

6 DEPARTMENT E

HEALTHY LIFESTYLES EDUCATION

Superintendent: Regina Farris



YOUTH IN MOTION

PREMIUM	Purple	Blue	Red	White
	\$3.00	\$2.75	\$2.25	\$1.75

**YOUTH IN MOTION**

**E300-901 Health Promotion Poster** (over any concept/lesson)

**E300-902 Health Promotion Brochure** (for kids& families, by kids) (over any concept/lesson)

**E300-903 Health Promotion PSA or Video Blurb** Exhibit can be a tape with a 60 sec. PSA or a DVD/Video with a 60 sec. commercial

**E300-904 Interview** of a professional in the health field about topics from the project.

**E300-905 Photo Display** of field trip to a recreation center, training table, etc.

**E300-906 Progress Log/Journal/Portfolio** (shows progress in activity levels and nutritious choices throughout span of project, can include any relevant educational material the 4-H'er collects, photos, etc.)

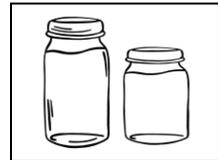
**E300-907 Electronic Portfolio or Webpage** (perhaps similar to the hard-copy project above or can be more of an educational tool for others).

**E300-908 Physical Activity File/Book** (like recipe book except it is an organized collection of game ideas, stretching & strength exercise diagrams, web sites, pages with sports rules, etc.)

**E300-909 Helpings & Servings Investigation** - do a report on serving sizes served in restaurants, at home, etc. Could also do an investigation and report with food labels. Exhibit can be poster or notebook.

**E300-910 Portfolio or Scrapbook of a Community Service Project** supporting healthy lifestyles (portfolio that can be passed on to future club members and leaders to use) – build a trail, raise money for equipment, etc.

**FOODS, NUTRITION and FOOD PRESERVATION**



**RULES:**

1. All static exhibits must have received a purple ribbon at the county fair to advance to the State Fair.
2. General: Members may exhibit only in the project in which enrolled. Baked products entered in the county fair cannot be entered at State Fair. Products should be baked the day before entry day or as designated by county. Premier 4-H Science Awards are available in this project area. Please see General Rules for more information.
3. Supporting Information: Each exhibit must include the recipe. Recipe may be handwritten, photocopied or typed. Place food on the appropriate 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, NON-FOOD ENTRIES please attach the entry tag to the upper right hand corner of the entry. GENERAL LABELING INFORMATION, Additional information including recipes and supplemental information should be identified with 4-H'ers name and county.
4. Entries per Individual: Each 4-Her may enter one item per class in each foods project they are enrolled in.
5. Criteria for Judging: Exhibits will be judged according to score sheets available at your local Extension office or at <http://4h.unl.edu/county-fair/scoresheets>. 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.
6. Food Projects: Exhibits should be entered using a disposable pan or plate and covered by a plastic self-sealing bag. The Hamilton County Fair is not responsible for non-disposable containers, lost bread boards, china, or glassware.
7. Food Safety: Exhibits are on display for several days. Please think FOOD SAFETY! Items that require refrigeration will not be accepted, judged, or displayed as exhibits must be safe to eat when entered, whether they are tasted or not. Glazes, frostings and other sugar based toppings are considered safe due to their high

sugar content. Egg glazes on yeast breads and pie crusts BEFORE baking are acceptable. Eggs incorporated into baked goods and crusts are considered safe. The following food ingredients are considered unsafe for fair exhibits and will be disqualified:

- Egg or cream fillings and cream cheese frostings
  - Any meat item including meat jerky, imitation meat bits (bacon bits, pepperoni, etc)
  - Melted cheese on top of food exhibit (cheese mixed into baked goods is considered safe and will be accepted)
  - Uncooked fruit toppings (i.e., fresh fruit tart)
8. Ingredients that the 4-H 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.
  9. BAKE SALE - A representative sample of all baked goods will remain on display throughout the fair. The remaining portions will be combined into a bake sale in the 4-H café (food stand) after judging on Thursday. Proceeds go to the Hamilton County 4-H Council to be used in running the 4-H program.

PREMIUM	Purple	Blue	Red	White
	3.00	\$2.75	\$2.25	\$1.75

**General**

**E350-001 FOOD SCIENCE EXPLORATIONS (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.

**E350-002 FOODS AND NUTRITION POSTER, SCRAPBOOK, OR PHOTO DISPLAY (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.

**E350-003 PHYSICAL ACTIVITY AND HEALTH POSTER, SCRAPBOOK, OR PHOTO DISPLAY (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

**E350-004 COOKING BASICS RECIPE FILE (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.

**E350-900- Food Flop**

**COOKING 101**

**E401-901 Cookies** (any recipe) Four on a paper plate.

**E401-902 Muffins** (any recipe) Four on a paper plate.

**E401-903 No Bake Cookies** (any recipe) Four on a paper plate.

**E401-904 Cereal Bar Cookie** (any cereal based recipe made in pan and cut into 4 bars or squares for serving)

**E401-905 Granola Bar** (any recipe) Four on a paper plate

**E401-906 Brownies** (any recipe) Four on a paper plate.

**E401-907 Snack Mix** (any recipe) at least one cup in a self-sealing plastic bag.

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	\$4.00	\$3.75	\$3.25	\$2.75

**Cooking 201**

**E410-001 LOAF QUICK BREAD (SF123)** 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 1/2" x 4 1/2" or 9" x 5". If mini-loaf pans are used for exhibit, two loaves must be presented for judging.

**E410-002 CREATIVE MIXES (SF142)** any recipe, at least 3/4 of baked product or 4 muffins or cookies on a paper plate or in a disposable pan. Baked item made from a mix (commercial or homemade mixes acceptable). Food product must have been modified to make a new or different baked item. Examples include poppy seed quick bread from a cake mix, cake mix cookies, sweet rolls made from 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?

**E410-003 BISCUITS OR SCONES (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.

**E410-004 HEALTHY BAKED PRODUCT (SF124)** any recipe, at least 3/4 of baked product or 4 muffins/cookies on a paper plate or in a disposable pan. Recipe must contain a fruit or vegetable as part of the ingredients (Ex. banana bars, cantaloupe quick bread, zucchini muffins, etc.).

**E410-005 COFFEE CAKE (SF129)** any recipe or shape, non-yeast product - at least 3/4 of baked product on a paper plate or in a disposable pan. Include menu for a complete meal where this recipe is served, following meal planning guidelines suggested in Cooking 201.

**E410-006 BAKING WITH WHOLE GRAINS (SF134)** any recipe, at least 3/4 of baked product or 4 muffins/cookies on a paper plate or in a disposable pan. 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, gluten free baked goods made with an alternative whole grain flour, etc.)

**E410-007 NON-TRADITIONAL BAKED PRODUCT (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 3/4 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.

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PREMIUM	Purple	Blue	Red	White
	\$5.00	\$4.75	\$4.25	\$3.75

### 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.

**E411-001 WHITE BREAD (SF138)** any yeast recipe, at least 3/4 of a standard loaf displayed on a paper plate.

**E411002 WHOLE WHEAT OR MIXED GRAIN BREAD (SF138)** any yeast recipe, at least 3/4 of a standard loaf displayed on a paper plate.

**E411-003 SPECIALTY ROLLS (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.

**E411-004 DINNER ROLLS (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.

**E411-005 SPECIALTY BREAD (SF141)** any yeast recipe, includes tea rings, braids, or any other full-sized specialty bread products. Must exhibit at least 3/4 of a full sized baked product.

**E411-006 SHORTENED CAKE (SF137)** NOT FROM A CAKE MIX! At least 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).

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PREMIUM	Purple	Blue	Red	White
	\$6.00	\$5.75	\$5.25	\$4.75

### 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.

**E412-001 DOUBLE CRUST FRUIT PIE (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.

**E412-002 FAMILY FOOD TRADITION (SF145)** any recipe, at least 3/4 of baked product or 4 muffins or cookies on a paper plate or 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.

**E412-003 ETHNIC FOOD EXHIBIT (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.

**E412-004 CANDY (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.

**E412-005 FOAM CAKE (SF148)** 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).

**E412-006 SPECIALTY PASTRY (SF143)** any recipe, at least 3/4 of baked product or 4 muffins or cookies on a paper plate or in a disposable pan. Baked items such as pie tarts, puff pastry, phyllo doughs, biscotti, choux, croissants, Danish, strudels. Phyllo dough may be pre-made or from scratch. Pastries made with cream or egg based fillings will be disqualified.

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## FOOD PRESERVATION

### Rules

1. Entries per Individual: One entry per exhibitor per class.
2. Processing Methods: Current USDA processing methods and altitude adjustments must be followed for all food preservation. Jam, 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.
3. 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.
4. Current Project - All canning must be the result of this year's 4-H project.
5. Criteria for Judging - Exhibits will be judged according to score sheets available at your local Extension office or at <http://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.
6. 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.
7. 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.freshpreserving.com/recipes>
  - See <http://food.unl.edu/web/preservation/home> for current USDA guidelines, how to find your Nebraska altitude, and proper procedures for food preservation.
  - Jars should be labeled with name of 4-H'er, county, and date of processing.

8. 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:

- 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)
- Recipe and source of recipe (if a publication, include name and date)

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PREMIUM	Purple	Blue	Red	White
	\$3.50	\$3.25	\$2.75	\$2.25

### 4-H HOME FOOD PRESERVATION SERIES

#### DIVISION 407

##### UNIT 1 FREEZING PROJECT MANUAL

**E406-001 BAKED ITEM MADE WITH FROZEN PRODUCE (SF155)** any recipe, at least 3/4 of baked product or 4 muffins or cookies on a paper plate or in a disposable pan. Recipe MUST include a food item preserved by the freezing method done by the 4-H'er. Ex. Peach pie, blueberry muffins, zucchini bread, etc.). Supporting information must include both the recipe for the produce that was frozen as part of this project AND the baked food item.

##### UNIT 2 DRYING PROJECT MANUAL

**E407-001 DRIED FRUITS (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.

**E407-002 FRUIT LEATHER (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.

**E407-003 VEGETABLE LEATHER (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.

**E407-004 DRIED VEGETABLES (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.

**E407-005 DRIED HERBS (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.

**E407-006 BAKED ITEM MADE WITH DRIED PRODUCE/HERBS (SF156)** any recipe, at least 3/4 of baked product or 4 muffins or cookies on a paper plate or in a disposable pan. Recipe MUST include a 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

**E408-001 1 JAR FRUIT EXHIBIT (SF150)** exhibit one jar of a canned fruit. Entry must be processed in the boiling water bath according to current USDA recommendations.

**E408-002 3 JAR FRUIT EXHIBIT (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 a boiling water bath according to current USDA recommendations.

**E408-003 1 JAR TOMATO EXHIBIT (SF150)** exhibit one jar of a canned tomato product. Entry must be processed in a boiling water bath according to current USDA recommendations.

**E408-004 3 JAR TOMATO EXHIBIT (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.

**E408-005 1 JAR PICKLED EXHIBIT (SF150)** one jar of a pickled and/or fermented product. Entry must be processed in a boiling water bath according to current USDA recommendations.

**E408-006 3 JAR PICKLED EXHIBIT (SF150)** 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.

**E408-007 1 JAR JELLED EXHIBIT (SF153)** exhibit one jar of a jam, jelly or marmalade. Entry must be processed in a boiling water bath according to current USDA recommendations.

**E408-008 3 JAR JELLED EXHIBIT (SF153)** exhibit 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**

**E414-001 1 JAR VEGETABLE OR MEAT EXHIBIT (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.

**E414-102 3 JAR VEGETABLE EXHIBIT (SF150)** exhibit 3 jars of different kinds of canned vegetables. Include only vegetables canned in a pressure canner according to current USDA recommendations.

**E414-003 3 JAR MEAT EXHIBIT (SF150)** exhibit 3 jars of different kinds of canned meats. Include only meats canned in a pressure canner according to current USDA recommendations.

**E414-004 QUICK DINNER (SF151)** 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 a 3" X 5" file card and attach to one of the jars. Entry must be processed according to current USDA recommendations

**E414-005 JAR TOMATO EXHIBIT (SF150)** exhibit one jar of a canned tomato product. Entry must be processed in a pressure canner according to current USDA recommendations.

**E414-006 3 JAR TOMATO EXHIBIT (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.

**CAKE DECORATING**

Cake Decorating exhibits are open to any 4-H'er enrolled in a foods project.

CAKE AUCTION –Award will be given to the Grand Champion Cake Winner All decorated cakes will be auctioned to the highest bidder on Thursday night after the awards presentation. The 4-H member will receive 50% of the proceeds of the selling price from the cake auction. The other 50% will go into the 4-H Scholarship Fund. The 4-H member's portion will be included in their premium check that they receive at Achievement Night. Youth are encouraged to present their cakes at the auction. A photograph of the cake will remain on display throughout the fair. No Styrofoam based decorated cake entries will be allowed in the auction. Cakes must be displayed in a cake box with transparent lid. **Only 1 cake per exhibitor can be entered in the auction. Clover kids are not allowed to participate in the cake auction.**

Limit of 1 cake per class per exhibitor.

Beginner Division – for 4-H members entering decorated item for the 1<sup>st</sup>, 2<sup>nd</sup>, or 3<sup>rd</sup> year.

Advanced Division – for the 4-H member entering decorated item for the 4<sup>th</sup> or more years.

PREMIUM	Purple	Blue	Red	White
	\$4.00	\$3.50	\$3.00	\$2.50

**Beginning Division**

**E414-901 Bake and Frost a One-Layer** 8" or 9" round or square, or 9" x 13" oblong cake. Decorate with edible items such as candies, pretzels, coconut, etc. Non-edible items (plastic, paper, toothpicks) may not be used on the cake. Do not use decorating tips.

**E414-902 Bake and Decorate a Character Cake.** Use decorating tips appropriate for the design selected. Non-edible items may not be used on the cake.

**E414-903 Bake and Decorate a One-Layer Cake.** Use 3 to 4 different types of tips in decorating. You must use the writing, star and leaf tips. Two other tips of your choice may be used if they enhance your design. Do not use flowers made on a flower nail or materials other than icing. Only icing should be used in decorating the cake.

**E414-904 Bake and Decorate a Cut-Up Cake.** The design must be applied using at least 3 decorator tips, however, parts of the design may be created with edible materials (coconut, candies, etc.). Only edible items may be used on the cake.

**E414-905 Four Decorated Cookies** (cookies may be purchased or homemade) or **\*cupcakes** Must be decorated with bag and tip or rolled fondant.

**E414-906 Graham Cracker Gingerbread House** - to be made and exhibited prior to Decorated Gingerbread house. Base 15" x 15" or smaller.

**E414-907 Decorated Gingerbread House** - must be made of gingerbread with edible items and parts on a base no larger than 15"x15".

**E414-908 Fondant** Bake and decorate one-layer cake using poured or rolled fondant.

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	\$5.00	\$4.50	\$4.00	\$3.50

**Advanced Division**

**E414-909 A Two-Layer 8”, 9” or 10” Cake** (may be a baked cake or a form 4” tall for each layer) using a minimum of: one flat surface flower, one flower made on a flat flower nail, one border and one side trim learned in the unit. Design should be suitable for the size and shape of the cake. Use only edible materials except stamens for the flowers. Stamens may be purchased or handmade.

**E414-910 A Two-Layer 8”, 9” or 10” Cake** (may be a baked cake or a form 4” tall for each layer) using figure piping, flower made by a lily nail and techniques learned in previous units. Design should be suitable for the size and shape of the cake. Artificial stamens for flowers, leaves, wire stems and floral tape may be used. All other cake decorations must be edible. Other decorations which may be used on the cake include flowers and leaves hooked to a wire stem.

**E414-911 A Cake Using Tiers of Graduated Sizes.** Each tier should be a two-layer cake or a form that is 4” tall. Supports, separator plates and pillars may be used. Techniques learned in previous units must be used to decorate the cake. The decorated cake must be for a wedding, anniversary, formal party or other equally elegant occasion. Design should be suitable for the size and shape of the cake. Artificial stamens for flowers, leaves, wire stems, floral tape, special occasion ornaments, tulle and filler flowers may be used. All other cake decorations must be edible.

**E414-912 One Two-Layer 8”, 9” or 10” Cake.** Either baked or 4” high forms for each layer. Decorated with molded items. Molded items may include pastillage, rolled butter cream, gum paste, marzipan, molded chocolate, sugar molds, etc. Design should be suitable for the size and shape of the cake. All molds and/or shapes must be made of edible materials.

**E414-913 Large Decorated Cookie** using advance techniques.

**E414-914 Decorated Gingerbread House Advanced Division** - house must be made of gingerbread with edible items and parts and on a base (card-board, tray, etc.) 15"x15" or smaller.

**E414-915 \*One Two-Layer 8”, 9” or 10” cake.** Either baked or 4” high forms for each layer. Must be decorated with bag & tips or rolled fondant

**E414-916 Cake Creation** Bake & decorate a cake of any size or # of tiers. Supports, separator plates and pillars may be used. Techniques learned in previous units must be used to decorate the cake. Artificial stamens for flowers, leaves, wire stems and floral tape may be used. All other cake decorations must be edible. The cake can be for any occasion.

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	\$3.00	\$2.75	\$2.50	\$2.25

**DISPLAY BOARDS**

**Beginning Division**

**E414-917 Display Board** – Showcase your skills using 5 different tips. You must include examples of the writing, star and leaf tubes.

**Advanced Division**

**E414-918 Display Board** – should include at least 2 borders, 1 flat surface flower, 1 flower made on a flat flower nail, 2 side trims

**E414-919 Display Board** – Should include at least: 2 borders, 2 techniques – 3 flowers – at least one made on a lily nail.

**4-H CULINARY CHALLENGE**

Champions will be awarded in each age division. Rosettes will be awarded to the Reserve Champions in each age division. Junior (8-9) Intermediate 10-13 and Senior (14+) Winning entries will be displayed at the County Fair.

**State Fair Eligibility:**

Eligible winners at a county contest may advance to the 4-H Culinary Challenge Contest, **but participation at the county level is not required.** The 4-H'er must be enrolled in at least one Foods and Nutrition project to enter the Contest. Each County is eligible to submit up to 4 teams of two 4-H members for the 4-H Culinary Challenge Contest to be held during the Nebraska State Fair. Selection of such eligible teams shall be at the discretion of the county. Only Intermediate and Senior division can advance to the State Fair

**Purpose of the contest:**

Must be a team of 2 and be enrolled in a Foods & Nutrition project. Participants should plan a menu suitable for an indoor or outdoor meal. Prepare the menu item that includes the current challenge ingredient and bring it along with selected table service (1-2), display cards (see below) and card table. The food may be an individual or family-size serving. Table service should include: dishes, flatware and table linens for one or two place settings. Paper plates, etc. are acceptable. Display cards: print the occasion (example: lunch for nature hike) and complete menu on one card and the recipe prepared on another. Teams are to demonstrate healthy decision making through nutrition, menu planning, food preparation and food safety; apply healthy living knowledge and showcase skills; and highlight knowledge by utilizing technology. The presentation will be made to a judge and technology will be part of the interview process

**Challenge Ingredient/Item:**

A challenge ingredient will be selected each year, highlighting a Nebraska commodity food product. **The 2020 challenge ingredient is POPCORN.** Please keep food safety in mind when selecting the recipe used for the Challenge. Foods must be able to kept chilled during transport to the contest, then be able to be re-heated in a slow cooker or microwave. Each team must incorporate the challenge ingredient into their food item they will be presenting during the contest. The challenge ingredient must also be included in the interview presentation, demonstrating youth knowledge of the ingredient, such as nutritional value, a farm-to-fork concept, or how to adapt a recipe to include the ingredient.

**Judges Interview:**

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

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

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

		PREMIUM	Purple	Blue	Red	White
			\$5.00	\$4.75	\$4.25	\$3.75
<b>4-H Culinary Challenge Contest</b>						
<b>E500-904</b>	<b>Junior (8-9)</b>					
<b>E500-097</b>	<b>Intermediate (10-13)</b>					
<b>E500-098</b>	<b>Senior (14-18)</b>					

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**SAFETY**  
**Superintendent: Christi Aycock**



	PREMIUM	Purple	Blue	Red	White
E440-001 to E440-005		\$5.00	\$4.50	\$4.00	\$3.50
E440-901		\$2.50	\$2.25	\$1.75	\$1.25

**SAFETY**

**E440-001 First Aid Kit (SF110)** 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-H425, pages 6 & 7.

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.

**E440-002 Disaster Kit (Emergency Preparedness). (SF111)** 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.

**E440-003 Safety Scrapbook (SF292)** 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 1/2" X 11" size paper. Correct sentence structure, readability and thorough explanations are an important part of judging.

**E440-004 Safety Experience (SF190)** 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.

**E440-005 Careers In Safety (SF191)** 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.

**E440-901 Safety Poster** Any topic

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PREMIUM	Purple	Blue	Red	White
	\$2.50	\$2.25	\$1.75	\$1.25

**FIRE SAFETY**

**E450-001 Fire Safety Poster (SF269)** 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".

**E450-002 Fire Safety Scrapbook (SF270)** 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 1/2" x 11" paper. Correct sentence structure, readability and thorough explanations are an important part of judging.

**E450-003 Fire Prevention Poster (SF268)** 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 (Christmas, 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".

PREMIUM	Purple	Blue	Red	White
	\$2.50	\$2.25	\$1.75	\$1.25

**BICYCLE**

**E455-901 Bicycle Demonstration Display** This is an individual exhibit. It may include (a) parts or system of a bicycle, (b) worn or broken part or (c) a step-by-step procedure of how some repair or service job is performed. Actual parts or cut-away of parts is recommended. The exhibit is to be prepared on a 24" high by 32" wide board not to exceed 1/4" in thickness

**E455-902 Bicycle Poster**