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## FOODS & NUTRITION

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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:

1. **GENERAL:** Members may exhibit only in the project area in which they are enrolled.
2. **ENTRIES PER INDIVIDUAL:** Each 4-H'er is limited to a total of four (4) exhibits in the Foods and Nutrition Section and four (4) exhibits in the Food Preservation Section. No more than four (4) exhibits are allowed in each section.
3. **SUPPORTING INFORMATION:** **\*\*EACH FOOD 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. GENERAL LABELING INFORMATION, including recipes and supplemental information should be identified with 4-H'ers name and county.
4. **CRITERIA FOR JUDGING:** Exhibits will be judged according to score sheets available at your local Extension office or 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 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.
5. **FOOD PRESENTATION:** Food Exhibits should be entered using a disposable pan or plate and covered by a plastic self-sealing bag. The Fair Board and Extension Office is not responsible for non-disposable containers, lost bread boards, China, or glassware.
6. **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.
7. **PLEASE THINK FOOD SAFETY!** Exhibits are on display for several days. 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.  
*Safe:* 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.  
*Considered Unsafe:* The following food ingredients are considered unsafe for fair exhibits and will be disqualified: Cream cheese fillings and cream cheese frostings; any meat item including meat jerky, imitation meat bits (bacon bits, pepperoni, etc); melted cheese

toppings, 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.

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## GENERAL FOOD & NUTRITION

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**E 350 001 FOOD SCIENCE EXPLORATION** Open to any 4-H'er enrolled in a Foods & Nutrition or Food Preservation project. Show the connection between food and science as it relates to food preparation, food safety, food preservation, or food production. Exhibit may be a poster or foam core board (not to exceed 22" x 30"), computer-based presentation printed off with notes pages, if needed, and displayed in a binder, an exhibit display, a written report in a portfolio or notebook. Consider neatness and creativity.

**E 350 002 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.

**E 350 003 PHYSICAL ACTIVITY AND 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.

**E 350 004 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.

**FLOP EDUCATIONAL EXPERIENCE**  
**County Only (\*Not Eligible for State Fair)**

Oh No! What did I do? This exhibit is a food item that the 4-Her had planned to take to the fair but did not turn out. The judge will talk with the 4-Her about what the 4-Her may have done wrong and how to correct the mistake. This class does NOT have a premium and will not be displayed. The purpose is for education only. Each 4-H member is limited to one entry.

**CAKE DECORATING**  
**County Project (\*Not Eligible for State Fair)**

4-H member may exhibit one entry per class in unit enrolled in. All decorating exhibits will remain in place until the official exhibit release time. Use a disposable cardboard which can be covered with paper, plastic doilies, ruffles or foil. Bring a color picture to the fair of your finished exhibit for display.

**UNIT I**

- \*E 901 901 One- or two-layer decorated cake (or plastic base) without use of tips with edible decorations.
- \*E 901 902 One- or two-layer decorated cake (or plastic base) using two decorating tips.
- \*E 901 903 Novelty cake (using character or shaped pans and star tips)
- \*E 901 904 Four decorated cupcakes on a plate.
- \*E 901 905 Four decorated cookies on a plate.

**Unit II, III, IV**

- \*E 901 906 One- or two-layer, decorated cake (or plastic base) showing the use of three or more tips (rose tip must be one)
- \*E 901 907 Tiered cake using unlimited tips Sugar molding may be used.

**COOKING 101 (Junior Ages 8-10) (\*Not Eligible for State Fair)**

- \*E 401 901 **COOKIES** (any recipe, 4 on a paper plate)
- \*E 401 902 **MUFFINS** (any recipes 4 on a paper plate)
- \*E 401 903 **NO BAKE COOKIE** (any recipe, 4 on a paper plate)
- \*E 401 904 **CEREAL BAR COOKIE** (any cereal based recipe made in pan and cut into bars or squares for serving – 4 on a paper plate)
- \*E 401 905 **GRANOLA BAR** (any recipe, 4 on a paper plate)

\*E 401 906 BROWNIES (any recipe, 4 on a paper plate)

\*E 401 907 SNACK MIX (any recipe, at least 1 cup in self-sealing plastic bag)

PREMIUMS: PURPLE \$2.50; BLUE \$2.20; RED \$1.75; WHITE \$1.40

### COOKING 201 (Intermediate Ages 11-13)

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 410 001 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  $8\frac{1}{2}$ " x  $4\frac{1}{2}$ " or 9" x 5". If mini-loaf pans are used for exhibit, two loaves must be presented for judging.

**E 410 002 CREATIVE MIXES** - Any recipe, at least  $\frac{3}{4}$  of baked product or 4 muffins or cookies on a paper plate. or in a disposable pan. Baked item made from a mix (commercial or homemade mixes acceptable). Food product must have been modified to make a new or different baked item. Examples include poppy seed quick bread from a cake mix, cake mix cookies, sweet rolls made from 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?

**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.

**E 410 004 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.).

**E 410 005 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.

**E 410 006 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.)

**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 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.

PREMIUMS: PURPLE \$2.50; BLUE \$2.20; RED \$1.75; WHITE \$1.40

**COOKING 301 (Advanced Ages 14-18)**

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  $\frac{3}{4}$  of a standard loaf displayed on a paper plate.

**E 411 002 WHOLE WHEAT OR MIXED GRAIN BREAD** - Any yeast recipe, at least  $\frac{3}{4}$  of a standard loaf displayed on a paper plate.

**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.

**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.

**E 411 005 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. May be baked in a disposable pan.

**E 411 006 SHORTENED CAKE** - NOT FROM A CAKE MIX! At least  $\frac{3}{4}$  of the cake. 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).

PREMIUMS: PURPLE \$2.50; BLUE \$2.20; RED \$1.75; WHITE \$1.40

**COOKING 401 (Advanced Ages 14-18)**

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 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.

**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.

**E 412 003 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.

**E 412 004 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 no cook; dipped, molded, made in the microwave or other methods of candy preparation. Recipe must be included.

**E 412 005 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).

**E 412 006 SPECIALTY PASTRY** - Any recipe, at least 3/4 of baked product or 4 muffins or cookies on a paper plate. May be baked in a disposable pan. Baked 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.

PREMIUMS: PURPLE \$2.50; BLUE \$2.20; RED \$1.75; WHITE \$1.40

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## FOOD PRESERVATION

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A. ENTRIES PER INDIVIDUAL - One entry per exhibitor per class. Limit of four entries per exhibitor in Food Preservation.

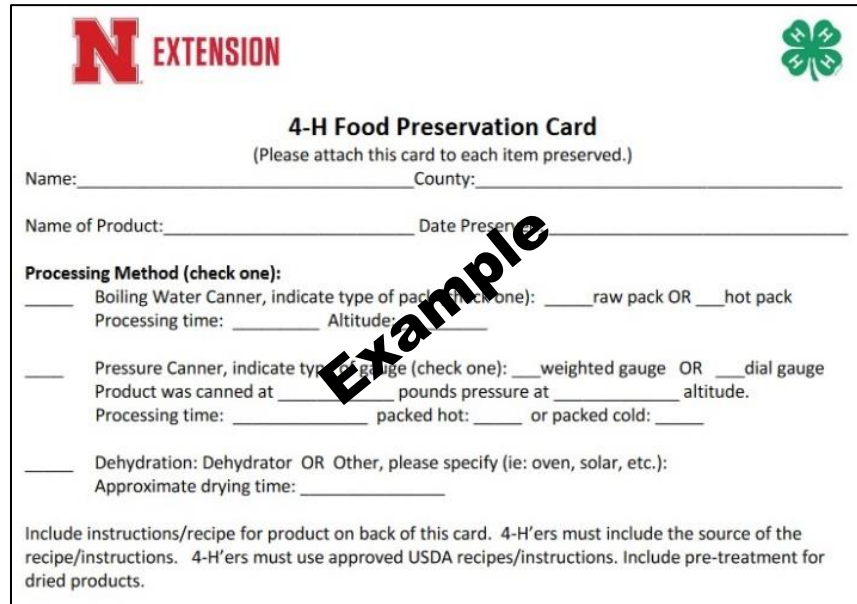
B. PROCESSING METHODS - Current USDA processing methods and altitude adjustments must be followed for all food preservation. Jams, preserves and marmalades, fruit, tomatoes and pickled products must be processed in a boiling water bath. Tomatoes may be processed in a pressure canner. All non-acid vegetables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


C. 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 be disqualified. 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.

**DIXON COUNTY FAIRBOOK 2023**  
**DEPARTMENT E**  
**Foods & Nutrition / Food Preservation / Safety**



- D. CURRENT PROJECT - All canning must be the result of this year's 4-H project, since September 1, of the previous calendar year.
- E. CRITERIA FOR JUDGING - Exhibits will be judged according to score sheets available at your local Extension office or the State Fair book: <https://4hfairbook.unl.edu/fairbookview.php/rules>. Incomplete exhibits will be lowered a ribbon class. Canned food items not processed according to altitude in the county will be lowered one class ribbon. Check with your local extension office for your county's altitude or this site <https://food.unl.edu/canning#elevation> for your county's altitude and how that affects food processing times and pounds of pressure.
- F. LABELING - Jars should be labeled with name of the food item, 4-H'er, county, and date of processing on the bottom of each jar. Each bag containing dried foods should also be labeled with the name of the food item, 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.
- G. RECIPE / SUPPORTING INFORMATION - Recipe must be included, and may be handwritten, photocopied or typed. Commercially prepared 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-safety>: or Extension publications from other states
  - Ball Blue Book (published after 2009) or online: <https://www.freshpreserving.com/recipes>
- H. 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).



**N EXTENSION** 

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

Name: \_\_\_\_\_ County: \_\_\_\_\_

Name of Product: \_\_\_\_\_ Date Preserved: \_\_\_\_\_

**Processing Method (check one):**

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

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

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

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

### UNIT 1 FREEZING

**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. May be baked 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

**E 407 001 DRIED FRUITS** - Exhibit three (3) different examples of three (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.

**E 407 002 FRUIT LEATHER** - Exhibit three (3) different examples of three (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.

**E 407 003 VEGETABLE LEATHER** - Exhibit three (3) different examples of three 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.

**E 407 004 DRIED VEGETABLES** - Exhibit three (3) different samples of three (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.

**E 407 005 DRIED HERBS** - Exhibit three (3) different samples of three 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.



**E 407 006 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. May be baked 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**

**E 408 001 ONE (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.

**E 408 002 THREE (3) JAR FRUIT EXHIBIT** - Exhibit three (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 the boiling water bath according to current USDA recommendations.

**E 408 003 ONE (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.

**E 408 004 THREE (3) JAR TOMATO EXHIBIT** - Exhibit three (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.

**E 408 005 ONE (1) JAR PICKLED EXHIBIT** - One jar of a pickled and/or fermented product. Entry must be processed in the boiling water bath according to current USDA recommendations.

**E 408 006 THREE (3) JAR PICKLED EXHIBIT** - Exhibit three (3) jars of different kinds of canned pickled and/or fermented products. Entry must be processed in the boiling water bath according to current USDA recommendations.

**E 408 007 ONE (1) JAR JELLED EXHIBIT** - Exhibit one jar of a jam, jelly, fruit butter, or marmalade. Entry must be processed in the boiling water bath according to current USDA recommendations.

**E 408 008 THREE (3) JAR JELLED EXHIBIT** - Exhibit three (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.

### **UNIT 4 PRESSURE CANNING**

**E 414 001 ONE (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.

**E 414 002 THREE (3) JAR VEGETABLE EXHIBIT** - Exhibit three (3) jars of different kinds of canned vegetables. Include only vegetables canned in a pressure canner according to current USDA recommendations.

**E 414 003 THREE (3) JAR MEAT EXHIBIT** - Exhibit three (3) jars of different kinds of canned meats. Include only meats canned in a pressure canner according to current USDA recommendations.

**E 414 004 QUICK DINNER** - Exhibit a minimum of three (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.

**E 414 005 ONE (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.

**E 414 006 THREE (3) JAR TOMATO EXHIBIT** - Exhibit three (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.

PREMIUMS: PURPLE \$2.50; BLUE \$2.20; RED \$1.75; WHITE \$1.40

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## SAFETY

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In this category, 4-H'ers have the opportunity to create exhibits about all-terrain vehicles, fire, and tractor safety. In addition, participants can also create informational exhibits about basic safety strategies. Through involvement in this category, 4-H'ers will be better educated about personal safety and have the knowledge base to educate others about safety. For more resources and materials in this category refer to the resource section at the bottom of the page.

### Resources:

All-Terrain Vehicles (ATV) - Find out how to use ATV's safely; Learn about troubleshooting and emergency procedures; Find out about hazards of the trail; Learn how to dress appropriately when riding.

URL: [https://4hcurriculum.unl.edu/index.php/main/program\\_project/88](https://4hcurriculum.unl.edu/index.php/main/program_project/88)

Fire Safety - Design a poster about fire safety; Learn to develop fire escape plans.

URL: [https://4hcurriculum.unl.edu/index.php/main/program\\_project/87](https://4hcurriculum.unl.edu/index.php/main/program_project/87)

Safety - Learn how to report an emergency; Learn basic first aid; Find out how to stock a first aid kit; Discover strategies for safety at home and away.

URL: [https://4hcurriculum.unl.edu/index.php/main/program\\_project/86](https://4hcurriculum.unl.edu/index.php/main/program_project/86)

Tractor Safety - Learn to operate a tractor safely; Understand tractor controls and safety checks.

URL: [https://4hcurriculum.unl.edu/index.php/main/program\\_project/89](https://4hcurriculum.unl.edu/index.php/main/program_project/89)

**E 440 001 FIRST AID KIT** - A first aid kit is a good way to organize supplies in an emergency. The kit should be assembled in a container appropriate for the kit's intended use. A description of where the kit will be stored and examples of specific emergencies for that situation should be included in the exhibit. The kit should include a written inventory and purpose statement for

included items. Items should cover the following areas: airway and breathing, bleeding control, burn treatment, infectious disease protection, fracture care and miscellaneous supplies. Use Citizen Safety manual, 4-H 425, pages 6 & 7 and score sheet SF110 for guidance.

\*\* Kits containing any of the following will be automatically disqualified:

- 1) Prescription medications. (If the kit's purpose is to provide medication for someone with special needs, explain in the written description and inventory, but remove the medication.)
- 2) Materials with expiration dates on or before the judging date. (This includes sterile items, non-prescription medications, ointments, salves, etc. Articles dated month and year only are considered expired on the last day of that month.)
- 3) Any controlled substance.

**E 440 002 DISASTER KIT (EMERGENCY PREPAREDNESS)** - Disaster kits must contain the materials to prepare a person or family for emergency conditions caused by a natural or man-made incident. Selection of materials is left to the exhibitor. Family or group kits must have enough material or items for each person. A description of the kit's purpose, the number of people supported, and a list of contents is required. Youth are encouraged to test their kit by challenging their family to try to survive using only the included materials for the designated time. If tested, share that experience in kit documentation. Please include an explanation of drinking water needs for your disaster kit. Do not bring actual water to the fair in the kit.

**E 440 003 SAFETY SCRAPBOOK** - The scrapbook must contain 15 news articles from print and/or internet sources about various incident types. Mount each clipping on a separate page accompanied by a description of events leading to the incident and any measures that might have prevented it. The Scrapbook should be bound in a standard size hardcover binder or notebook for 8 ½" X 11" size paper. Correct sentence structure, readability and thorough explanations are an important part of judging.

**E 440 004 SAFETY EXPERIENCES** - The exhibit should share a learning experience the youth had related to safety. Examples could be participating in a first aid or first responder training, a farm safety day camp, babysitting workshop or similar event; scientific experiment related to safety; or the youth's response to an emergency situation. The exhibit should include a detailed description of the experience, the youth's role, some evidence of the youth's leadership in the situation and a summary of the learning that took place. Exhibits may be presented in a poster with supplemental documentation, a notebook including up to ten pages of narrative and pictures, or a multimedia presentation on a CD lasting up to five minutes.

**E 440 005 CAREER IN SAFETY** - The exhibit should identify a specific career area in the safety field and include education and certification requirements for available positions, salary information, demand for the field and a summary of the youth's interest in the field. Examples of careers include firefighters, paramedics, emergency management personnel, some military assignments, law enforcement officers, emergency room medical personnel, fire investigator and more. It is recommended youth interview a professional in the field in their research. Additional research sources might include books, articles, career web sites, job-related government web sites or interviews with career placement or guidance counselors. Exhibits may be presented in a poster with supplemental documentation, a notebook including up to ten pages of narrative and pictures, or a multimedia presentation on a CD lasting up to five minutes.

**FIRE SAFETY**

**E 450 001 FIRE SAFETY POSTER** - This is a home floor plan drawn to scale showing primary and secondary escape routes and where fire extinguishers and smoke detectors are located. Draw every room, including all doors and windows. Use black or blue arrows showing primary escape routes from each room. Use red arrows showing secondary routes to use if the primary routes are blocked. Primary and secondary escape routes must lead outside to an assembly location. Documentation should include evidence the escape plan has been practiced at least four times. Posters must be constructed of commercial poster board at least 11" x 14" but not larger than 22" x 28".

**E 450 002 FIRE SAFETY SCRAPBOOK** - The scrapbook must contain 10 news articles from print and/or internet sources about fires to residential or commercial properties or landscapes. Mount each clipping on a separate page accompanied by a description of events leading to the incident and any measures that might have prevented it. The Scrapbook should be bound in a standard size hardcover binder or notebook for 8 ½" X 11" size paper. Correct sentence structure, readability and thorough explanations are an important part of judging.

**E 450 003 FIRE PREVENTION POSTER** - Posters should promote a fire prevention message and be appropriate to display during National Fire Prevention Week or to promote fire safety at specific times of the year (Halloween, 4th of July, etc.). Originality, clarity and artistic impression will all be judged. \*Do not include live fireworks, matches or other flammable/explosive/hazardous materials. Any entry containing this material will be disqualified. Posters must be constructed of commercial poster board at least 11" x 14" but not larger than 22" x 28".

PREMIUMS: PURPLE \$1.60; BLUE \$1.25; RED \$1.00; WHITE \$0.75