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Healthy Lifestyles Education

Superintendent: Regina Farris



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

Youth in Motion

E300-901 Health Promotion Poster (SF122) (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 (SF130) of a professional in the health field about topics from the project.

E300-905 Photo Display (SF122) 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 the span of the 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 a 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 (SF122) 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.

Food & Nutrition

The purpose of Food & Nutrition exhibits is to encourage the knowledge about healthy eating and safe cooking practices. This category has multiple projects that allow 4-H'ers to progress over numerous years. In addition, 4-H'ers will learn different types of cooking methods to improve their knowledge of cuisine.



RULES:

- All static exhibits must have received a purple ribbon at the county fair to advance to the State Fair.
- General: Members may exhibit only in the project in which they enrolled. Baked products entered in the county fair cannot be entered at the State Fair. Products should be baked the day before entry day or as designated by the county.
- Supporting Information: Each exhibit must include the recipe. Recipes may be handwritten, photocopied or typed. Place food on the appropriate sized plate or container and put it in a self-sealing bag. Attach entry tag and recipe at the corner of the bag. For non-food entries, please attach the entry tag to the upper right hand corner of the entry. Additional information including recipes and supplemental information should be identified with 4-H'ers name and county.
- Entries per Individual: Each 4-H'er may enter one item per class in each foods project they are enrolled in.
- 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 with 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 into a ribbon placing.
- 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.
- Ingredients: Any ingredient that the 4-H'er uses must be able to be purchased by the 4-H'er. Ingredients such as beer, whiskey, rum, etc. may NOT be used in any recipe file or food exhibit. Exhibits that include alcohol will be disqualified.
- Food Safety: Exhibits are on display for several days. Please think about 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

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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)

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

Cooking 101

E401-901 Cookies (SF118) (any recipe) Four on a paper plate.

E401-902 Muffins (SF124) (any recipe) Four on a paper plate.

E401-903 No Bake Cookies (SF121) (any recipe) Four on a paper plate.

E401-904 Cereal Bar Cookie (SF120) (any cereal based recipe made in pan and cut into 4 bars or squares for serving)

E401-905 Granola Bar (SF119) (any recipe) Four on a paper plate

E401-906 Brownies (SF117 or SF120)(any recipe) Four on a paper plate.

E401-907 Snack Mix (SF116) (any recipe) at least one cup in a self-sealing plastic bag.

PREMIUM	Purple	Blue	Red	White
	\$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 ½ inches x 4 ½ inches or 9 inches x 5 inches. If mini-loaf pans are used for exhibit, two loaves must be presented for judging.

E410-002 Creative Mixes (SF142) 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 products 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 ¾ of baked product or 4 muffins/cookies on a paper plate or in a disposable pan. Recipes 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 ¾ of baked product on a paper plate or in a disposable pan. Include a 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 ¾ of baked product or 4 muffins/cookies on a paper plate or in a disposable pan. May be baked in a disposable pan. Recipes 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 an air fryer, 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. Entries must include supporting information that discusses alternative preparation methods and how it compares with traditional methods.

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

Rules: 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.

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Cooking 401

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 Whole 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) must exhibit at least 3/4 of the cake (not from a cake mix). 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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	\$6.00	\$5.75	\$5.25	\$4.75

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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.

Cooking 401

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. Entries 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 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 1/2 cup. No items containing cream cheese will be accepted (Example: cream cheese mints). Candy may be cooked or not cooked; dipped, molded, made in the microwave or other methods of candy preparation. Recipes must be included.

E412-005 Foam Cake (SF148) original recipe (no mixes) of at least 3/4 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.

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 and Lids: Do not need to be the same brand. Half pint jars may be used for jellies and preserves. The jars are not to be decorated by the exhibitor in any way. Canning jars must be used - others will be disqualified. No

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- one-fourth pint jars allowed. Leave jar rings on for fair display, it helps protect the seal. Two-piece lids consisting of a flat metal disk and a ring should be used. No zinc lids or one-piece lids.
4. Current Project - Exhibits must have been preserved since the member's previous year's county fair, and not been exhibited at the previous County Fair.
 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 to 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. Exhibits containing multiple jars such as a "3 jar exhibit" should be placed in a container to keep jars together. 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 the 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 https://nchfp.uga.edu/publications/publications_usda.html
 - Nebraska Extension's Food Website: <https://food.unl.edu/food-preservation> or Extension publications from other states
 - Ball Blue Book (published after 2009)
 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, water bath canner or dried)
 - 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)

The 4-H Food Preservation Card can be found on our website or copies can be picked up in the Extension Office.

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

4-H Home Food Preservation Series

Freezing Project Manual: Unit 1

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.

Drying Project Manual: Unit 2

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 the exhibit together.

E407-002 Fruit Leather (SF154) exhibit 3 different examples of 3 different fruit leathers. Place a 3-4 inch sample of each fruit together in separate self-sealing bags. Use a rubber band or "twisty" to keep the exhibit together.

E407-003 Vegetable Leather (SF154) exhibit 3 different examples of 3 different vegetable or vegetable/fruit leather combo. Place a 3-4 inch sample of each leather together in separate self-sealing bags. Use a rubber band or "twisty" to keep the 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 the 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 the exhibit together.

E407-006 Baked Item Made with Fried Produce/ Herbs (SF156) any recipe, at least 3/4 of baked product or 4

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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.

Boiling Water Canning Manual: Unit 3

E408-001 1 Jar Fruit Exhibit (SF150) exhibit one jar of 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 the 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 Jellied Exhibit (SF153) exhibit one jar of jam, jelly, fruit butter or marmalade. Entry must be processed in a boiling water bath according to current USDA recommendations.

E408-008 3 Jar Jellied 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.

Pressure Canning Project Manual: Unit 4

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.

E414-002 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. Meals should include 3 canned foods that can be prepared within an hour. List the complete menu on a 3 inch X 5 inch 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.

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		\$3.00	\$2.75	\$2.25

\$1.75

General Food

E350-001 Food Science Explorations (SF152) 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 inch x 30 inch), 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 Phots Display (SF122) 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 inch by 30 inch), 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 Rocks Poster, Scrapbook or Phots Display (SF122) 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 inches by 30 inches), 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

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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.

E350-900 Food Flop If your food project didn't go as planned, attach a written or typed page explaining what didn't go right, what you learned from this flop and what you will do differently next time.

Cake Decorating

Cake Decorating exhibits are open to any 4-H'er enrolled in a food project. Awards will be given for Grand Champion and Reserve Champion Cake Decoration.

CAKE AUCTION: 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. Checks will be written out to the youth following the fair. Youths must present their cakes at the auction in order to participate. 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 a 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 1st, 2nd, or 3rd year.

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

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	\$4.00	\$3.50	\$3.00	\$2.50

Beginning Division

E414-901 Bake and Frost a One-Layer 8 inches or 9 inches round or square, or 9 inches x 13 inches 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 a bag and tip or rolled fondant.

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

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

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 inch, 9 inch or 10 inch Cake (may be a baked cake or a form 4 inch 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 inch, 9 inch or 10 inch Cake (may be a baked cake or a form 4 inch 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 inches 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.

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E414-912 One Two-Layer 8 inch, 9 inch or 10 inch Cake. Either baked or 4 inch high forms for each layer. Decorated with molded items. Molded items may include pastillage, rolled buttercream, 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 advanced 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 inches x 15 inches or smaller.

E414-915 *One Two-Layer 8 inch, 9 inch or 10 inch cake. Either baked or 4 inch 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.

Safety

Superintendent: Lynelle Johnson

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

Eligibility- All static exhibits must have received a purple ribbon at the county fair to advance to the State Fair.



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 inches x 14 inches but not larger than 22 inches x 28 inches.

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 ½ inch x 11 inch 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 inches x 14 inches but not larger than 22 inches x 28 inches.

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.)

Awards will only be given to the top purple ribbon winner in each of the curriculum areas. Entry must earn a purple ribbon to earn awards and rosettes. All static exhibits must have received a purple ribbon at the county fair to advance to the State Fair. Classes that are listed as a "900" number (last 3 digits of the class number) are Hamilton County Fair only exhibits and are not eligible to advance to the Nebraska State Fair, regardless of ribbon placement. County only entries are still eligible for County Awards.

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 ½ inch x 11 inch 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 investigators and more. It is recommended that youth interview a professional in the field in their research. Additional research sources might include books, articles, career websites, 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

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 parts 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 24 inches high by 32 inches wide board not to exceed 1/4 inch in thickness

E455-902 Bicycle Poster