

# **Breakdown of the Foods and Nutrition Curriculum (2018)**

## **If you were enrolled in SIX EASY BITES, choose COOKING 101!**

Cooking 101 focuses on MyPlate, safe food preparation skills, and basic beginning baking projects, such as cookies, muffins, brownies, snacks and cereal based recipes. It also teaches how to set the table for a family meal, measuring dry and liquid ingredients and the importance of handwashing and keeping things clean in the kitchen!

## **If you were enrolled in TASTY TIDBITS, choose COOKING 201!**

Cooking 201 teaches understanding and preventing foodborne illnesses, kitchen and food safety, understanding the Nutrition Food Label and how to make soups, rice, pasta, and other foods. Baking projects include making biscuits and scones, quick breads, creative mixes, coffee cakes, healthy baked products, and using alternative baking methods.

## **If you were enrolled in YOU'RE the CHEF, choose COOKING 301!**

Cooking 301 teaches successful tips and techniques when working with yeast breads, gluten and the different types of fats used in baking. 4-H'ers also learn about menu planning and planning a special themed event. Youth also learn about grilling and outdoor cooking, and making butter! Projects include all yeast breads and rolls and making a shortening cake.

## **If you were enrolled in FOODWORKS, choose COOKING 401!**

Cooking 401 focuses on more technical tricks in food preparation, including using herbs and spices and how to plan that special celebration. Projects include, ethnic foods, foam cakes, projects with herbs baked in them, pies, pastries and candy.

\*If you were enrolled in **FAST FOODS**, please check out the different options for the COOKING series, as it incorporates the same teaching lessons throughout. Enjoy what's on your plate for 2018, it will taste great!

## **DIVISION 350 - GENERAL**

- **E350001 - Food Science Exploration** (Scoresheet SF152) open to any 4-H'er enrolled in a Foods & Nutrition or Food Preservation project. Show the connection between food and science as it relates to food preparation, food safety, 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.
- **E350002 - Foods and Nutrition Poster, Scrapbook, or Photo Display** (Scoresheet SF122) Open to any 4-H'er enrolled in a Foods & Nutrition or Food Preservation project. The project should involve a nutrition or food preparation technique or career/concept lesson. 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.
- **E350003 - Physical Activity and Health Poster, Scrapbook, or Photo Display** (Scoresheet SF122) Open to any 4-H'er enrolled in a Foods & Nutrition or Food Preservation project. The project should involve a physical activity or career/concept lesson. 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

- **E35004 - Cooking Basics Recipe File** (Scoresheet SF251) A collection of 10 recipes from any source. Each recipe must accompany a complete menu in which the recipe is used. An additional 10 recipes may be added each year the 4-H'er is in the project, with 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.

#### DIVISION 410 – COOKING 201

- **E410001 - Loaf Quick Bread** (Scoresheet SF123) any recipe, at least  $\frac{3}{4}$  of a standard loaf displayed on a paper plate) Quick bread is any bread that does not require kneading or rising time and does NOT include yeast. A standard quick bread loaf measures approximately 8  $\frac{1}{2}$ " x 4  $\frac{1}{2}$ " or 9" x 5". If mini-loaf pans are used for exhibit, two loaves must be presented for judging.
- **E410002 - Creative Mixes** (Scoresheet SF142) any recipe, at least  $\frac{3}{4}$  of baked product or 4 muffins or cookies on a paper plate. May be baked in a disposable pan. Baked item made from a mix (commercial or homemade mixes acceptable). Food product must have been modified to make a new or different baked item. Examples include poppy seed quick bread from a cake mix, cake mix cookies, sweet rolls made from readymade bread dough, monkey breads from biscuit dough, streusel coffee cake from a cake mix, etc. Write what you learned about making this product using a mix instead of a homemade recipe or recipe "from scratch". Does it make it better or easier to use a convenience product or mix? Why or why not?
- **E410003 - Biscuits or Scones** (Scoresheet SF136) four biscuits or scones on a small paper plate. This may be any type of biscuit or scone: rolled, or dropped. Any recipe may be used, but it must be a non-yeast product baked from scratch.
- **E410004 - Healthy Baked Product** (Scoresheet SF124) 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.).
- **E410005 - Coffee Cake** (Scoresheet SF129) 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.
- **E410006 - Baking with Whole Grains** (Scoresheet SF134) 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.)
- **E410007 - Non-Traditional Baked Product** (Scoresheet SF133) exhibit must include a food product prepared using a non-traditional method (i.e. bread machine, cake baked in convection oven, baked item made in microwave, etc.) Entry must be at least  $\frac{3}{4}$  baked product, or 4 muffins or cookies on a paper plate. Entry must include supporting information that discusses alternative preparation method and how it compares with traditional method.

#### 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.

- **E411001 - White Bread** (Scoresheet SF138) any yeast recipe, at least  $\frac{3}{4}$  of a standard loaf displayed on a paper plate.

- **E411002 - Whole Wheat or Mixed Grain Bread** (Scoresheet SF138) any yeast recipe, at least 3/4 of a standard loaf displayed on a paper plate.
- **E411003 - Specialty Rolls** (Scoresheet SF138) any yeast recipe, 4 rolls on a paper plate. May be sweet rolls, English muffins, kolaches, bagels, or any other similar recipe that makes individual portions.
- **E411004 - Dinner Rolls** (Scoresheet SF138) any yeast recipe, 4 rolls on a paper plate. May be cloverleaf, crescent, knot, bun, bread sticks, or any other type of dinner roll.
- **E411005 - Specialty Bread** (Scoresheet SF141) any yeast recipe, includes tea rings, braids, or any other full-sized specialty bread products. Must exhibit at least ¾ of a full sized baked product. May be baked in a disposable pan.
- **E411006 - Shortened Cake** (Scoresheet SF137) NOT FROM A CAKE MIX! At least ¾ 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).

#### 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.

- **E412001 - Double Crust Fruit Pie** (Scoresheet SF144) made with homemade fruit filling. No egg pastries or cream fillings. No canned fillings or premade pie crusts. May be a double crust, crumb, cut-out or lattice topping. Using an 8- or 9-inch disposable pie pan is recommended.
- **E412002 - Family Food Traditions** (Scoresheet SF145) 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.
- **E412003 - Ethnic Food Exhibit** (Scoresheet SF146) 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.
- **E412004 - Candy** (Scoresheet SF147) 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.
- **E412005 - Foam Cake** (Scoresheet SF138) 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).
- **E412006 - Specialty Pastry** (Scoresheet SF143) 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.

# FOOD PRESERVATION

## Classes

### DIVISION 407 UNIT 1 FREEZING PROJECT MANUAL

- **E407001 - Baked Item made with Frozen Produce** (Scoresheet SF155) 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 PROJECT MANUAL

- **E407002 - Dried Fruits** (Scoresheet SF154) 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.
- **E407003 - Fruit Leather** (Scoresheet SF154) exhibit 3 different examples of 3 different fruit leathers. Place a 3-4" sample of each fruit together in separate self-sealing bags. Use a rubber band or "twisty" to keep exhibit together.
- **E407004 - Vegetable Leather** (Scoresheet SF154) 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.
- **E407005 - Dried Vegetables** (Scoresheet SF149) exhibit 3 different samples of 3 different dried vegetables. Place each food (1/4 cup of each vegetable) in a separate self-sealing bag. Use a rubber band or "twisty" to keep exhibit together.
- **E407006 DRIED HERBS** (Scoresheet SF149) exhibit 3 different samples of 3 different dried herbs. Place each food (1/4 cup of each herb) in a separate self-sealing bag. Use a rubber band or "twisty" to keep exhibit together.
- **E407007 - Baked Item made with Dried Produce/Herbs** (Scoresheet SF156) 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 MANUAL

- **E407008 - 1 Jar Fruit Exhibit** (Scoresheet SF150) exhibit one jar of a canned fruit. Entry must be processed in the boiling water bath according to current USDA recommendations.
- **E407009 - 3 Jar Fruit Exhibit** (Scoresheet SF150) 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 the boiling water bath according to current USDA recommendations.
- **E407010 - 1 Jar Tomato Exhibit** (Scoresheet SF150) exhibit one jar of a canned tomato product. Entry must be processed in a boiling water bath according to current USDA recommendations.
- **E407011 - 3 Jar Tomato Exhibit** (Scoresheet SF150) exhibit 3 jars of different canned tomato products (salsa, sauces without meats, juice, stewed, etc.). Entry must be processed in a boiling water bath according to current USDA recommendations.
- **E407012 - 1 Jar Pickled Exhibit** (Scoresheet SF150) one jar of a pickled and/or fermented product. Entry must be processed in the boiling water bath according to current USDA recommendations.
- **E407013 - 3 Jar Pickled Exhibit** (Scoresheet SF150) exhibit 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.
- **E407014 - 1 Jar Jelled Exhibit** (Scoresheet SF153) exhibit one jar of a jam, jelly or marmalade. Entry must be processed in the boiling water bath according to current USDA recommendations.

- **E407015 - 3 Jar Jelled Exhibit** (Scoresheet SF153) exhibit 3 different kinds of jelled products. Entry may be made up of either pints or half pints (but all jars must be the same size). Entry must be processed in the boiling water bath according to current USDA recommendations.

#### UNIT 4 PRESSURE CANNING PROJECT MANUAL

- **E407016 - 1 Jar Vegetable or Meat Exhibit** (Scoresheet SF150) exhibit one jar of a canned vegetable or meat. Include only vegetables or meats canned in a pressure canner according to current USDA recommendations.
- **E407017 - 3 Jar Vegetable Exhibit** (Scoresheet SF150) exhibit 3 jars of different kinds of canned vegetables. Include only vegetables canned in a pressure canner according to current USDA recommendations.
- **E407018 - 3 Jar Meat Exhibit** (Scoresheet SF150) exhibit 3 jars of different kinds of canned meats. Include only meats canned in a pressure canner according to current USDA recommendations.
- **E407019 - Quick Dinner** (Scoresheet SF151) exhibit a minimum of 3 jars to a maximum of 5 jars (all the same size) plus menu. Meal should include 3 canned foods that can be prepared within an hour. List complete menu on a 3" X 5" file card and attach to one of the jars. Entry must be processed according to current USDA recommendations
- **E407020 - 1 Jar Tomato Exhibit** (Scoresheet SF150) exhibit one jar of a canned tomato product. Entry must be processed in a pressure canner according to current USDA recommendations.
- **E407021 - 3 Jar Tomato Exhibit** (Scoresheet SF150) exhibit 3 jars of different canned tomato products (salsa, sauces without meats, juice, stewed, etc.). Entry must be processed in a pressure canner according to current USDA recommendations.