Food Preservation Card
(Please attach this card to each item preserved.)

Name: _____ County: _____

Name of Product: _____ Date Preserved: _____

Processing Method (check one):

Boiling Water Canner, indicate type of pack (check one): raw pack OR hot pack
Processing time: _____ Altitude: _____

Pressure Canner, indicate type of gauge (check one): weighted gauge OR dial gauge
Product was canned at _____ pounds pressure at _____ altitude.
Processing time: _____ packed hot: or packed cold:

Dehydration: Dehydrator OR Other, please specify (ie: oven, solar, etc.): _____
Approximate drying time: _____

Include instructions/recipe for product on back of this card. 4-H'ers must include the source of the recipe/instructions. 4-H'ers must use approved USDA recipes/instructions. Include pre-treatment for dried products.

*printable tags in which you can type-into
can also be found on our Pre-Fair & Fair
Resources webpage*

- SF) E408002 **3 Jar Fruit Exhibit (SF150)** – exhibit 3 jars of different canned fruits. May be three different techniques for same type of product, i.e., applesauce, canned apples, apple pie filling, etc. Entry must be processed in a boiling water bath according to current USDA recommendations.
- SF) E408003 **1 Jar Tomato Exhibit (SF150)** – exhibit one jar of a canned tomato product. Entry must be processed in a boiling water bath according to current USDA recommendations.
- SF) E408004 **3 Jar Tomato Exhibit (SF150)** – exhibit 3 jars of different canned tomato products (salsa, sauces without meats, juice, stewed, etc.). Entry must be processed in a boiling water bath according to current USDA recommendations.
- SF) E408005 **1 Jar Pickled Exhibit (SF150)** – One jar of a pickled and/or fermented product. Entry must be processed in a boiling water bath according to current USDA recommendations.
- SF) E408006 **3 Jar Pickle Exhibit (SF150)** – Three jars of different kinds of canned pickled and/or fermented products. Entry must be processed in a boiling water bath according to current USDA recommendations.
- SF) E408007 **1 Jar Jelled Exhibit (SF153)** – exhibit one jar of a jam, jelly or marmalade. Entry must be processed in a boiling water bath according to current USDA recommendations.
- SF) E408008 **3 Jar Jelled Exhibit (SF153)** – exhibit 3 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 a boiling water bath according to current USDA recommendations.
- C) E408903 **County Only** - Any other item made in the Food Preservation project.

UNIT 4 PRESSURE CANNING METHOD

- SF) E414001 **1 Jar Vegetable or Meat Exhibit (SF150)** – exhibit one jar of a canned vegetable or meat. Include only vegetables or meat canned in a pressure canner according to USDA recommendations.
- SF) E414002 **3 Jar Vegetable Exhibit (SF150)** – exhibit 3 jars of different kinds of canned vegetables. Include only vegetables canned in a pressure canner according to USDA recommendations.
- SF) E414003 **3 Jar Meat Exhibit (SF150)** – exhibit 3 jars of different kinds of canned meats. Include only meats canned in a pressure canner according to current USDA recommendations.
- SF) E414004 **Quick Dinner (SF151)** – 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 complete menu on a 3” x 5” file card and attach to one of the jars. Entry must be processed according to current USDA recommendations.
- SF) E414005 **1 Jar Tomato Exhibit (SF150)** – exhibit one jar of a canned tomato product. Entry must be processed in a pressure canner. According to current USDA recommendations.
- SF) E414006 **3 Jar Tomato Exhibit (SF150)** – exhibit 3 jars of different canned tomato products (salsa, sauces without meats, juice, stewed, etc.). Entry must be processed in a pressure canner according to current USDA recommendations.
- C) E414905 **County Only** - Any other item made in the Food Preservation project.

COUNTY ONLY FOOD EXHIBITS – You do not have to sign up for a project in the following exhibits. They are fun exhibits under General Foods

CAKE DECORATING

Awards by 

1. Limit of 1 entry per class per exhibitor.
 2. Cake will NOT be tasted by the judge. Youth may decorate a Styrofoam cake.
- C) E482901 **One layer cake** – decorated with techniques learned in the beginning cake decorating. It must be decorated with frosting only-no artificial decorations may be used. The cake will be judged on neatness, creativity and techniques used. Formed pans may be used.
- C) E482902 **Three page folder** – A folder containing descriptions and photos of 3 cakes you have decorated during the current year. One cake description and photograph per page.
- C) E482903 **Unit 3 – Display Board** – Use an 8 ½” x 11” corrugated cardboard covered with freezer paper (coated side up) or foil. Display skills learned in the project by making examples of:
- A. lettering (minimum of 2 different letter)
 - B. stars (minimum of 2 different, using star tip)
 - C. leaves (minimum of 1 leaf)
 - D. borders (minimum of 2 different-using star and one other tip)
 - E. flowers (minimum of 2 different kinds)
- C) E482904 **Non-Frosting Decorated cake**- A one layer cake decorated with any means of artificial decorations or candy.

DECORATED COOKIES and CUPCAKES

- C) E482910 **Decorated Cookie** – plate of 4. Open to any 4-Hers enrolled in a Foods project. Cookies may be home baked or purchased. Each will be decorated by the 4-H member.
- C) E482911 **Decorated Cupcakes** – plate of 4. Open to any 4-Her enrolled in a Foods project. Cupcakes may be home baked or purchased. Each will be decorated by the 4-H member.

FOOD FROM YOUR KITCHEN

- C) E482912 **Food Gift** – Open to any 4-Her enrolled in a Foods Project. Prepare and package a food gift (for human consumption) creatively. The food item must be made by the 4-Her. Example: yeast product in a basket, cookies in a decorative tin, canned goods in jars with counted cross stitch lid, etc.
- C) E482913 **Food Gift 2nd** – Exhibit # 2 – must be different than the first gift

FOOD FLOP

- C) E482917 **Food Flop** – Open to any 4-Her enrolled in a Foods Project. One food item illustrating food preparation problems. Flop may be the result of intentional or accidental mistakes. On a half sheet of 8 ½" x 11" paper explain the preparation problem(s) experience and how it could be overcome. The explanation card will be the basis for judging the exhibit.

RECIPE COLLECTION

Open to any 4-Her enrolled in a Foods Project. All recipes must have been tried by the 4-H member and must be the 4-H members handwriting or be computer written. A recipe file, box or notebook binder can be used to exhibit recipes. Correct recipe format needs to be followed. Recipes need to have year (2021) in the upper right hand corner on the recipe card. Advanced members are encouraged to enter the General Foods project.

- C) E482914 **Beginning** 8-9 years old (5 - 15 recipes)
- C) E482915 **Intermediate** 10 – 11 years old (10 – 20 recipes)
- C) E482916 **Advanced** 12 & older (15 – 20 recipe)

SAFETY

All static exhibits must have received a purple ribbon at the county fair to advance to the State Fair.

In this category 4-H'ers have the opportunity to create exhibits about all-terrain, vehicle, fire, and tractor safety. In addition, participants can also create informational exhibits about basic safety strategies. Through involvement in this category 4-H'ers will be better educated about personal safety and have the knowledge base to educate others about safety. For more resources and material refer to the State fairbook.

- SF) E440001 **First Aid Kit (SF110)** – 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 for guidance.
Kits containing any of the following will be automatically disqualified:
1. 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.)
 2. Materials with expiration dates on or before the judging date. (This includes sterile items, non-prescription medications, ointments, salves, etc. Articles dated month and year only are considered expired on the last day of that month.)
 3. Any controlled substance.
- SF) E440002 **Disaster Kit (SF111)** – (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. 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 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 drinking water needs for your disaster kit. Do not bring actual water to the fair in the kit.
- SF) E440003 **Safety Scrapbook (SF292)** – 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.
- SF) E440004 **Safety Experiences (SF190)** – 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 Rev. 12/19/2014 documentation, a notebook including up to ten pages of narrative and pictures, or a multimedia presentation on a CD lasting up to five minutes.
- SF) E440005 **Careers in Safety (SF191)** – 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.

C) E450901

County Only – Any other item made in this project area.

FIRE SAFETY

SF) E450001

Fire Safety Poster (SF269) – This 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. Draw 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. Poster must be constructed of commercial poster board at least 11"x14" but not larger than 22"x28".

SF) E450002

Fire Safety Scrapbook (SF270) – The scrapbook must contain at least 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" paper. Correct sentence structure, readability and thorough explanations are an important part of judging.

SF) E450003

Fire Prevention Poster (SF268) – Posters 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".

C) E450902

County Only – Any other item made in this project area.