

## HEALTHY LIFESTYLES

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.

### GENERAL INSTRUCTIONS

- A. Members may exhibit only in the project in which enrolled. One entry per exhibitor per class.
- B. **Supporting Information** - Each exhibit must include the recipe. Recipe may be handwritten, photocopied, or typed. Place food on the appropriately sized plate or container and put in self-sealing bag. Attach entry tag and recipe at the corner of the bag. For non-food entries, 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.
- C. **Criteria for Judging** - Exhibits will be judged according to Scoresheets 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.
- D. **Food Projects** - Exhibits should be entered using a disposable pan or plate and covered by a plastic self-sealing bag. The State Fair is not responsible for non-disposable containers, lost bread boards, china, or glassware.
- E. **Ingredients** – Any ingredient that the 4-H'er 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.
- F. **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 in 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) and uncooked fruit toppings (i.e., fresh fruit tart).
- G. 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 and cheese mixed into baked goods are considered safe.

Scoresheets, forms, contest study materials, and additional resources can be found at <https://go.unl.edu/ne4hfood-nutrition>.

Premier 4-H Science Award is available in this area.

## FOODS AND NUTRITION

- \*E350001 Food Science Explorations** – Open to any 4-H'er enrolled in a Foods and 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 binder, an exhibit display, a written report in portfolio or notebook. Consider neatness and creativity. (SF152)

- \*E350002 Foods and Nutrition Poster, Scrapbook or Photo Display** 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 a foam core board (not to exceed 22" by 30"); a computer-based presentation printed off with notes pages (if needed) and displayed in a binder; an exhibit display; or a written report in a portfolio or notebook. Consider neatness and creativity. (SF122)
- \*D350003 Physical Activity & Health Poster, Scrapbook or Photo Display** – Open to any 4-H'er enrolled in a Foods & 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 therapist, etc.) This might contain pictures, captions and/or a report to highlight the concept. Exhibit may be a poster or a foam core board (not to exceed 22" by 30"), a computer-based presentation printed off with notes pages, if needed, and displayed in a binder, an exhibit display, or a written report in a portfolio or notebook. Consider neatness and creativity. (SF122)
- \*E350004 Cooking Basics Recipe File** - 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 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 be disqualified. (SF251)

## MAKING FOOD FOR ME

Purple \$3.00 Blue \$2.00 Red \$1.00 White \$ .50

County Project Only – Not eligible for State Fair competition.

- E403001 Rainbow of Fruits and Veggies Poster** – You may draw, write, or use pictures showing different fruits and vegetables of different colors corresponding with the Making Food for Me Youth Manual. This should be on 14" x 22" poster board.
- E403002 What is the Grain's Group** - Show what foods are included in the grains group, where grains come from and make a grain collage using magazines and clip art. This should be on 14" x 22" poster board.
- E403003 Save a Place for Me Placemat** – In the middle of the Youth Manual, there is a Save a Place for Me Placemat that is divided up into the MyPlate sections and shows youth how to set the table. Select pictures from magazines or clipart and make a balanced meal and write a short paragraph discussing the importance of eating foods from all food groups and more foods from the fruit and vegetable group. This should be on 14" x 22" poster board.
- E403004 Healthy Snack** – Four cookies, bars, muffins, etc., on a paper plate or at least 1 cup of snack mix. (Examples might include snack mix made from a cereal base, no-bake or simple cookie or granola bar).
- E403005 Protein Collage** – Neatly cut and pasted pictures of protein sources and foods displayed on collage.

## COOKING 101

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County Project Only – Not eligible for State Fair competition.

- E401901**      **Cookies** (any recipe, 4 on a paper plate)
- E401902**      **Muffins** (any recipe, 4 on a paper plate)
- E401903**      **No Bake Cookies** (any recipe, 4 on a paper plate)
- E401904**      **Cereal Bar Cookie** (any cereal based recipe made in pan and cut into bars or squares for serving.)
- E401905**      **Granola Bar** (any recipe, 4 on a paper plate)
- E401906**      **Brownies** (any recipe, 4 on a paper plate)
- E401907**      **Snack Mix** (any recipe, at least 1 cup in self-sealing plastic bag)

## COOKING 201

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- \*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 8½" x 4½" or 9" x 5". If mini-loaf pans are used for exhibit, two loaves must be presented for judging. (SF123)
- \*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? (SF142)
- \*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. (SF136)
- \*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.) (SF124)
- \*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. (SF129)
- \*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.) (SF134)
- \*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. (SF133)

## COOKING 301

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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.

- \*E411001 **White Bread** any yeast recipe, at least 3/4 of a standard loaf displayed on a paper plate. (Scoresheet SF138)
- \*E411002 **Whole Wheat or Mixed Grain Bread** any yeast recipe, at least 3/4 of a standard loaf displayed on a paper plate. (SF138)
- \*E411003 **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. (SF138)
- \*E411004 **Dinner Rolls** any yeast recipe, 4 rolls on a paper plate. May be cloverleaf, crescent, knot, bun, bread sticks, or any other type of dinner roll. (SF138)
- \*E411005 **Specialty Breads** any yeast recipe, includes tea rings, braids, or any other full-sized specialty bread products. Must exhibit at least ¾ of a full-sized baked product. (SF141)
- \*E411006 **Shortened Cake** -At least ¾ of the cake (not 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). Must exhibit at least ¾ of the cake (recipe must not be from a cake mix). (SF137)

## COOKING 401

Purple \$3.00 Blue \$2.00 Red \$1.00 White \$ .50

Any bread item prepared or baked using a bread machine should be entered under the Cooking 201. 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.

- \*E412001 **Double Crust Fruit Pie** made with homemade fruit filling. No egg pastries or cream fillings. No canned fillings or premade pie crusts. May be a double crust, crumb, cut-out, or lattice topping. Using an 8- or 9-inch disposable pie pan is recommended. (SF144)
- \*E412002 **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. (SF145)
- \*E412003 **Ethnic 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. (SF146)
- \*E412004 **Candy** any recipe, 4 pieces of candy on a paper plate or ½ cup. No items containing cream cheese will be accepted (Example: cream cheese mints). Candy may be cooked or not cooked; dipped, molded, made in the microwave or other methods of candy preparation. Recipe must be included. (SF147)
- \*E412005 **Foam Cake** original recipe (no mixes) of at least ¾ 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. Cake may be frosted with a non-perishable frosting (no cream cheese or egg white based frostings allowed). (SF138)
- \*E412006 **Specialty Pastry** any recipe, at least 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 doughs, 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. (SF143)

## CAKE DECORATING

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County Project Only – Not eligible for State Fair competition.

The cakes should be displayed on a disposable cake board. You may use a baked cake, Styrofoam, or pan base.

- E451001**     **One decorated single layer cake** (8- or 9-inches square or round pan) using decorator tubes. Cake must be decorated with edible materials.
- E451002**     **Cake made with pre-formed pan** (Mickey Mouse, Holly Hobbies, etc.) Cake must be decorated with edible materials.
- E451003**     **Cake made using plastic or other decorations.**
- E451004**     **A one- or two-layer cake any shape**, showing skills learned this year. Cake must be decorated with edible materials. The cake should be made from an original design.
- E451005**     **Two- or three-tiered, stacked cake or combination tiered or stacked.** Each tier or stack must be 2 layers. Plastic separators may be used.
- E451006**     **Two- or Three-tiered, stacked cake or combination tiered or stacked using fondant frosting.** Each tier or stack must be 2 layers.
- E451007**     **Multi Cupcake Creation**
- E451008**     **Decorated cookies** (4)
- E451009**     **Decorated cupcakes** (4)

## FOOD PRESERVATION

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### GENERAL RULES - FOOD PRESERVATION

A. **PROCESSING METHODS** - *Current USDA processing methods and altitude adjustments must be followed for all food preservation.* Jam, preserves and marmalades, fruit, tomatoes and pickled products must be processed in a boiling water bath. (Tomatoes may be processed in a pressure canner.) Improperly canned or potentially hazardous food items will be disqualified. Spoiled or unsealed container disqualifies entry.

B. **JARS** - 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 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.

C. **RECIPE/SUPPORTING INFORMATION** -Recipe must be included, and 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 Preservation Manuals (Freezing, Drying, Boiling, Water Bath Canning, Pressure Canning); USDA Guide to Home Canning, 2015 revision [https://nchfp.uga.edu/publications/publications\\_usda.html](https://nchfp.uga.edu/publications/publications_usda.html); Nebraska Extension's Food Website: <https://food.unl.edu/canning-freezing-and-drying>; or Extension publications from other states; Ball Blue Book (published after 2009) or online <https://www.freshpreserving.com/recipes?fdid=recipes/>

D. **LABELING** - Jars should be labeled with name of 4-H'er, county, and date of processing. All exhibits must include the **4-H Food Preservation Card** attached to the project as the required supporting information or include following information with exhibit:

1. Name of product
2. Date preserved
3. Method of preservation (pressure canner, water bath canner or dried)
4. Type of pack (raw pack or hot pack)
5. Altitude (and altitude adjustment, if needed)
6. Processing time
7. Number of pounds of pressure (if pressure canner used)

8. Drying method and drying time (for dried food exhibits)
9. Recipe and source of recipe (if a publication, include name and date).

## UNIT 1 FREEZING PROJECT

- \*E406001 BAKED ITEM MADE WITH FROZEN PRODUCE** any recipe, at least 3/4 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. (SF155)

## UNIT 2 DRYING PROJECT

- \*E407001 DRIED FRUITS** exhibit 3 different examples of 3 different dried fruits. Place each dried fruit food (6-10 pieces of fruit, minimum 1/4 cup) in separate self-sealing bags. Use a rubber band or "twisty" to keep exhibit together. (SF154)
- \*E407002 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. (SF154)
- \*E407003 VEGETABLE LEATHER** exhibit 3 different examples of 3 different vegetable or vegetable/fruit exhibit together. (SF154)
- \*E407004 DRIED VEGETABLES** 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 rubber band or "twisty" to keep exhibit together. (SF149)
- \*E407005 DRIED HERBS** 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 rubber band or "twisty" to keep exhibit together. (SF149)
- \*E407006 BAKED ITEM MADE WITH DRIED PRODUCE/HERBS** any recipe, at least 3/4 of baked product or 4 muffins or cookies on a paper 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. (SF156)

## UNIT 3 BOILING WATER CANNING

- \*E408001 1 JAR FRUIT EXHIBIT-** exhibit one jar of a canned fruit. Entry must be processed in the boiling water bath according to current USDA recommendations. (SF150)
- \*E408002 3 JAR FRUIT EXHIBIT-** exhibit 3 jars of different canned fruits. May be three different techniques for same type of product, ex. Applesauce, canned apples, apple pie filling, etc. Entry must be processed in a boiling water bath according to current USDA recommendations. (SF150)
- \*E408003 1 JAR TOMATO EXHIBIT-** exhibit one jar of a canned tomato product. Entry must be processed in a boiling water bath according to current USDA recommendations. (SF150)
- \*E408004 3 JAR TOMATO EXHIBIT** –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. (SF150)
- \*E408005 1 JAR PICKLED EXHIBIT-**one jar of a pickled and/or fermented product. Entry must be processed in a boiling water bath according to current USDA recommendations. (SF150)
- \*E408006 3 JAR PICKLED EXHIBIT** - exhibit 3 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. (SF150)

- \*E408007**     **1 JAR JELLED EXHIBIT-** exhibit one jar of a jam, jelly, or marmalade. Entry must be processed in a boiling water bath according to current USDA recommendations. (SF153)
- \*E408008**     **3 JAR JELLED EXHIBIT -** 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 the boiling water bath according to current USDA recommendations. (SF153)

## **UNIT 4 PRESSURE CANNING**

- \*E414001**     **JAR VEGETABLE OR MEAT EXHIBIT-** exhibit one jar of a canned vegetable or meat. Include only vegetables or meats canned in a pressure canner according to current USDA recommendations. (SF150)
- \*E414002**     **3 JAR VEGETABLE EXHIBIT-** exhibit 3 jars of different kinds of canned vegetables. Include only vegetables canned in a pressure canner according to current USDA recommendations. (SF150)
- \*E414003**     **3 JAR MEAT EXHIBIT -** Exhibit 3 jars of different kinds of canned meats. Include only meats canned in a pressure canner according to current USDA recommendations. (SF150)
- \*E414004**     **QUICK DINNER -** 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. (SF151)
- \*E414005**     **JAR TOMATO EXHIBIT -** exhibit one jar of a canned tomato product. Entry must be processed in a pressure canner according to current USDA recommendations. (SF150)
- \*E414006**     **3 JAR TOMATO EXHIBIT -** 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. (SF150)