

manual. Include answers to questions found on page 20 of the manual. The Exhibit may be a notebook, poster, or small display. Exhibits should not exceed 22 x 30 inches. Scoresheet SF20

**C-222-002 Pressing Matters** - 4-H members enrolled in STEAM Clothing 2 may enter a ham or sleeve roll from pages 21-25 "A Pressing Matter" in the project manual. Exhibit should include answers to lesson questions that are most appropriate to include. Scoresheet SF20

**C-222-003 Upcycled Garment** - Eligible for State Fair Fashion Show. Create a garment from used textile based items. The original used item must be redesigned using skills learned in STEAM Clothing 2 (not just decorated) in some way to create a new wearable piece of clothing. The finished garment must reflect at least one skill learned in this project. A list of skills and the Design Data Card are available at <https://go.unl.edu/ne4hclothing>. A Design Data Card must be included with this project including a "before" picture no larger than 4.25 x 5.5 inches. If additional information is not included, exhibit will be lowered one ribbon placing. Scoresheet SF28

**C-222-004 Upcycled Clothing Accessory** - Not eligible for State Fair Fashion Show. A wearable accessory made from a used item. The original used item must be redesigned using skills learned in STEAM Clothing 2 (not just decorated) in some way to create a new wearable accessory. The finished garment must reflect at least one skill learned in this project. A list of skills by project is available at <https://go.unl.edu/ne4hclothing>. A Design Data Card must be included with this project including a "before" picture no larger than 4.25 x 5.5 inches. If additional information is not included, exhibit will be lowered one ribbon placing. Scoresheet SF28

**C-222-005 Textile Clothing Accessory** - Not eligible for State Fair Fashion Show. Textile accessory is constructed using at least one skill learned in this project from materials appropriate for STEAM 2. A list of skills by project is available at <https://go.unl.edu/ne4hclothing>. Entry examples include: hats, bags, scarves, gloves. No metal, plastic, paper or rubber base items allowed (i.e. barrettes, headbands, flip flops, duct tape, etc.) Scoresheet SF28

**C-222-006 Top (vest acceptable)** Not eligible for State Fair Fashion Show. Scoresheet SF28

**C-222-007 Bottom (pants or shorts)** Not eligible for State Fair Fashion Show. Scoresheet SF28

**C-222-008 Skirt** Not eligible for State Fair Fashion Show. Scoresheet SF28

**C-222-009 Lined or Unlined Jacket** Not eligible for State Fair Fashion Show. Scoresheet SF28

**C-222-010 Dress (not formal wear)** Eligible for State Fair Fashion Show. Scoresheet SF28

**C-222-011 Romper or Jumpsuit** Eligible for State Fair Fashion Show. Scoresheet SF28

**C-222-012 Two-Piece Outfit** Eligible for State Fair Fashion Show. Scoresheet SF28

**C-222-013 Alter Your Pattern** (Eligible for State Fair Fashion Show, in the class that best describes the type of garment constructed i.e. Dress, Romper, Jumpsuit, or Two-piece Outfit) - Garment constructed from a significantly altered pattern. Entry must include both the constructed garment and the altered pattern. Include information sheet that describes: 1) how the pattern was altered or changed, 2) why the changes were needed/wanted. Appropriate skills for altering/designing a pattern in STEAM 2 include: moving darts, merging two patterns together, altering a pattern for a woven or knit material, adding a lining. Scoresheet SF28

**C-222-014 Garment Constructed from Sustainable or Unconventional [natural or synthetic] fibers** (Eligible for Fashion Show, in the class that best describes the type of garment constructed i.e. Dress, Romper or Jumpsuit, or Two-piece Outfit) - Fabric/Fibers used in this garment have to be manufactured/purchased, for example: bamboo, banana, corn husk, and recycled fibers. Garments that are constructed out of the unconventional items themselves should be exhibited under Beyond the Needle. Scoresheet SF28

### Division 223 – STEAM Clothing 3 - A Stitch Further

Purple \$5.00, Blue \$5.00, Red \$4.50, White \$4.00

Exhibits entered on this project must reflect at least one new skill learned from this manual (See project manual skill level list.) A list of skills and the designation card are available at <https://go.unl.edu/ne4hclothing>.

Garments as listed may be made from any pattern or any fabric and should demonstrate sewing skills beyond Clothing Level 2. Entry consists of complete constructed garments only. **Wool entries must have the fiber content listed on the identification label.**

**C-223-001 Upcycled Garment** - Eligible for State Fair Fashion Show. Create a garment from used textile based items. The original used item must be redesigned (not just decorated) in some way to create a new wearable piece of clothing. The finished garment must reflect at least one skill learned in this project. A Design Data Card must be included with this project including a "before" picture no larger than 4.25 x 5.5 inches. Scoresheet SF28

**C-223-002 Upcycled Clothing Accessory** - Not eligible for State Fair Fashion Show. A wearable accessory made from a used item. The item used must be changed in some way in the redesign

process. The finished accessory must reflect at least one skill learned in this project. A Design Data Card must be included with this project including a "before" picture no larger than 4.25 x 5.5 inches. Scoresheet SF28

**C-223-003 Textile Clothing Accessory** - Not eligible for State Fair Fashion Show. Textile accessory is constructed using at least one skill learned in this project from materials appropriate for STEAM 3. Entry examples include: hats, bags, scarves, gloves. No metal, plastic, paper or rubber base items allowed ( i.e. barrettes, headbands, flip flops, duct tape, etc.) Scoresheet SF28

**C-223-004 Dress or Formal** - Eligible for State Fair Fashion Show. Scoresheet SF28

**C-223-005 Skirted Combination** - Eligible for State Fair Fashion Show. (Skirt with shirt, vest or jacket OR jumper and shirt) Scoresheet SF28

**C-223-006 Pants or Shorts Combination** - Eligible for State Fair Fashion Show. (Pants or shorts with shirt, vest or jacket) Scoresheet SF28

**C-223-007 Romper or Jumpsuit** - Eligible for State Fair Fashion Show. Scoresheet SF28

**C-223-008 Specialty Wear** - Eligible for State Fair Fashion Show. (Includes: swim wear, costumes, hunting gear, or chaps) Scoresheet SF28

**C-223-009 Lined or Unlined Jacket** - Eligible for State Fair Fashion Show. (Non-tailored) Scoresheet SF28

**C-223-010 Coat, Blazer, Suit Jacket or Outerwear** - Eligible for State Fair Fashion Show. A tailored blazer or suit jacket or coat. Scoresheet SF28

**C-223-011 Alter Design Your Pattern** - Eligible for Fashion Show, in the class that best describes the type of garment constructed. i.e. dress, romper or jumpsuit or two piece outfit. Garment constructed from a significantly altered pattern. Entry must include both the constructed garment and the altered pattern. Include information sheet that describes: 1) how the pattern was altered or changed. 2) why the changes were needed/wanted. Appropriate skills for altering/designing a pattern in STEAM 3 include: moving darts, adding a zipper, merging two patterns together, altering a pattern for a woven or knit material, adding a lining, designing your own pattern) Scoresheet SF28

**C-223-012 Garment Constructed from Sustainable or Unconventional [natural or synthetic] fibers.** (Eligible for Fashion Show, in the class that best describes the type of garment constructed. i.e. dress, romper or jumpsuit or two piece outfit. Fabric/fibers used in this garment have to be manufactured/purchased, for example: bamboo, banana, corn husk and recycled fibers. Garments that are constructed out of the unconventional items themselves should be exhibited under Beyond the Needle. Scoresheet SF28

Wool entries must have the fiber content listed on the identification label to be considered for the State Fair *Make It With Wool* Award.

### Knitting and Crochet

The purpose of this category is to establish basic to advanced crochet and knitting skills. In addition projects in this category require 4-Her's to select adequate yarn and make design decisions.

1. Entry Tags: Every exhibit must be described on the appropriate entry tag accompanying it (for example: blue afghan, yellow sweater, crocheted gray elephant). Attach the entry tag securely to the exhibit using safety pins (no paper clips).
2. Identification Labels: Each item entered as a knitting or crochet exhibit must have a label attached stating: County, Exhibitor's name and age, project name and class in which exhibit is entered, and the number of years enrolled in the project exhibited. Wool entries must have the fiber content listed on the identification label. Attach a label on every component of the exhibit using safety pins or by basting. Not responsible for unlabeled items.
3. General: Garments as listed may be made for self (4-H member) or another person. 4-H'ers enrolled in knitted and crocheted projects should continue their skill development. Once you have exhibited in a higher level, you are not eligible to exhibit in a lower level. Ex. Once you exhibit in Knitting Level 3, you are not eligible to exhibit in Knitting Level 2.

### Division 225 – Fiber Arts - Knitting

Purple \$3.00, Blue \$3.00, Red \$2.50, White \$2.00

Knitted item must be pre-registered by June 12. Criteria for judging knitting: Design and Color, Neatness, Knitting Mechanics, Trimmings, and Construction Finishes.

Each knitted exhibit must include the following information on the fiber arts data card (a fiber arts knitting data card is available at <https://go.unl.edu/ne4hclothing>) with the entry tag, or exhibit will be lowered one ribbon placing:

- 1) Why did you choose to create this exhibit?

- 2) What steps did you take as you created your exhibit?
- 3) What were the most important things you learned?
- 4) Gauge-Number of rows per inch; number of stitches per inch
- 5) Size of needles, finger knitted, arm knitted, loom or machine knitted
- 6) Kind of yarn – weight and fiber content
- 7) Names of stitches used.

Scoresheets, forms, and additional resources can be found at <https://go.unl.edu/ne4hknitting-crocheting>.

**C-225-901 Level 1 Knitted Clothing or Home Environment Item.** Scoresheet SF60

**C-225-001 Level 2 Knitted Clothing** - Knitted item or garment using pattern stitches such as diamond, block, twist or seed/moss stitches. Basic stitches [including: Knit (K), Purl (P), Slip Knit Pass Over (SKPO), Knit Two Together (K2tog), Yarn Over (yo)] to form patterns. Scoresheet SF60. (Garment eligible for State Fair Fashion Show)

**C-225-002 Level 2 Knitted Home Environment Item** - Knitted item using basic stitches [including: Knit (K), Purl (P), Slip Knit Pass Over (SKPO), Knit Two Together (K2tog), Yarn Over (yo)] to form patterns. Scoresheet SF60

**C-225-003 Arm or Finger Knitted Item** - (Clothing or Home Environment Item) Scoresheet SF60

**C-225-004 Loom Knitted Item** - (Clothing or Home Environment Item) Scoresheet SF60

**C-225-005 Level 3 Knitted Clothing** - Knitted item or garment made from advanced knitting stitches such as pass slip stitch over, double-pointed needle knitting, cable, Turkish, tamerna, plait, germaine, feather and fan or knitting with one or more patterns such as Aran or Fair Isle. made by using stitches learned in Level 2 while advancing to circular knitting, double pointed needle knitting, knitting with multiple pattern stitches, and changing colors throughout the garment such as argyle knitting and chart knitting. (Garment eligible for State Fair Fashion Show) Scoresheet SF60

**C-225-006 Level 3 Knitted Home Environment Item** - Knitted item made by using stitches learned in Level 2 while advancing to circular knitting, double pointed needle knitting, knitting with multiple pattern stitches, and changing colors throughout the garment such as argyle knitting and chart knitting. Scoresheet SF60.

**C-225-007 Level 3 Machine Knitting** Scoresheet SF60

#### **Division 226 - Fiber Arts - Crocheting**

Purple \$3.00, Blue \$3.00, Red \$2.50, White \$2.00

Crocheted item must be preregistered by June 12. Criteria for judging crocheting: Design and Color, Neatness, Crocheting Mechanics, Trimmings and Construction Finishes.

Each crocheted exhibit must include the following information on the fiber arts data card (a Fiber Arts crochet data form is available at <https://go.unl.edu/ne4hclothing>) with the entry tag or exhibit will be lowered one ribbon placing:

- 1) Why did you choose to create this exhibit?
- 2) What steps did you take as you created your exhibit?
- 3) What were the most important things you learned?
- 4) Gauge and size of hook or type of crocheting tool.
- 5) Kind of yarn – weight and fiber content or other material used.
- 6) Names of stitches used.

Scoresheets, forms, and additional resources can be found at <https://go.unl.edu/ne4hknitting-crocheting>.

**C-226-901 Level 1 Crocheted Clothing or Home Environment Item** Scoresheet SF60

**C-226-001 Level 2 Crocheted Clothing** - Crochet garment using basic stitches [including: chain, single, double, half-double, treble] to form patterns. Scoresheet SF60. (Eligible for State Fair Fashion Show)

**C-226-002 Level 2 Crocheted Home Environment Item** - Crochet item using basic stitches [including: chain, single, double, half double, treble] to form patterns. Scoresheet SF60.

**C-225-003 Level 3 Crocheted Clothing** Crochet garment using stitches learned in Level 2 while advancing to use afghan stitch, broomstick lace, hairpin lace, design motifs, and multiple pattern stitches. Scoresheet SF60. (Eligible for State Fair Fashion Show)

**C-225-004 Level 3 Crocheted Home Environment Item** - Crochet item using stitches learned in Level 2 while advancing to use afghan stitch, broomstick lace, hairpin lace, design motifs, and multiple pattern stitches. Scoresheet SF60

## DEPARTMENT C – CONSUMER MANAGEMENT

Purple \$3.00, Blue \$3.00, Red \$2.50, White \$2.00

### Division 240 – Shopping In Style (Age 9 & Over)

Shopping In Style exhibits must be pre-registered by June 12.

Consumer education exhibits give 4-H'ers the opportunity to indentify their body shape and select clothing to enhance it, learn how clothing prices are determined, how to comparison shop, analyze advertising, and experiment with removing stains.

**GENERAL INFORMATION** - If exhibit is a poster it should be on 14 x 22 inches poster board. If a three-ring binder is used it should be 8½ x 11 x 1 inches. Video exhibits should be less than 5 minutes in length and be able to be played on a PC using Windows Media Player, Real Player, or Quick Time Player.

**C-240-001 Best Buy for Your Buck (Ages 8-13 as of January 1 of the current year)** Provide details of the best buy you made for your buck this year. Consider building the ultimate wardrobe by adding to this entry each year by dividing it into Year 1, Year 2, Year 3, etc. Put the story in a binder or video, no posters please. (see general information above). Do not include the Shopping in Style Fashion Show Information Sheet in your entry for this class. Although both entries do share some information, there are differences in content and format for this class.

Provide details about wardrobe inventory which indicates the following:

- 1) Why you selected the garment you did.
- 2) Clothing budget.
- 3) Cost of garment.
- 4) Conclusion or summary statement(s) stating your final comments on why you selected your "best buy for the buck."
- 5) Provide 3 color photos of you wearing the garment (front view, side view, back view).

Scoresheet SF84

**C-240-002 Best Buy for Your Buck (Ages 14-18 as of January 1 of the current year)** Provide details of the best buy you made for your buck this year. Consider building the ultimate wardrobe by adding to this entry each year by dividing it into Year 1, Year 2, Year 3, etc. Put the story in a binder or video, no posters please (see general information above). Do not include the Shopping In Style Fashion Show Information Sheet in your entry. Although both entries do share some information, there are differences in the content and format for this class.

Provide details listed for those ages 8-13 plus include the following additions:

- 1) Body shape discussion.
- 2) Construction quality details.
- 3) Design features that affected your selection.
- 4) Cost per wearing.
- 5) Care of garment
- 6) Conclusion or summary statement(s) stating your final comments on why you selected your "best buy for your buck."
- 7) Provide 3 color photos of you wearing the garment (front view, side view, back view).

Scoresheet SF84

### C-240-003 Revive Your Wardrobe

Take at least two items in your wardrobe that still fit but that you don't wear anymore and pair them with a new garment or garments to make them wearable once again. Create a photo story which includes before and after photos and a description of what was done. Put in a binder, poster, or video (see general information). Scoresheet SF88

### C-240-004 Show Me Your Colors

Select 6-8 color photos of you wearing different colors. Half should be what you consider to be good personal color choices and half should be poor personal color choices. Write a brief explanation with each photo describing your selections. Refer to the manual page 23 for more information. Entry should be a poster (see general information). Scoresheet SF89

### C-240-005 Clothing 1st Aid Kit

Refer to page 73 of the manual and complete a clothing first aid kit. Include a list of items in the kit and brief discussion of why each was included. Put in appropriately sized box or tote with a lid. No larger than a shoe box. Scoresheet SF64

### C-240-006 Mix, Match, & Multiply

Using this concept from page 32 of the manual take at least 5 pieces of clothing and create new outfits. Use your imagination to show various looks (i.e. on a clothes line, in a tree, on a mannequin). Include a brief discussion of each outfit which demonstrates what you have learned by completing this entry. Entry can be a binder, poster, or video (see general information). Scoresheet SF90

## DEPARTMENT E – FOODS AND NUTRITION

The purpose of Food and Nutrition exhibits is to encourage knowledge about healthy eating and safe cooking practices. This category has multiple projects that allow 4-Hers to progress over numerous years. In addition, 4-Her's will learn different types of cooking methods to improve their knowledge of cuisine.

**GENERAL INFORMATION** - Members may exhibit only in the projects in which enrolled. Each individual is limited to one exhibit per entry number. Baked products entered in county fair cannot be entered at State Fair. Products should be baked the day before entry day.

**ENTRIES PER INDIVIDUAL** - One entry per exhibitor per class

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

**FOR NON-FOOD ENTRIES** - Please attach the entry tag to the upper right hand corner of the entry. Attach only the section above the perforations to prevent tearing the cards when they are separated.

**ADDITIONAL INFORMATION** - Including recipes and supplemental information should be identified with 4-H'ers name and county.

**CRITERIA FOR JUDGING** - Exhibits will be judged according to State Fair score sheets at <https://go.unl.edu/ne4hfood-nutrition>. 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 Mixes 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.

**FOOD PROJECTS** - Exhibits should be entered using a disposable pan or plate and covered by a plastic self-sealing bag. The Fair Board is not responsible for non-disposable containers, lost bread boards, China or glassware.

**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 foods exhibit. Exhibit that includes alcohol will be disqualified. This includes menu and recipe file exhibits.

**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), and uncooked fruit toppings (i.e., fresh fruit tart). These food items may result in an unsafe food product by the time the item is judged due to unpredictable heat and/or weather conditions.

Purple \$3.00, Blue \$3.00, Red \$2.50, White \$2.00

### Division 350 – General

**E-350-001 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 sciences 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 inches), 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. Scoresheet SF152

**E-350-002 Food and Nutrition Poster, Scrapbook or Photo Display** - Open to any 4-H'er enrolled in a Foods and 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 reports to highlight the concept. Exhibit may be a poster or foam core board (not to exceed 22 x 30 inches), a 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. Scoresheet SF122

**E-350-003 Physical Activity and Health Poster, Scrapbook or Photo Display** - 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 therapist, 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 x 30 inches), 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. Scoresheet SF122

**E-350-004 Cooking Basics Recipe File** - A collection of 10 recipes from any source. Each recipe must accompany a complete menu in 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. Scoresheet SF251

#### **Division 909 – YOUTH in Motion**

**E-909-001 Healthy Snack** - See ideas for non-perishable snacks on page 36. Four cookies, bars, muffins, etc. on a paper plate or at least 1 cup of mix (Examples might include: granola bars, homemade crackers or chips.) Supporting information to include recipe and why this snack might be considered a health snack. Include the recipe. Scoresheet SF125

**E-350-003 YOUTH in Motion Physical Activity and Health Poster or Photo Display** - 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 therapist, 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 x 30 inches), 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. Scoresheet SF122

#### **Division 401 - Cooking 101**

County Project Only - not eligible for State Fair Competition

**E-401-901 Cookies** - any recipe from scratch, four on a paper plate. Put exhibit in a self-sealing bag. Include the recipe.

**E-401-902 Muffins** - any recipe from scratch, four on a paper plate. Put exhibit in a self-sealing bag. Include the recipe.

**E-401-903 No Bake Cookie** - any recipe from scratch, four on a paper plate. Put exhibit in a self-sealing bag. Include the recipe.

**E-401-904 Cereal Bar Cookie** - any cereal based recipe made in pan and cut into bars or squares for serving, four on a paper plate. Put exhibit in a self-sealing bag. Include the recipe.

**E-401-905 Granola Bar** - any recipe from scratch, four on a paper plate. Put exhibit in a self-sealing bag. Include the recipe.

**E-401-906 Brownies** - any recipe from scratch, four on a paper plate. Put exhibit in a self-sealing bag. Include the recipe.

**E-401-907 Snack Mix** - any recipe from scratch, at least 1 cup in self-sealing plastic bag. Include the recipe.

#### **Division 410 – Cooking 201**

**E-410-001 Loaf Quick Bread** - any recipe, at least 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 inches or 9 x 5 inches. If mini-loaf pans are used for exhibit, two loaves must be presented for judging. Include the recipe. Scoresheet SF123

**E-410-002 Creative Mixes** - any recipe, at least 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? Include the recipe. Scoresheet SF142

**E-410-003 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. Include the recipe. Scoresheet SF136

- E-410-004 Healthy Baked Product** - any recipe, at least 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.) Include the recipe. Scoresheet SF124
- E-410-005 Coffee Cake** - any recipe or shape, non-yeast product, at least 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. Include the recipe and menu. Scoresheet SF 129.
- E-410-006 Baking With Whole Grains** - any recipe, at least 3/4 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.) Include the recipe. Scoresheet SF134
- E-410-007 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 3/4 baked product, or 4 muffins or cookies on paper plate or in a disposable pan. Entry must include supporting information that discusses alternative preparation method and how it compares with traditional method. Include the recipe and supporting information. Scoresheet SF133

#### **Division 411 – Cooking 301**

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.

- E-411-001 White Bread** - any yeast recipe, at least 3/4 of a standard loaf displayed on a paper plate. Include the recipe. Scoresheet SF138
- E-411-002 Whole Wheat or Mixed Grain Bread** - any yeast recipe, at least 3/4 of a standard loaf displayed on a paper plate. Include the recipe. Scoresheet SF138
- E-411-003 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. Include the recipe. Scoresheet SF138
- E-411-004 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. Include the recipe. Scoresheet SF138
- E-411-005 Specialty Bread** - any yeast recipe, includes tea rings, braids, or any other full sized specialty bread products. Must exhibit at least 3/4 of a full sized baked product. Include the recipe. Scoresheet SF141
- E-411-006 Shortened Cake** - Must exhibit at least 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). Include the recipe. Scoresheet SF137

#### **Division 412 – Cooking 401**

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.

- E-412-001 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. Include the recipe. Scoresheet SF144
- E-412-002 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. Scoresheet SF145
- E-412-003 Ethnic Food Exhibit** - any recipe, at least 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. Include the recipe and supporting information. Scoresheet SF146
- E-412-004 Candy** - any recipe, 4 pieces of candy on a paper plate or 1/2 cup. No items containing cream cheese will be accepted (Example: cream cheese mints). Candy may be cooked or no cook;

dipped, molded, placed in the microwave or other methods of candy preparation. Recipe must be included. Scoresheet SF147

**E-412-005 Foam Cake** - original recipe (no mixes) of at least 3/4 of the cake. Foam cakes are cakes that have a high ratio of eggs to flour and fall into three categories: angel food cakes or meringues; sponge or jelly roll cakes; and chiffon cakes. Cake may be frosted with a non-perishable frosting (no cream cheese or egg white based frostings allowed). Include the recipe. Scoresheet SF138

**E-412-006 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 cheese or egg based fillings will be disqualified. Include the recipe. Scoresheet SF143

### **Division 901 – Favorite Food Show Contest**

Purple \$4.00, Blue \$4.00, Red \$3.50, White \$3.00

The Favorite Food Show Contest is July 17, 2024, 4-H Exhibit Building, 1:15 p.m.

Contestants must preregister for the contest two days prior to the contest date by calling the Extension Office 308-324-5501. The 4-H'er must be enrolled in a Foods and Nutrition project to enter the contest

What is a Favorite Food Show? It is an opportunity for 4-H'ers to exhibit a food they have learned to prepare as a part of their 4-H food project. They also learn to use their creative talents as they plan the table setting, centerpiece and menu. They also will share the "how" and "why" this food makes a difference for them.

The 4-H Favorite Food Show is for everyone enrolled in a foods and nutrition project. The contest is divided into Junior (ages 8-9); Intermediate (ages 10-13); and Senior (ages 14-18) as of January 1.

4-H'er will select a recipe and prepare it at home. The recipe doesn't have to be from project books, but should relate to learnings in the project. Type or print the recipe on a 4x6 inch card. The judge will taste the food. 4-H'ers will provide extra plates for the judge to sample food. It should be a food that can be kept at room temperature and will be on display the duration of fair.

Plan a menu which includes the food. Type or print on a 4x6 inch card. Exhibit both menu and recipe on the table.

Prepare a centerpiece and table place setting for one or two people for a card table. Members must provide their own card table, table covering, place setting, and centerpiece. The table setting should be appropriate for the menu planned. (Not responsible for the breakage or loss of items.) The display will be exhibited the whole length of fair. Label items with participant's name in an inconspicuous place.

The food may be displayed as the whole product or as one serving. After visiting with judge, display product in a self-sealing bag.

Participants must set up their own table without assistance from 12:45 to 1:00 p.m. Parents may help carry in items but cannot assist with the set up. Participants need to check in and draw for judging order in each division. Juniors will go first. Judging will begin at 1:15 p.m.

The judge will talk to each participant as entry is judged. Food preparation, menu planning, nutrition, table setting, food, display and the individual are all important. 4-H'ers are dismissed after they visit with the judge. Results will be available when the exhibit building is opened for public viewing.

A packet of information is available at the Extension Office to assist in preparing the Favorite Food Show exhibit. The packet contains the following information: entry form, a score sheet, guidelines for "Writing the Menu," "Writing a Recipe," "Setting a Table," and Food Guide Pyramid.

Complete and place entry tag on the card table.

**E-901-001 Favorite Food Show, Junior Division** - ages 8-9

**E-901-002 Favorite Food Show, Intermediate Division** - ages 10-13

**E-901-003 Favorite Food Show, Senior Division** - ages 14-18

### **Division 500 – 4-H Culinary Challenge Contest**

Purple \$4.00, Blue \$4.00, Red \$3.50, White \$3.00

The 4-H Culinary Challenge Contest is July 17, 2024, 4-H Exhibit Building, 1:15 p.m.

Contestants must preregister for the contest two days prior to the contest date by calling the Extension Office 308-324-5501. The 4-H'er must be enrolled in at least one Foods and Nutrition project to enter the contest.

**Purpose of the contest:** The 4-H Culinary Challenge Contest will require youth to demonstrate healthy decision making through nutrition, food preparation, menu planning, and food safety, utilizing a foods and nutrition curriculum. They will apply healthy living knowledge and skills by planning a nutritious menu, demonstrating their understanding of time management skills in the kitchen, and



expressing their originality and creativity through an appropriate themed and properly set table. To showcase these skills, youth will create a menu, prepare a food item, and choose an appropriate theme for their occasion while expressing their food, nutrition, and food safety knowledge during a live interview with a judge at the contest. In order to highlight knowledge and skills acquired during pre-contest preparation, youth will utilize technology as part of their interview.

**Challenge ingredient/item:** A challenge ingredient will be selected each year, highlighting a Nebraska commodity food product. **The 2024 challenge ingredient is soy.** Please keep food safety in mind when selecting the recipe used for the Challenge. Foods must be able to be kept chilled during transport to the contest, then be able to be re-heated in a microwave if needed. Each team must incorporate the challenge ingredient into their food item they will be presenting during the contest. This may require altering a recipe or creatively incorporating an item into their overall table theme. The challenge ingredient must also be included in the interview presentation, demonstrating youth knowledge of the ingredient, such as nutritional value, a farm-to-fork concept, or how to adapt a recipe to include the ingredient.

**Judges interview:** The team should view themselves as the hosts, welcoming the judge, cooperatively presenting the table to the judge, incorporating multi-media resources, and answering any questions from the judge. Teams must be prepared to present to the judge utilizing technology such as PowerPoint, picture story, or other multi-media resource. Presentations may include photos, clip art, animation, video or audio sound. The 4-H members should cooperatively present a verbal presentation to the judge that is highlighted by their multi-media presentation via computer or tablet. Participants must provide their own computer or other equipment needed for their 4-H Foods Event judging interview. Presentations will occur at participants' tables. Please do not bring projectors or other equipment which will require extra space.

Considerations should be given to creatively include the following items through the multi-media presentation:

- nutritional facts of their menu
- food safety
- time management
- choice of menu
- food preparation
- cost of item/per serving
- food handling techniques
- recipe of the food item shared with the judge
- challenge ingredient (nutritional value, farm-to-fork, recipe revision, etc.)

### **General Rules/Guidelines**

1. A team will consist of two members to be eligible to compete. 4-H members must be at least 8 years of age by January 1 of the current calendar year.
2. All team members must be enrolled in a 4-H foods and nutrition project during the current 4-H year.
3. Judging interviews will be approximately 15 minutes for Junior, Intermediate and Senior Divisions. This time includes a short presentation by the teams, as well as questions from the judge.
4. Teams should arrive at least 15 minutes prior to your assigned time to set up their table.
5. Team members must provide their own card table for the display.
6. Upon arriving, check-in at the registration table. Teams will be assigned a specific area to set up.
7. Check-in area will contain a microwave and **limited** temporary storage for table settings at State Fair.
8. Only contestants will be allowed to set up or arrange table settings.
9. Participants must have their table setting ready by the assigned time. Once tables are set, contestants should stay with their tables, as they are responsible for items placed on tables. Chairs will be available for contestants.
10. During judging, 4-H members may choose to dress in appropriate clothing, costume, or accessories relevant to the theme.

**Contest Resources:** SF 4-H Culinary Challenge Contest scoresheet can be found at <https://go.unl.edu/ne4hculinarychallenge>. More information regarding proper table setting guidelines, recipe development resources, and food safety guidelines are also available through the website at <http://food.unl.edu/youth/projects>.

Complete and place entry tags on the card table for each team member.

**F-500-010 4-H Culinary Challenge Contest, Junior** - ages 8-10

**F-500-097 4-H Culinary Challenge Contest, Intermediate** - ages 11-13

**F-500-098 4-H Culinary Challenge Contest, Senior** - ages 14-18

## Division 406, 407, 408, 414 – Food Preservation

**PROCESSING METHODS** – Current USDA processing methods and altitude adjustments must be followed for all food preservation. The USDA Complete Guide to Home Canning is on the web at: [http://nchfp.uga.edu/publications/publications\\_usda.html](http://nchfp.uga.edu/publications/publications_usda.html). 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. Spoilage or unsealed container disqualifies entry.

**JARS & LIDS** – 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 jar 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 1-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 State Fair score sheets, – <https://4hfairbook.unl.edu/fairbookview.php/rules>. Incomplete exhibits will be lowered a ribbon class. Canned food items not processed according to elevation in the county will be lowered one class ribbon. Check with your local extension office or <https://food.unl.edu/canning#elevation> for your county's elevation and how that affects food processing times and pounds of pressure. Elevations: Overton - 2320; Lexington - 2392; Cozad - 2490; Gothenburg - 2569; Brady - 2651; Sumner - 2365; Eddyville - 2447; Elwood - 2667; Eustis - 2634; and Farnam - 2753.

The Fair Board is not responsible for lost, damaged or broken exhibits.

**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 "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 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/food-preservation> or Extension publications from other states
- Ball Blue Book (published after 2009)

**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. Elevation (and elevation 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).

Purple \$3.00, Blue \$3.00, Red \$2.50, White \$2.00

## Unit 1 Freezing Project Manual

**E-406-001 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. See special labeling/recipe/support information. Include recipe, source of recipe and preservation information card. Scoresheet SF155