

## HEALTHY LIFESTYLES/FOOD ARTISTRY

### DEPARTMENT

### FOODS, NUTRITION, AND FOOD PRESERVATION

Co-Superintendents: Kristy Wells & Vickie Burnett

#### 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.

#### RULES:

- A. 4-H entries must be made according to the printed 2024 Custer County Fair Premium Book and entered online by 5:00 p.m. on June 28. Instructions for online entries will be emailed to 4-H families on approximately May 15. Foods will be interview judged as they are entered on Saturday, July 27. Interview judging will held 9:00 a.m. until 12:00 noon at the 4-H Building. 4-H members not attending interview judging will be dropped one ribbon placing, unless prior arrangements were made with the Extension Educator.
- B. **GENERAL** - Members may exhibit only in the project in which enrolled. Baked products entered in county fair cannot be entered at State Fair.
- C. **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 recipe at the corner of the bag. Additional information, including recipes and supplemental information, should be identified with the 4-H'ers name and county.
- D. **CRITERIA FOR JUDGING** - Exhibits will be judged according to score sheets available at the Extension Office or at <https://go.unl.edu/he4hfood-nutrition>. Make sure to follow all entry instructions required for your exhibit. Incomplete exhibits will be lowered one ribbon. **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.
- E. **FOOD PROJECTS** - Exhibits should be entered using a disposable pan or disposable plate and covered by a plastic, self-sealing bag. The superintendents are not responsible for non-disposable containers, lost bread boards, China, or glassware.
- F. **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 automatically receive a white ribbon.
- G. **FOOD SAFETY** - Exhibits are on display 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. **Exhibits containing any of these ingredients will receive an automatic white ribbon.**
  - 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)
- H. All cakes, cupcakes, cupcake cakes, and gingerbread projects will be kept for display.
- I. One entry per class.

Ribbons	P.	B.	R.	W.
	\$3.50	\$3.00	\$2.50	\$2.00

#### GENERAL

**CLASS E350001 FOOD SCIENCE EXPLORATIONS** - Open to any 4-H'er enrolled in a Foods and Nutrition project (excluding Foods Artistry) 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" by 30"), computer-based presentation printed off with notes pages, if needed, and displayed in binder, an exhibit display, or a written report in portfolio or notebook. Consider neatness and creativity.

**CLASS E350002 FOODS AND NUTRITION POSTER, SCRAPBOOK, OR PHOTO DISPLAY** - Open to any 4-H'er enrolled in a Foods and Nutrition project (excluding Foods Artistry) 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 reports to highlight the concept. Exhibit may be a poster or foam core board (not to exceed 22" by 30"), a computer-based presentation printed off with notes pages, if needed, and displayed in binder, an exhibit display, or a written report in portfolio or notebook. Consider neatness and creativity.

**CLASS E350003 PHYSICAL ACTIVITY AND HEALTH POSTER, SCRAPBOOK, OR PHOTO DISPLAY** - Open to any 4-H'er enrolled in a Foods and Nutrition project (excluding Foods Artistry) or Food Preservation project. The project should involve a physical activity or explore a career related to physical activity of health (personal trainer, sports, coach, physical therapist, etc.). This might contain pictures, captions, and/or report to highlight the concept. Exhibit may be a poster or foam core board (not to exceed 22" by 30"), a computer-based presentation printed off with notes pages, if needed, and displayed in binder, an exhibit display, or a written report in portfolio or notebook. Consider neatness and creativity.

**CLASS E350004 COOKING BASICS RECIPE FILE** - Open to any 4-H'er enrolled in a Foods and Nutrition project (excluding Foods Artistry) or Food Preservation project. 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 receive an automatic white ribbon.**

**COOKING 101 BEGINNER LEVEL**

One entry per class. **Entries not eligible for State Fair.**

Ribbons	P.	B.	R.	W.
	\$1.50	\$1.25	\$1.00	\$.75

**CLASS E409001 COOKIES** - Four on a small paper plate. Exhibitors must use one of the following cookie recipes from the Cooking 101 manual for this class:

- Oatmeal Drop Cookies - page 68 (suggestions for recipe variations may be used)
- Peanut Butter Cookies - page 69
- Jackpot Drop Cookies - page 70
- Chocolate Crinkles - page 71

**CLASS E409002 BAR COOKIE** - Four on a small paper plate. Exhibitors must use one of the following cookie recipes from the Cooking 101 manual for this class:

- Cereal-Marshmallow Bars - page 34
- Chewy Granola Bars - page 35
- Brownies - page 67

**CLASS E409003 QUICK BREAD** - Exhibitors must use one of the following recipes from the Cooking 101 manual for this class:

- Carol's Oatmeal Muffins - Four on a small paper plate made from the recipe on page 54.
- Cornbread - recipe on page 56 in an 8" x 8" or 9" x 9" disposable pan.
- Drop Biscuits - Four on a small paper plate made from the recipe on page 58.
- Coffeecake With Topping - recipe on page 59 in an 8" x 8" disposable pan.

**CLASS E409004 QUICK-MIX YELLOW CAKE** - recipe (unfrosted) on page 73 in an 8" x 8" or 9" x 9" disposable pan.

**COOKING 201 ADVANCED BEGINNER LEVEL**

Ribbons	P.	B.	R.	W.
	\$3.00	\$2.50	\$2.00	\$1.50

**CLASS E410001 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 8½" x 4½" or 9" x 5". If mini-loaf pans are used for exhibit, two loaves must be presented for judging

**CLASS E410002 CREATIVE MIXES** - any recipe, at least ¾ 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 readymade 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?

**CLASS 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.

**CLASS E410004 HEALTHY BAKED PRODUCT** - any recipe, at least ¾ 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.).

**CLASS E410005 COFFEE CAKE** - any recipe or shape, non-yeast product - at least ¾ 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.

**CLASS E410006 BAKING WITH WHOLE GRAINS** - any recipe, at least ¾ of baked product or 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.)

**CLASS E410007 NON-TRADITIONAL BAKED PRODUCT** - exhibit must include a food product prepared using a non-traditional method (i.e. bread machine, cake baked in an air fryer, baked item made in microwave, etc.) Entry must be at least ¾ 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.

**COOKING 301 INTERMEDIATE LEVEL**

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.

Ribbons	P.	B.	R.	W.
	\$3.50	\$3.00	\$2.50	\$2.00

**CLASS E411001 WHITE BREAD** - any yeast recipe, at least ¾ of a standard loaf displayed on a paper plate.

**CLASS E411002 WHOLE WHEAT OR MIXED GRAIN BREAD** - any yeast recipe, at least ¾ of a standard loaf displayed on a paper plate.

- CLASS 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.
- CLASS 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.
- CLASS E411005 SPECIALTY BREAD** - 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.
- CLASS E411006 SHORTENED CAKE** - 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).

#### **COOKING 401**

#### **ADVANCED LEVEL**

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.

Ribbons	P.	B.	R.	W.
	\$3.50	\$3.00	\$2.50	\$2.00

- CLASS 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.
- CLASS E412002 FAMILY FOOD TRADITIONS** - 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.
- CLASS E412003 ETHNIC FOOD EXHIBIT** - 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, culture or region should be included as part of the supporting information with the recipe, as well as background information about the country or culture the food item is representing.
- CLASS E412004 CANDY** - 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 the microwave or other methods of candy preparation. Recipe must be included.
- CLASS E412005 FOAM CAKE** - 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. Cake may be frosted with a non-perishable frosting (no cream cheese or egg white based frostings allowed).
- CLASS E412006 SPECIALTY PASTRY** - 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 doughs, biscotti, choux, croissants, Danish, strudels. Phyllo dough may be pre-made or from scratch. Pastries made with cream or egg-based fillings will automatically receive a white ribbon.

### **DEPARTMENT FOOD PRESERVATION**

#### **FOOD PRESERVATION RULES**

- 4-H entries must be made according to the printed 2024 Custer County Fair Premium Book and entered online by 5:00 p.m. on June 28. Instructions for online entries will be emailed to 4-H families on approximately May 15. Food Preservation entries will be entered and interview judged on Saturday, July 27, 10:00 a.m. - 12:00 noon at the 4-H Building. 4-H members not attending interview judging will be dropped one ribbon placing, unless prior arrangements were made with the Extension Educator.
- NUMBER OF ENTRIES** - Only one exhibit per class.
- 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. All non-acid vegetables and meats must be processed in a pressure canner. Improperly canned or potentially hazardous food items will automatically receive a white ribbon. Exhibits that are spoiled or with unsealed containers will automatically receive a white ribbon.
- JARS AND LIDS** - 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 automatically receive a white ribbon. No one-fourth pint jars allowed. Leave jar rings on for fair display, it helps protect the seal. Two-piece lids consisting of a flat metal disk and a ring should be used. No zinc lids or one-piece lids.
- CURRENT PROJECT** - Exhibits must have been preserved since the member's previous year's county fair, and not been exhibited at the previous State Fair.
- CRITERIA FOR JUDGING** - Exhibits will be judged according to score sheets available at your local Extension office or at <https://4hfairbook.unl.edu/fairbookview.php/rules>. Incomplete exhibits will be lowered a ribbon placing. Canned food items not processed according to altitude in the county will be lowered one ribbon placing. Check with your local extension office or <https://food.unl.edu/canning#elevation> for your county's altitude and how that affects food processing times and pounds of pressure.
- 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. Exhibits containing multiple jars such as a "3 jar exhibit" should be placed in a container to keep jars together. 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.
- 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 Food Preservation Manuals (Freezing, Drying, Boiling Water Bath Canning, Pressure Canning)
  - USDA Guide to Home Canning [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/food-preservation> or Extension publications from other states
- Ball Blue Book (published after 2009)

I. **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)

Ribbons	P.	B.	R.	W.
	\$3.50	\$3.00	\$2.50	\$2.00

### **UNIT 1 FREEZING**

**CLASS 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.

### **UNIT 2 DRYING**

**CLASS 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.

**CLASS 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.

**CLASS E407003 VEGETABLE LEATHER** - Exhibit 3 different examples of 3 different vegetable or vegetable/fruit leather combo. Place a 3"-4" sample of each leather together in separate self-sealing bags. Use a rubber band or "twisty" to keep exhibit together.

**CLASS 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.

**CLASS 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.

**CLASS 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.

### **UNIT 3 BOILING WATER CANNING**

**CLASS 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.

**CLASS 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.

**CLASS 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.

**CLASS 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.

**CLASS 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.

**CLASS 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.

**CLASS E408007 1 JAR JELLED EXHIBIT** - Exhibit one jar of a jam, jelly, fruit butter, or marmalade. Entry must be processed in a boiling water bath according to current USDA recommendations.

**CLASS E408008 3 JAR JELLED EXHIBIT** - Exhibit 3 different kinds of jelled products. Entry may be made up of either pints or half pints. Entry must be processed in a boiling water bath according to current USDA recommendations.

### **UNIT 4 PRESSURE CANNING**

**CLASS E414001 1 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.

**CLASS 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.

**CLASS 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.

**CLASS E414004 QUICK DINNER** - Exhibit a minimum of 3 jars to a maximum of 5 jars 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.

**CLASS E414005 1 JAR TOMATO EXHIBIT** - Exhibit one jar of a canned tomato product. Entry must be processed in a pressure canner according to current USDA recommendations.

**CLASS 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.

## DEPARTMENT CREATIVE FOODS ARTISTRY

4-H entries must be made according to the printed 2024 Custer County Fair Premium Book and entered online by 5:00 p.m. on June 28. Instructions for online entries will be emailed to 4-H families on approximately May 15. Creative Foods Artistry exhibits will be entered and interview judged on Saturday, July 27, 9:00 a.m. - 12:00 noon at the 4-H Building. Creative Foods Artistry includes Decorate Your Cupcake, Cake Decorating, and Gingerbread. All cakes, cupcakes, and gingerbread projects will be kept for display. Recipes are not required for Creative Foods Artistry entries. 4-H members not attending interview judging will be dropped one ribbon placing, unless prior arrangements were made with the Extension Educator.

### DECORATE YOUR CUPCAKE

Ribbons	P.	B.	R.	W.
	\$1.25	\$1.00	\$.75	\$.50

**CLASS E902001 CUPCAKES:** Open to anyone enrolled in a 4-H food project or creative food artistry project. Enter three cupcakes decorated for one special occasion. Each cupcake should be decorated differently to carry out the theme. Cupcakes must be of standard cupcake size. Display cupcakes on a disposable plate or tray. Cake mixes may be used. A handout on cupcake decorating is available at the Extension Office. Entries not eligible for State Fair.

Ribbons	P.	B.	R.	W.
	\$2.50	\$2.00	\$1.50	\$1.00

**CLASS E902002 PULL APART CUPCAKE CAKE:** Open to anyone enrolled in a 4-H food project or creative food artistry project. The pull apart cupcake cake must use a minimum of six (6) standard size cupcakes. Everything used to decorate the pull apart cupcake cake must be edible. Display the pull apart cupcake cake on a disposable plate or cake board. Be creative! Entries not eligible for State Fair.

### CAKE DECORATING

All cakes must be baked and decorated by the 4-H member. Cake forms may be used for Units 7-10. All cakes should be placed on a very firm disposable cardboard surface, which will not sag with the weight of the cake. Cut the cardboard parallel to the shape of the cake and no more than 1½" on each side from the base of the border (not the cake). Example: 8-inch cake on an 11-inch board. The cake board must be covered with a food safe material - such as aluminum foil or freezer paper. If you use a decorative or gift wrap or fabric, it must be covered in food quality plastic wrap.

References: 4-H Cake Decorating Member Manuals (Units 1-3, Units 4-6, Units 7-9, Units 10-12)

Ribbons	P.	B.	R.	W.
	\$4.50	\$4.00	\$3.50	\$3.00

Only one exhibit per class. Entries not eligible for State Fair.

**CLASS E903001 UNIT 1** - Bake and frost a one-layered 8" or 9" round or square or 9" x 13" oblong cake. No character pans or cut-up cakes should be used in this unit. Decorate with edible items, such as candies, pretzels, coconut, etc. Do not use decorating tips, bags, or tips. Project should show creativity. Fondant may be used for decoration only on the cake. No royal icing can be used for icing or decorations. A portion of the smooth base frosting should be visible. Bottom border is required.

**CLASS E903002 UNIT 2** - Bake and decorate one single layered cake (8" or 9" round or oblong or square cake pan or 9" x 13" rectangle cake pan) using the leaf, star, and writing tip to decorate the cake. Do not use flowers made on a flower nail or materials other than frosting in the decorations. No fondant or royal icing may be used as icing or for decoration on the cake. Bottom border is required.

**CLASS E903003 UNIT 3** - Bake and decorate a two-layered cake. Use three to five different types of tips in decorating. You must use the writing, star and leaf tips, but may also use other tips, if you choose. You will also use a side border and figure piping on the cake. Spatula and brush striping are optional. Do not use flowers made on a flower nail or materials other than frosting. No fondant or royal icing can be used on the cake for icing or decorations on the cake. Bottom border is required.

**CLASS E903004 UNIT 4** - Bake and decorate a character cake (an entire cake which resembles the shape of a character or object made without cutting) other than square, round, oblong, heart, hexagon, oval, or petal cake shape. 3D shapes are acceptable, primarily decorated and/or other tips appropriate to the design.

**CLASS E903005 UNIT 5** - Bake and decorate cupcakes using frosting and edible items. Fondant and royal icing can be used only for decorations. There are three options for this class. Please select only one option.

- A minimum of 3 and maximum of 6 regular size (2¾") cupcakes in liners. Cupcakes should be of similar design or theme. Cupcakes should be displayed in a 6-cup muffin tin or put in foil liners and place on a sturdy paper/plastic plate that is labeled with the exhibitor name and county.
- Stacking Cupcakes: A minimum of 4 and maximum of 8 cupcakes creating one design or theme where cupcakes are stacked on top of each other and decorated. Cupcakes (at least 2 and not more than 4 stacked cupcakes) should be secured to a sturdy covered board for display. Board size should be appropriate to design (use guideline for cakes).
- Character or Design using multiple cupcakes: A Character design is created by grouping and decorating several cupcakes. The character must be displayed on one cake board with a maximum size of 9" x 13".

**CLASS E903006 UNIT 6** - Bake and decorate one cut-up cake using three different types of decorating tips (not different sizes of the same tip) to decorate along with edible materials. Nonedible items can NOT be used on the cake. Fondant or royal icing can be used only for decorations. Non-edible internal supports are allowed but must not show.

**CLASS E903007 UNIT 7** - Decorate one two-layered, 8", 9", or 10" cake or cake form using a minimum of one flat surface flower, one flower made on a flat flower nail, one border, and one side trim learned in this unit. Flower stamens may be purchased or handmade. No fondant allowed for icing or decorations.

**CLASS E903008 UNIT 8** - Decorate one two-layered cake or cake form, 8", 9", or 10" round or square covered in fondant and decorated using skills learned from United 3-7 and fondant and gum paste decorations. The cake must be totally covered with fondant. Border is required.

**CLASS E903009 UNIT 9** - Decorate one two-layer 8", 9" or 10" cake or cake form using an example of string work and flower(s) made on a lily flower nail. Border is required.

**CLASS E903010 UNIT 10** - ADVANCED UNIT...One decorated cake or cake form of three or more tiers of graduated sizes, using supports and separator plates. Pillars may be used, but are not required. Artificial stamens for flowers, leaves, wire stems, floral tape, special occasion ornaments, and tulle and filler flowers may be used. All other cake decorations must be edible. A border is required.

**CLASS E903011 UNIT 11** - ADVANCED UNIT...One molded or shaped object which may be on a decorated cake, a cake form, or an independent display in a case (no larger than 10") to protect the item from harm. The molded or shaped object must be made from edible materials (fondant, gum paste, molding chocolate, candy melts, etc.). Use decorator tips to achieve the natural likeness or effect desired in the molded or shaped item.

**CLASS E903012 UNIT 12** - ADVANCED UNIT... Plan, develop, and evaluate your own cake decorating project. This may include such things as designing original patterns for cakes, experimenting with different cake and frosting recipes and writing up the results, experimenting with adjustments for high altitudes, exploring moneymaking aspects of cake decorating, exploring career possibilities in the cake decorating field, etc. Create a detailed notebook describing your project including your goals, plans, accomplishment, and your evaluation of results. You may use pictures or any records you have kept to provide evidence of your accomplishments.

The notebook should include a **project plan** and an **evaluation**. The **project plan** should include goals to be reached or things to be learned or done; resources which can be used-where information or help can be located; what should be done and when it should be done; and how to determine what has been accomplished. The **evaluation** should include what was done, accomplished, and learned; how well you reached your goals; and the results of your project (may include a decorated item if that applies to your goals).

This notebook is considered to be your main project exhibit and will count for 75% of your exhibit. If an item was made as part of your project, a sample may be displayed as further evidence of the quality of your project. Display must not require over a 1' x 1' area or consist of more than three items. Label each item in your exhibit with your name and county.

### **GINGERBREAD**

Only one exhibit per class. Entries not eligible for State Fair.

Ribbons	P.	B.	R.	W.
	\$4.50	\$4.00	\$3.50	\$3.00

**CLASS E415001 Two Gingerbread people** - using homemade gingerbread. The frosting can be homemade or store bought. Candies can be used if desired.

**CLASS E415002 Gingerbread house or project** - using homemade gingerbread and frosting. Decorate with edible items such as candies, pretzels, coconut, cookies, cereal, etc. Items used for decorating must be edible when on display. You may use items such as pasta, dry beans, etc. that are not edible in their original form.

**CLASS E415003 Gingerbread house or project** - elaborate house or project using homemade gingerbread, candy, frosting, etc. Everything is from scratch.