

# HEALTHY LIFESTYLES

## CHECK IN:

Tuesday, August 3, 2021 from 6:00 - 8:00 p.m.  
& Wednesday, August 4, 2021 from 7:30 – 9:00 a.m.

## JUDGING TIME:

Wednesday, August 4, 2021 beginning at 9:00 a.m. (closed to public)

## PREMIUMS:

Purple \$2.50; Blue \$2.00; Red \$1.50; White \$1.00

## FOOD & NUTRITION

### INTERVIEW JUDGING OPPORTUNITY Wednesday, August 4 by Appointment

#### STATE FAIR ENTRIES:

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

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.

### FOOD & NUTRITION GUIDELINES

- A. Members may exhibit only in the projects in which enrolled.
- B. Number of Exhibits: Only ONE exhibit per class for each 4-H'er.
- C. Supporting Information: Each exhibit must include the recipe.  
Recipe may be handwritten, photocopied, or typed. Place the food on the appropriate size plate. Put exhibit in a self-sealing (Ziploc) 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. Additional information including recipes and supplemental information should be identified with 4-H'ers name and county.
- D. Criteria for Judging: Exhibits will be judged according to score sheets available at your local Extension office or at <http://4h.unl.edu/fairbook>. Make sure to follow all entry instructions required for your exhibit. Incomplete exhibits will be lowered a ribbon placing. Commercially prepared mixes are ONLY allowed in Cooking 201 Creative Mix Class. Prepared baking mixes, biscuit mixes, and other pre-made mixes entered in other categories will be lowered a ribbon placing.
- E. Food Projects: Exhibits should be entered using a disposable pan or plate and covered by a plastic self-sealing bag. Dodge County is not responsible for non-disposable containers, lost bread boards, china or glassware.
- F. Ingredients: Any ingredient that the 4-H'er uses must be able to be purchased by the 4-H'er. Ingredients such as beer, whiskey, rum, etc. may not be used in any recipe file or food exhibit. Exhibits that include alcohol in the recipe will be disqualified.
- G. Food Safety: Exhibits are on display for several days. Please think FOOD SAFETY! Items that require refrigeration will not be accepted, judged, or displayed. 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:
  - o Egg or cream fillings and cream cheese frostings
  - o Any meat item including meat jerky, imitation meat bits (bacon bits, pepperoni, etc.);
  - o Melted cheese on top of food exhibit (cheese mixed into baked goods is considered safe and will be accepted)
  - o Uncooked fruit toppings (i.e., fresh fruit tart).

### INTERVIEW JUDGING

#### PROJECTS INCLUDE: ALL Healthy Lifestyles Projects

4-H members are encouraged to participate in interview judging. Interview judging allows 4-H members to discuss their exhibits directly with the judge. This will give 4-H members the opportunity to discuss the process they took preparing their project. In addition, interview judging will give judges the opportunity to provide positive input and helpful suggestions to the 4-H member.

#### REQUEST FOR INTERVIEW JUDGING:

- Department Superintendents are to be notified when a 4-H project is entered by a 4-H member intending to Interview Judge.
- Entry cards of 4-H exhibits must designate Interview Judging Request by checking the "INTERVIEW" box at the upper right corner (above "Dodge County Fair") of the entry card.
- Exhibitors are limited to ONE interview entry per department (project area).

TIME: (Optional) Interview Judging / Wednesday, August 4 by appointment / 4-H Exhibit Hall

- Exhibitors will make appointments (9:30 am-12:00 pm) with superintendent at time of check in.

#### INTERVIEW JUDGING IS OPTIONAL:

- Projects are not required to be interview judged. Therefore, no projects will be deducted a ribbon placing for not interview judging.

### DEPT. E / DIV. 350

#### GENERAL

- Class 1 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 displays, a written report in a portfolio or notebook. Consider neatness and creativity.
- Class 2 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 displays; or a written report in a portfolio or notebook. Consider neatness and creativity.
- Class 3 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 displays, or a written report in a portfolio or notebook. Consider neatness and creativity.
- Class 4 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.

## DEPT. E / DIV. 401

### COOKING 101

#### ***(NOT Eligible for State Fair)***

- Class 901 Cookies: Any recipe, 4 on a paper plate.  
Class 902 Muffins: Any recipe, 4 on a paper plate.  
Class 903 No Bake Cookie: Any recipe, 4 on a paper plate.  
Class 904 Cereal Bar Cookie: Any cereal-based recipe made in pan and cut into bars or squares for serving.  
Class 905 Granola Bar: Any recipe, 4 on a paper plate.  
Class 906 Brownies: Any recipe, 4 brownies on a paper plate.  
Class 907 Snack Mix: Any recipe, at least 1 cup in self-sealing plastic bag

## DEPT. E / DIV. 410

### COOKING 201

- Class 1 Loaf Quick Bread: Any recipe, at least ¾ of a standard loaf displayed on a paper plate. Quick bread is any bread that does not require kneading or rising time and does NOT include yeast. A standard quick bread loaf measures approximately 8 ½" x 4 ½" or 9" or 5". If mini-loaf pans are used for exhibit, two loaves must be presented for judging.
- Class 2 Creative Mixes: Any recipe, at least ¾ of baked product or 4 muffins or cookies on a paper plate or in a disposable pan) Baked item made from a mix (commercial or homemade mixes acceptable). Food product must have been modified to make a new or different baked item. (Examples include poppy seed quick bread from a cake mix, cake mix cookies, sweet rolls made from readymade bread dough, monkey 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?
- Class 3 Biscuits or Scones: Four biscuits or scones on a small paper plate. This may be any type of biscuit or scone: rolled or dropped. Any recipe may be used, but it must be a non-yeast product baked from scratch.
- Class 4 Healthy Baked Product: Any recipe, at least ¾ of baked product or 4 muffins/cookies on a paper plate or in a disposable pan. Recipe must contain a fruit or vegetable as part of the ingredients (Ex: banana bars, cantaloupe quick bread, zucchini muffins, etc.)
- Class 5 Coffee Cake: Any recipe or shape, non-yeast product – at least ¾ of baked product on a paper plate or in a disposable pan. Include menu for a complete meal where this recipe is served, following meal planning guidelines suggested in Cooking 201.
- Class 6 Baking with Whole Grains: Any recipe, at least ¾ of baked product or 4 muffins/cookies on a paper plate or in a disposable pan. Recipe must contain whole grains as part of the ingredients. (Ex: whole wheat applesauce bread, peanut butter oatmeal cookies, etc.)
- Class 7 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 ¾ baked product, or 4 muffins or cookies on a paper plate or in a disposable pan. Entry must include supporting information that discusses alternative preparation method and how it compares with traditional method.

## DEPT. E / DIV. 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.
- Class 1 White Bread: Any yeast recipe, at least ¾ of a standard loaf displayed on a paper plate.
- Class 2 Whole Wheat or Mixed Grain Bread: Any yeast recipe, at least ¾ of a standard loaf displayed on a paper plate.
- Class 3 Specialty Rolls: Any yeast recipe, 4 rolls on a paper plate. May be sweet rolls, English muffins, kolaches, bagels, or

- any other similar recipe that makes individual portions.
- Class 4 Dinner Rolls: - Any yeast recipe, 4 rolls on a paper plate. May be cloverleaf, crescent, knot, bun, bread sticks, or any other type of dinner roll.
- Class 5 Specialty Bread: - 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.
- Class 6 Shortened Cake: 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 frosting allowed)

## DEPT. E / DIV. 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.
- Class 1 Double Crust Fruit Pie: Made with homemade fruit filling. No egg pastries or cream fillings. No canned fillings or premade pie crusts. May be a double crust, crumb, cut-out or lattice topping. Using an 8- or 9-inch disposable pie pan is recommended.
- Class 2 Family Food Traditions: Any recipe, at least ¾ of baked product or 4 muffins or cookies on a paper plate. May be baked in a disposable pan. Any baked item associated with family tradition and heritage. Entry must include: (A) recipe, (B) tradition or heritage associated with preparing, serving the food, (C) where or who the traditional recipe came from.
- Class 3 Ethnic Food Exhibit: Any recipe, at least ¾ 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 some background information about the country or culture the food item is representing.
- Class 4 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.
- Class 5 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)
- Class 6 Specialty Pastry: Any recipe at least ¾ of a 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, scones, 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 GUIDELINES

- A. 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. Spoiled or unsealed container disqualifies entry.
- B. Jars - Jars do not need to be the same brand. Half pint jars may be used for jellies and preserves. The jars are not to be decorated 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. No zinc lids.
- C. Current Project- All canning must be the result of this year's 4-H project.
- D. Criteria for Judging Exhibits will be judged according to score sheets available at your local Extension office or at <https://4h.unl.edu/fairbook/general/scoresheets-forms>. 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 or <https://food.unl.edu/canning#elevation> for your county's altitude and how that affects food processing times and pounds of pressure.

- E. **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. 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.
- F. **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: <http://food.unl.edu/web/preservation/home> or Extension publications from other states
  - Ball Blue Book (published after 2009) or online: <https://www.freshperserving.com/recipes>

**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: Find the 4-H Food Preservation Card at <https://go.unl.edu/preservation-card>**

- Name of product
- Date preserved
- Method of preservation (pressure canner or water bath canner)
- Type of pack (raw pack or hot pack)
- Altitude (and altitude adjustment, if needed)
- Processing time
- Number of pounds of pressure (if pressure canner used)
- Drying method and drying time (for dried food exhibits). Write plainly on label and attach securely to exhibit. Securely attach official entry card to exhibit. Multiple dried food exhibits should be secured by a rubber band or "twisty" to keep exhibit containing the 3 self-sealing bags together.
- Recipe and source of recipe (if a publication, include name and date).

**Recipes can come from any source but current USDA guidelines for food preservation methods MUST be followed.**

See <http://food.unl.edu/web/preservation/home> for current USDA guidelines.

- G. **Write plainly on label and attach securely to exhibit.** Securely attach official entry card to exhibit. Multiple dried food exhibits should be secured by a rubber band or "twisty" to keep exhibit containing the 3 self-sealing bags together.
- H. **Enter food projects in disposable materials**, i.e. paper plate or plastic zip-lock bag. Not responsible for lost bread boards, china or glassware.

## DEPT. E / DIV. 407

### FOOD PRESERVATION

#### UNIT 1 FREEZING PROJECT MANUAL

- Class 1 **Baked Item Made with Frozen Produce:** Any recipe, at least  $\frac{3}{4}$  of baked product or 4 muffins or cookies on a paper plate or in a disposable pan. Recipe MUST include a food item preserved by the freezing method done by the 4-H'er. (Ex: Peach pie, blueberry muffins, zucchini bread, etc.) Supporting information must include both the recipe for the produce that was frozen as part of this project AND the baked food item.

#### UNIT 2 DRYING PROJECT MANUAL

- Class 2 **Dried Fruit:** Exhibit 3 different examples of 3 different dried fruits. Place each dried fruit (6-10 pieces of fruit, minimum of 1/4 cup) in separate self-sealing bags. Use a rubber band or "twisty" to keep exhibit together.
- Class 3 **Fruit Leather:** Exhibit 3 different examples of 3 different fruit leathers. Place a 3-4" sample of each fruit together in separate self-sealing bags. Use a rubber band or "twisty" to keep exhibit together.

- Class 4 **Vegetable Leather:** Exhibit 3 different examples of 3 different vegetable or vegetable/fruit leather combo. Place a 3- 4" sample of each leather together in separate self-sealing bags. Use a rubber band or "twisty" to keep exhibit together.
- Class 5 **Dried Vegetable:** Exhibit 3 different samples of 3 different dried vegetables. Place each food (1/4 cup of each vegetable) in a separate self-sealing bag. Use a rubber band or "twisty" to keep exhibit together.
- Class 6 **Dried Herbs:** Exhibit 3 different samples of 3 different dried herbs. Place each food (1/4 cup of each herb) in a separate self-sealing bag. Use a rubber band or "twisty" to keep exhibit together.
- Class 7 **Baked Item Made with Dried Produce/Herbs:** Any recipe, at least  $\frac{3}{4}$  of baked product or 4 muffins or cookies on a paper plate or in a disposable pan. Recipe MUST include a dried produce/herb item made by the 4-H'er. (Ex: Granola bar made with dried fruits, dried cranberry cookies, Italian herb bread, lemon thyme cookies.) Supporting information must include both the recipe and the dried produce/herb AND the baked food item.

#### UNIT 3 BOILING WATER CANNING MANUAL

**\*Entries must be processed in a boiling water bath according to current USDA recommendations.**

- Class 8 **1 Jar Fruit Exhibit:** One jar of a canned fruit.
- Class 9 **3 Jar Fruit Exhibit:** Three jars of different canned fruits. May be three different techniques for same type of product, (ex: Applesauce, canned apples, apple pie filling, etc.).
- Class 10 **1 Jar Tomato Exhibit:** One jar of a canned tomato product.
- Class 11 **3 Jar Tomato Exhibit:** Three jars of different canned tomato products (salsa, sauces without meats, juice, stewed, etc.)
- Class 12 **Jar Pickled Exhibit:** One jar of a pickled and/or fermented product.
- Class 13 **3 Jar Pickled Exhibit:** Three jars of different kinds of canned pickled and/or fermented products.
- Class 14 **1 Jar Jelled Exhibit:** One jar of a jam, jelly or marmalade.
- Class 15 **3 Jar Jelled Exhibit:** Three different kinds of jelled products. Entry may be made up of either pints or half pints (but all jars must be the same size).

#### UNIT 4 PRESSURE CANNING PROJECT MANUAL

**\*Entries must be canned in a pressure canner according to current USDA recommendations unless otherwise noted.**

- Class 16 **1 Jar Vegetable or Meat Exhibit:** One jar of a canned vegetable or meat.
- Class 17 **3 Jar Vegetable Exhibit:** Three jars of different kinds of canned vegetables.
- Class 18 **3 Jar Meat Exhibit:** Three jars of different kinds of canned meats.
- Class 19 **Quick Dinner Exhibit:** a minimum of 3 jars to a maximum of 5 jars (all the same size) plus menu. Meal should include 3 canned foods that can be prepared within an hour. List complete menu on a 3" x 5" file card and attach to one jar.
- Class 20 **1 Jar Tomato Exhibit:** One jar of a canned tomato product.
- Class 21 **3 Jar Tomato Exhibit:** Three jars of different canned tomato products (salsa, sauces without meats, juice, stewed, etc.)



## CAKE DECORATING GUIDELINES

### **(NOT Eligible for State Fair)**

1. Cake should be placed on a very firm, disposable surface cut parallel to the shape of the cake and no more than 1 ½" on each side from the base of the border (not the cake). The surface should be covered. Freezer paper is not advised because it absorbs grease. Covering must be food-safe.
2. You may use a real cake or cake forms.
3. No non-edible items
4. Cakes will not be cut for judging.
5. Information Card Required:
  - o Occasion for use
  - o Size or shape
  - o Cake or cake form
  - o Techniques used
  - o Tips used and where
  - o Edible materials used
  - o Any problems you had

## DEPT. E / DIV. 430

### CAKE DECORATING

#### Unit I

4-H'ers who have exhibited in Unit II or Unit III are not eligible in Unit I.

- Class 901 Decorated Cookie or Cupcake: The cookie or cupcake base can be purchased or homemade. It will be judged on creativity, and effective use of frosting and tips in decorating the exhibit. Use a maximum of 2 different kinds/designs of decorating tips.
- Class 902 One Decorated Single Layer 8" or 9" Square or Round, or 9"x13" cake using no decorator tips (edible materials such as candies, pretzels and coconut should be used to create a design). A portion of the smooth base frosting should be visible.

#### Unit II

4-H'ers who have exhibited in Unit III are not eligible in Unit II.

- Class 903 One Decorated Character Cake (an entire cake which resembles the shape of a character or object made without cutting, other than a classic square, round, oblong, heart, hexagon, oval or petal cake shape.) Three-dimensional cakes are acceptable – primarily decorated with the star tip or other tips appropriate to the design.
- Class 904 One Layer, Decorated Cake showing the use of three different (not 3 sizes of the same design or tip) tips.
- Class 905 Two-layer, Decorated Cake (layers of the same size) showing the use of four different (not 4 sizes or combination of the same design of tip) tips.

#### Unit III

- Class 906 One Decorated Cake or Cake Form of three or more tiers of graduated sizes, using supports. Separator plates and pillars may be used, but are not required.
- Class 907 Decorated, Two or Three Tiered or Layer Cake, using fondant icing. (Icing may be purchased or made from a recipe).
- Class 908 Shaped Cake Class created by cutting cake to form a different shape than cake was baked in.

## DEPT. E / DIV. 440

### SAFETY

Class 1 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 for guidance. Kits containing any of the following will be automatically disqualified:

- 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.)
  - Materials with expiration dates on or before the JUDGING DATE. (This includes sterile items, non-prescription medications, ointments, salves, etc. Materials dated month and year only are considered expired on the last day of that month.)
  - Any controlled substance.
- Class 2 Disaster Kit (Emergency Preparedness): Disaster kits must include: materials to prepare a person or family for emergency conditions caused by 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 individual 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.
- Class 3 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.
- Class 4 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.
- Class 5 Careers 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.

## SAFETY

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. Scoresheets, forms, contest study materials, and additional resources can be found at: <https://go.unl.edu/ne4hsafety>

## DEPT. E / DIV. 450

### FIRE SAFETY

- Class 1 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".
- Class 2 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.
- Class 3 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".

## DEPT. E / DIV. 469

### ALL-TERRAIN (ATV)/TRACTOR SAFETY

#### ***(NOT Eligible for State Fair)***

- Class 901 Demonstration Display: The exhibit is to be prepared on 24" high and 32" wide board, not to exceed ¼" thickness. It may include: 1) parts or system, 2) working or broken parts, or 3) a step-by-step procedure of how some repair or service job is performed. A limited number of photos are acceptable. Actual parts or cut a-ways of parts are

recommended.

- Class 902 Restoration: Exhibitors need to restore/overhaul/ upgrade a unit to include current safety features. A report must be included, covered by clear plastic, describing costs, repair costs, and what was done. "Before" and "After" photos should be included.
- Class 903 Poster: 14" x 22" either vertical or horizontal arrangement. They may be in any medium – watercolor, ink, crayon, etc., so long as they are not three-dimensional.
- Class 904 Display: showing your features checklist used when comparing three different units.
- Class 905 You Be the Teacher: Educational notebook, display, collection of materials that relate to project. Include 8 ½" x 11" page describing exhibit and summary of learning.

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# CYCLING

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## DEPT. E / DIV. 470

### BICYCLE ADVENTURES

#### ***(NOT Eligible for State Fair)***

- Class 901 Demonstration Display: The exhibit is to be prepared on 24" high and 32" wide board, not to exceed ¼" thickness. It may include: 1) parts or system, 2) working or broken parts, or 3) a step-by-step procedure of how some repair or service job is performed. A limited number of photographs are acceptable. Actual parts or cut a-ways of parts are recommended.
- Class 902 Restoration: Exhibitors need to restore/overhaul/ upgrade a unit to include current safety features. A report must be included, covered by clear plastic, describing costs, repair costs, and what was done. "Before" and "After" photos should be included.
- Class 903 Poster: 14" x 22" either vertical or horizontal arrangement. They may be in any medium – watercolor, ink, crayon, etc., so long as they are not three-dimensional.
- Class 904 Display: showing your features checklist used when comparing three different units.
- Class 905 You Be the Teacher: Educational notebook, display, collection of materials that relate to project. Include 8 ½" x 11" page describing exhibit and summary of learning.