

# HEALTHY LIFESTYLES

## DEPARTMENT E - FOOD, NUTRITION & FOOD PRESERVATION

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.

4-H'ers may exhibit only in the project in which enrolled.

All foods exhibits **MUST** be brought in the whole unit (such as a whole cake or whole loaf of bread) unless otherwise stated. Exhibit should be entered using a disposable pan or plate and covered by a plastic self-sealing bag. Commercially prepared mixes are **ONLY** allowed in the Cooking 201 Creative Mix Class. Prepared baking mixes, biscuit mixes, or other pre-made mixes entered in other categories will be lowered a ribbon placing.

Each entry **MUST** include the recipe. Recipe may be handwritten, photocopied or typed. Attach recipe at the corner of the bag on the outside. Additional information including recipes and supplemental information **MUST** be identified with 4-H'ers name and county. All baked food exhibits **WILL** be sold on entry day during the Bake Sale with all proceeds going to the Frontier County 4-H Council.

**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.

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 and cheese mixed into baked goods are considered safe. The following food ingredients are considered unsafe for fair exhibits and will be disqualified: egg or cream cheese 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.

### GENERAL DIVISION - DIVISION 350

#### Class

- \*1. **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 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" by 30"); computer-based presentation printed off with notes pages, if needed, and displayed in a binder; an exhibit display; or a written report in portfolio or notebook. Consider neatness and creativity.
- \*2. **Foods & 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 or career/concept lesson. This might contain pictures, captions, and/or report to highlight the concept. Exhibit may be a poster or foam core board (not to exceed 22"x30"); a computer-based presentation printed off with notes pages (if needed) and displayed in a binder; an exhibit display; or a written report in portfolio or notebook. Consider neatness and creativity.
- \*3. **Physical Activity & 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 career/concept lesson. This might contain pictures, captions, and/or a report to highlight the concept. Exhibit may be a poster or foam core board (not to exceed 22"x30"); a computer-based presentation printed off with notes pages (if needed) and displayed in a binder; an exhibit display; or a written report in portfolio or notebook. Consider neatness and creativity.
- \*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.

### COOKING 101 - DIVISION 401

#### Class

901. **Cookies** - Any recipe, 4 on a paper plate.
902. **Muffins** - Any recipe, 4 on a paper plate.
903. **No Bake Cookie** - Any recipe, 4 on a paper plate.
904. **Cereal Bar Cookie** - Any cereal based recipe made in pan and cut into bars or squares for serving.
905. **Granola Bar** - Any recipe, 4 on a paper plate.
906. **Brownies** - Any recipe, 4 on a paper plate.
907. **Snack Mix** - Any recipe, at least 1 cup in self-sealing plastic bag.
908. **Table Setting** - One place setting can be exhibited in a space approximately 24"x17". Articles should be attached to the bottom of the display. The exhibit **MUST** be accompanied by a supporting information 5"x7" card stating the occasion in which the table setting will be used and details about the exhibit. If disposable products are used for the table setting, include the itemized cost.

### COOKING 201 - DIVISION 410

#### 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 8½"x4½" or 9"x5". If mini-loaf pans are used for exhibit, two loaves **MUST** be presented for judging.
- \*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?
- \*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.
- \*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 (examples include banana bars, cantaloupe quick bread, zucchini muffins, etc.).
- \*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 manual.
- \*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 (examples include whole wheat applesauce bread, peanut butter oatmeal cookies, etc.).
- \*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.

### COOKING 301 - DIVISION 411

Any bread item prepared or baked using a bread machine should be entered under the Cooking 201 Non-Tradition 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  $\frac{3}{4}$  of a standard loaf displayed on a paper plate.
- \*2. **Whole Wheat or Mixed Grain Bread** - Any yeast recipe. At least  $\frac{3}{4}$  of a standard loaf displayed on a paper plate.
- \*3. **Specialty Rolls** - Any yeast recipe. 4 rolls on a paper plate. May be sweet rolls, bagels, English muffins, kolaches, bagels or any other similar recipe that makes individual portions.
- \*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.
- \*5. **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.
- \*6. **Shortened Cake - NOT FROM A CAKE MIX!** At least  $\frac{3}{4}$  of the cake. Shortened cakes use fat for flavor and texture. Recipes usually begin by beating fat with sugar by creaming, and include leavening agents in the recipe. Cake may be frosted with a non-perishable frosting. **NO** cream cheese or egg white based frostings allowed.

### COOKING 401 - DIVISION 412

Any bread item prepared or baked using a bread machine should be entered under the Cooking 201 project. 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, cutout or lattice topping. Using an 8" or 9" disposable pie pan is recommended.
- \*2. **Family Food Traditions** - Any recipe, at least  $\frac{3}{4}$  of baked product or 4 muffins or cookies on a paper plate. May be baked in a disposable pan. Any baked item associated with family tradition and heritage. Entry **MUST** include: (1) recipe, (2) tradition or heritage associated with preparing, serving the food, and (3) where or who the traditional recipe came from.
- \*3. **Ethnic Food Exhibit** - Any recipe. At least  $\frac{3}{4}$  of baked product or 4 muffins or cookies on a paper plate or in a disposable pan. The name of the country, culture, or region should be included as part of the supporting information with the recipe, as well as some background information about the country or culture the food item is representing.
- \*4. **Candy** - Any recipe. 4 pieces of candy on a paper plate or  $\frac{1}{2}$  cup. **NO** items containing cream cheese will be accepted (example: cream cheese mints). Candy may be cooked or no-cook; dipped, molded, made in the microwave or other methods of candy preparation. Recipe **MUST** be included.
- \*5. **Foam Cake** - Original recipe (**NO** mixes) of at least  $\frac{3}{4}$  of the cake. Foam cakes are cakes that have a high ration 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.
- \*6. **Specialty Pastry** - Any recipe, at least  $\frac{3}{4}$  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, 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.

### CAKE DECORATING - DIVISION 906

901. **Frosted and Decorated Cake** - Single layer shaped cake
902. **Frosted and Decorated Cake** - 8" or 9" round layer cake
903. **Foil Covered Cardboard display** - 8"x11", displaying each of the following: (a) 3 different kinds of borders, (b) 3 different kinds of flowers, (c) 2 different kinds of leaves
904. **Advanced Cake Decoration** - On multi-layer or special design, i.e. two-tiered wedding cake
905. **Decorated Cupcakes** - 4 on a plate
906. **Decorated Cookies** - 4 on a plate
907. **Other Decorated Cake**

### FOOD PRESERVATION - DIVISION 407

**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.

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 4-H'er 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**. All canning **MUST** be the result of this year's 4-H project.

**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, 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: (1) 4-H Food Preservation Manuals (Freezing, Drying, Boiling Water Bath Canning, Pressure Canning); (2) USDA Guide to Home Canning; (3) Nebraska Extension's Food Website or extension publications from other states; (4) Ball Blue Book (published after 2009) or online at <https://www.freshpreserving.com/recipes>.

**ALL** exhibits must include the 4-H Food Preservation Card attached to the project as required supporting information or include the following information with the exhibit: (1) Name of product; (2) Date preserved; (3) Method of preservation (pressure canner or water bath canner); (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).

The fair board is **NOT** responsible for lost, damaged or broken exhibits.

### 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. Examples include 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 Fruits** - Exhibit 3 different examples of 3 different dried fruits. Place each dried fruit food (6-10 pieces of fruit, minimum of  $\frac{1}{4}$  cup) in separate self-sealing bags. Use a rubber band or "twisty" to keep exhibit together.

- \*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.
- \*4. **Vegetable Leather** - Exhibit 3 different examples of 3 different vegetable or vegetable/fruit leather combo. Place a 3-4" sample of each leather in separate self-sealing bags. Use a rubber band or "twisty" to keep exhibit together.
- \*5. **Dried Vegetables** - Exhibit 3 different samples of 3 different dried vegetables. Place each food (¼ cup of each vegetable) in a separate self-sealing bag. Use a "twisty" to keep exhibit together.
- \*6. **Dried Herbs** - Exhibit 3 different samples of 3 different dried herbs. Place each food (¼ cup of each herb) in a separate self-sealing bag. Use a "twisty" to keep exhibit together.
- \*7. **Baked Item Made With Dried Produce/Herbs** - Any recipe, at least ¾ 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. Examples include 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

#### Class

- \*8. **1 Jar Fruit Exhibit** - Exhibit 1 jar of a canned fruit. Entry **MUST** be processed in a boiling water bath according to current USDA recommendations.
- \*9. **3 Jar Fruit Exhibit** - Exhibit 3 jars of different canned fruits. May be three different techniques for same type of product. (ex. applesauce, canned apples, apple pie filling, etc.) Entry **MUST** be processed in a boiling water bath according to current USDA recommendations.
- \*10. **1 Jar Tomato Exhibit** - Exhibit 1 jar of a canned tomato product. Entry **MUST** be processed in a boiling water bath according to current USDA recommendations.
- \*11. **3 Jar Tomato Exhibit** - Exhibit 3 jars of different canned tomato products (salsa, sauces without meats, juice, stewed, etc.) Entry **MUST** be processed in a boiling water bath according to current USDA recommendations.
- \*12. **1 Jar Pickled Exhibit** - Exhibit 1 jar of a pickled and/or fermented product. Entry **MUST** be processed in a boiling water bath according to current USDA recommendations.
- \*13. **3 Jar Pickled Exhibit** - Exhibit 3 jars of different kinds of canned pickled and/or fermented products. Entry **MUST** be processed in a boiling water bath according to current USDA recommendations.
- \*14. **1 Jar Jelled Exhibit** - Exhibit 1 jar of a jam, jelly or marmalade. Entry **MUST** be processed in a boiling water bath according to current USDA recommendations.
- \*15. **3 Jar Jelled Exhibit** - Exhibit 3 jars of 3 different kinds of jelled products. Entry may be made up of either pints or half pints. Entry **MUST** be processed in a boiling water bath according to current USDA recommendations.

### UNIT 4 PRESSURE CANNING PROJECT MANUAL

#### Class

- \*16. **1 Jar Vegetable or Meat Exhibit** - Exhibit 1 jar of a canned vegetable or meat. Include only vegetables and meats canned in a pressure canner according to current USDA recommendations.
- \*17. **3 Jar Vegetable Exhibit** - Exhibit 3 jars of different kinds of canned vegetables. Include **ONLY** vegetables canned in a pressure canner according to current USDA recommendations.
- \*18. **3 Jar Meat Exhibit** - Exhibit 3 jars of different kinds of canned meats. Include **ONLY** meats canned in a pressure canner according to current USDA recommendations.
- \*19. **Quick Dinner** - Exhibit a minimum of 3 jars to a maximum of 5 jars plus menu. Meal **SHOULD** include 3 canned foods that can be prepared within an hour. List complete menu on 3"x5" file card and attach to one of the jars. Entry **MUST** be processed according to current USDA recommendations.
- \*20. **1 Jar Tomato Exhibit** - Exhibit 1 jar of a canned tomato product. Entry **MUST** be processed in a pressure canner according to current USDA recommendations.
- \*21. **3 Jar Tomato Exhibit** - Exhibit 3 jars of different canned tomato products (salsa, sauces without meats, juice, stewed, etc.). Entry **MUST** be processed in a pressure canner according to current USDA recommendations.