



HEALTHY LIFESTYLES



DEPARTMENT: ENVIRONMENTAL EDUCATION & EARTH SCIENCE
AREA: FOOD & NUTRITION



CURRICULUM & RESOURCES

4-H Cooking 101	B		
4-H Cooking 201		I	
4-H Cooking 301		I	
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Let's Preserve: Canning Basics	B	I	A
Let's Preserve: Vegetables and Vegetable Products	B	I	A
Let's Preserve: Fruits and Fruit Products	B	I	A
Let's Preserve: Tomatoes and Tomato Products	B	I	A
Let's Preserve: Fermented and Pickled Products	B	I	A
Let's Preserve: Jams, Jellies and Preserves	B	I	A
USDA Complete Guide to Home Canning	B	I	A
4-H Cake Decorating Units 1-3	B	I	A
4-H Cake Decorating Units 4-6	B	I	A



AREA RULES – FOOD EXHIBITS

- Youth can ONLY enter exhibits into ONE Cooking Division (Cooking 101, 201, 301, or 401).**
 - Youth enrolled in cooking projects should continue their skill development. Once they have exhibited in a higher level, they are not eligible to exhibit in a lower level. Ex. Once you exhibit in Cooking 201, you are not eligible to exhibit in Cooking 101.
- Food Entries: Each exhibit must include the recipe. Recipe can be handwritten, typed or photocopied. Place the food on the appropriate size disposable plate or pan. Put exhibit in a self-sealing bag. Attach entry tag and recipe at the corner of the bag on the outside.**
- Non-Food Entries: Please attach the entry tag to the upper right-hand corner of the entry. All additional information pieces (recipes, special items) must be labeled with exhibitor's name and county.**
- Recipes for processed foods used by 4-H members for fair exhibition (except salsa) may originate from any source. However, all processed/preserved food products MUST use USDA approved processing methods.
- Allowable Ingredients
 - Food products must be unquestionably safe to eat when they are entered, whether tasted or not. Egg glazes on yeast products before baking are allowed. Glazes, frostings, and other sugar-based toppings are also considered safe due to the high sugar content. Eggs incorporated into baked goods or crusts and cheeses mixed into bread dough are considered safe. All fruit fillings must be cooked. Uncooked fruit is not allowed in any exhibit due to spoilage (i.e. fresh fruit tart). Cream cheese fillings and/or frostings are not allowed. Meat, dried meat, meat substitute pieces (bacon bits, pepperoni, etc.) or melted cheese toppings are not allowed in food exhibits. They may result in an unsafe food product by the time the item is judged due to unpredictable heat/and or weather conditions and will be disqualified.
 - Ingredients that the 4-H member cannot legally purchase, such as beer, whiskey, rum, etc. may not be used in any recipe or foods exhibit. Exhibits that include alcohol in the recipe will be disqualified. This includes menu and recipe file exhibits.
 - Commercially prepared mixes are ONLY allowed in Cooking 201 Creative Mix Class.
 - 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.
 - A standard quick bread pan measures 8" x 5". If mini-loaf pans are used for exhibit, two loaves must be presented for judging.
- Non-Food exhibits 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 portfolio or notebook. Consider neatness and creativity.

DEPARTMENT E – DIVISION 350 – GENERAL


	<i>Division</i>	<i>Class</i>	<i>Pay</i>	<i>Purple</i>	<i>Blue</i>	<i>Red</i>	<i>White</i>
	350	All Classes		\$2.50	\$2.00	\$1.50	\$1.00
SF) 001	Food Science Exploration (SF152) – Open to any 4-H'er enrolled in a Foods and Nutrition project. Show the connection between food and science as it relates to food preparation, food safety, or food production.						
SF) 002	Foods and Nutrition Poster, Scrapbook, or Photo Display (SF122) – Open to any 4-H'er enrolled in a Foods and Nutrition project, involving a nutrition or food preparation explore a career related to the food industry. This might contain pictures, captions, and/or reports to highlight the concept.						
SF) 003	Physical Activity and Health Poster, Scrapbook, or Photo Display (SF122) – Open to any 4-H'er enrolled in a Foods and Nutrition project, involving physical activity or career related to physical activity or health. This might contain pictures, captions, and/or reports to highlight the concept.						
SF) 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. Exhibits that include recipes with alcohol will be disqualified.						


DEPARTMENT E – DIVISION 401 – COOKING 101

	<i>Division</i>	<i>Class</i>	<i>Pay</i>	<i>Purple</i>	<i>Blue</i>	<i>Red</i>	<i>White</i>
	409	All Classes		\$1.75	\$1.50	\$1.25	\$1.00
C) 901	Cookies –(any recipe) 4 on a small paper plate						
C) 902	Muffins – (any recipe) 4 on a small paper plate						
C) 903	Drop Cookie – any cookie recipe dropped from a spoon or scoop, or formed into balls that are flattened before baking)- 4 on a small paper plate						
C) 904	Rolled Cookie – any cookie recipe requiring chilling dough, rolling out, and cutting into shapes before baking)- 4 on a small paper plate						
C) 905	Refrigerator Cookie – any cookie recipe requiring chilling dough, in shaped rolls, then slicing before baking) – 4 on a small paper plate						
C) 906	Bar Cookie – any cookie recipe requiring made in a pan and cut into bars or squares before serving)– 4 on a small paper plate						
C) 907	Filled Cookie – any cookie recipe with filling made from non-perishable ingredients, including jellies, jams, fruits, or candies)– 4 on a small paper plate						
C) 908	Extra Muffins (any recipe) – 4 on a small plate						
C) 909	Cooking 101 Food Flop – Exhibit one food item illustrating a preparation problem. Flop may result of an intentional or accidental mistake. One sheet of 8 ½ x 11 paper explain the preparation problem(s) experienced and how it could be overcome.						
C) 910	Other Item Made in this Project						

DEPARTMENT E – DIVISION 410 – COOKING 201

	<i>Division</i>	<i>Class</i>	<i>Pay</i>	<i>Purple</i>	<i>Blue</i>	<i>Red</i>	<i>White</i>
	410	All Classes		\$2.50	\$2.00	\$1.50	\$1.00
SF) 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" x 4 ½" or 9" x 5". If mini-loaf pans are used for exhibit, two loaves must be presented for judging.						
SF) 002	Creative Mixes (SF142) – Any recipe, at least ¾ of baked product or 4 muffins/cookies on a paper plate. 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. (Ex. Poppy seed Quick Bread from a cake mix, cake mix cookies, and sweet rolls made from ready-made 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?						
SF) 003	Biscuits or Scones (SF136) – Four biscuits or scones on a plate. This may be any type of biscuit – rolled, dropped any recipe. <u>Recipe must be a non-yeast product baked from scratch.</u>						




- SF) 004** **Healthy Baked Product** (SF2012-001) – Any recipe, at least 3/4 of baked product or 4 muffins/cookies on a paper plate. May be baked in a disposable pan.) Recipe must contain a fruit or vegetable as part of the ingredients (Ex. banana bars, cantaloupe quick bread, zucchini muffins, etc.).
- SF) 005** **Coffee Cake** (SF129) – Any recipe or shape, non-yeast product - at least 3/4 of baked product. May be baked in a disposable pan.)  **Include menu for a complete meal where this recipe is served, following meal planning guidelines suggested in Cooking 201.**
- SF) 006** **Baking with Whole Grains** (SF134) – Any recipe, at least 3/4 of baked product or 4 muffins/cookies on a paper plate. May be baked in a disposable pan. Recipe must contain whole grains as part of the ingredients. (Ex. whole wheat applesauce bread, peanut butter oatmeal cookies, etc.)
- SF) 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 air fryer, baked item made in microwave, etc.) Entry must be at least 3/4 baked product, or 4 muffins or cookies on a paper plate.
- C) 901** **Cooking 201 Food Flop**– Exhibit one food item illustrating a preparation problem. Flop may results of an intentional or accidental mistake. One sheet of 8 1/2 x 11 paper explain the preparation problem(s) experienced and how it could be overcome.
- C) 902** **Other Item Made in this Project**

 **Entry must include supporting information that discusses alternative preparation method and how it compares with traditional method.**

DEPARTMENT E – DIVISION 411 – COOKING 301

	<i>Division</i>	<i>Class</i>	<i>Pay</i>	<i>Purple</i>	<i>Blue</i>	<i>Red</i>	<i>White</i>
	411	All Classes		\$2.50	\$2.00	\$1.50	\$1.00
SF) 001	White Bread (SF138) – Any yeast recipe, at least 3/4 of a standard loaf displayed on a paper plate.						
SF) 002	Whole Wheat or Mixed Grain Bread (SF138) – Any yeast recipe. At least 3/4 of a standard loaf is displayed on a plate.						
SF) 003	Specialty Rolls (SF138) – Any yeast recipe. 4 rolls on a plate. May be sweet rolls, English muffins, kolaches, bagels, or any other similar recipe that makes individual portions.						
SF) 004	Dinner Rolls (SF138) – Any yeast recipe. 4 rolls on a plate. May be clover leaf, crescent, knot, bun, bread sticks, or any other type of dinner roll.						
SF) 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. May be baked in a disposable pan.						
SF) 006	Shortened Cake (SF137) – 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). <u>Exhibit must not be from a cake mix.</u>						
C) 901	Cooking 301 Food Flop – Exhibit one food item illustrating a preparation problem. Flop may results of an intentional or accidental mistake. One sheet of 8 1/2 x 11 paper explain the preparation problem(s) experienced and how it could be overcome.						
C) 902	Other Item Made in this Project						

DEPARTMENT E – DIVISION 412 – COOKING 401

	<i>Division</i>	<i>Class</i>	<i>Pay</i>	<i>Purple</i>	<i>Blue</i>	<i>Red</i>	<i>White</i>
	412	All Classes		\$2.50	\$2.00	\$1.50	\$1.00
SF) 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.						
SF) 002	Family Food Traditions (SF145) – Any recipe, at least 3/4 of baked product or 4 muffins or cookies on a paper plate. May be baked in a disposable pan. Any baked item associated with family tradition and heritage.  Entry must include (A) recipe, (B) tradition or heritage associated with preparing, serving the food, (C) where or who the traditional recipe came from.						
SF) 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.						
SF) 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 no cook; dipped, molded, made in the microwave or other methods of candy preparation.  Recipe must be included.						

- SF) 005** **Foam Cake** (SF138) – Original recipe (no mixes) of at least $\frac{3}{4}$ 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).
- SF) 006** **Specialty Pastry** (SF143) – Any recipe, at least $\frac{3}{4}$ of baked product or 4 muffins or cookies on a paper plate. May be baked in a disposable pan. Baked 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.
- C) 901** **Cooking 401 Food Flop**– Exhibit one food item illustrating a preparation problem. Flop may results of an intentional or accidental mistake. One sheet of 8 $\frac{1}{2}$ x 11 paper explain the preparation problem(s) experienced and how it could be overcome.
- C) 902** **Other Item Made in this Project**


DEPARTMENT E – DIVISION 407 – FOOD PRESERVATION

»»» DIVISION RULES – FOOD PRESERVATION


1. Processing Methods – Current USDA processing methods and altitude adjustments must be followed for all food preservation. Jams, preserves, marmalades, fruit, tomatoes, and pickled products must be processed in a boiling water bath canner. (Tomatoes may be processed in a pressure canner.) All non-acid vegetables and meats must be processed in a pressure canner. Spoiled or open container disqualifies an entry.
2. 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 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.
3. Current Project – All canning must be the result of this year's 4-H project, since September 1, of the previous calendar year.
4. Criteria for Judging: Exhibits will be judged according to score sheets available at your local Extension office or at <https://4hfairbook.unl.edu/fairbookview.php/rules>. 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 this site <https://food.unl.edu/canning#elevation> for your county's altitude and how that affects food processing times and pounds of pressure.
5. 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 exhibit containing the 3 self-sealing bags together.
6. 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:
 - a. 4-H Food Preservation Manuals (Freezing, Drying, Boiling Water Bath Canning, Pressure Canning)
 - b. USDA Guide to Home Canning https://nchfp.uga.edu/publications/publications_usda.html
 - c. Nebraska Extension's Food Website <https://food.unl.edu/food-safety>: or Extension publications from other states
 - d. Ball Blue Book (published after 2009) or online: <https://www.freshpreserving.com/recipes>
7. 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:
 - a. Name of product • Date preserved.
 - b. Method of preservation (pressure canner, water bath canner or dried)
 - c. Type of pack (raw pack or hot pack)
 - d. Altitude (and altitude adjustment, if needed)
 - e. Processing time
 - f. Number of pounds of pressure (if pressure canner used)
 - g. Drying method and drying time (for dried food exhibits)
 - h. Recipe and source of recipe (if a publication, include name and date)

FREEZING PROJECT MANUAL – UNIT I

Division	Class	Pay	Purple	Blue	Red	White
407	All Classes		\$2.50	\$2.00	\$1.50	\$1.00

- SF)** **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. May be baked in a disposable pan. Recipe **MUST** include a food item preserved by the freezing method done by the 4-H'er. Ex. Peach pie, blueberry muffins, zucchini bread, etc.).  **Supporting information must include both the recipe for the produce that was frozen as part of this project AND the baked food item.**


DRYING PROJECT MANUAL – UNIT II

- SF) 002** **Dried Fruit (SF154)** – Exhibit 3 different examples of dried fruit. Place each dried fruit food (6-10 pieces of fruit, minimum 1/4 cup) in a self-sealing bag.
- SF) 003** **Fruit Leather (SF154)** – Exhibit 3 different examples of fruit leathers. Place a 3” – 4” sample of each leather in self-sealing bags.
- SF) 004** **Vegetable Leather (SF154)** – Exhibit 3 different examples of vegetable or vegetable/fruit leathers. Place a 3” – 4” sample of each leather in self-sealing bags.
- SF) 005** **Dried Vegetables (SF149)** – Exhibit 3 different samples of dried vegetables. Place each food (1/4 cup of each vegetable) in a separate self-sealing bag.
- SF) 006** **Dried Herbs (SF149)** – Exhibit 3 different samples of dried herbs. Place each food (1/4 cup of each herb) in a separate self-sealing bag.
- SF) 007** **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. May be baked in a disposable pan. Recipe **MUST** include a dried produce/herb item made by the 4-H'er. Ex. Granola bar made with dried fruits, dried cranberry cookies, Italian herb bread, lemon thyme cookies.  **Supporting information must include both the recipe for the dried produce/herb AND the baked food item.**

BOILING WATER CANNING PROJECT MANUAL – UNIT III

- SF) 008** **1 Jar Fruit Exhibit (SF150)** – 1 jar of canned fruit.
- SF) 009** **3 Jar Fruit Exhibit (SF150)** – 3 jars of different canned fruits. May be 3 different techniques for same type of product (applesauce, canned apples, apple pie filling, etc.).
- SF) 0101** **Jar Tomato Exhibit (SF150)** – 1 jar of a canned tomato product.
- SF) 011** **3 Jar Tomato Exhibit (SF150)** – Exhibit 3 jars of different canned tomato products (salsa, sauces without meats, juice, stewed, etc.).
- SF) 0121** **Jar Pickled Exhibit (SF150)** – 1 jar of a pickled and/or fermented product.
- SF) 013** **3 Jar Pickled Exhibit (SF150)** – Exhibit 3 jars of different kinds of canned pickled and/or fermented products.
- SF) 0141** **Jar Jelled Exhibit (SF153)** – 1 jar of jam, jelly, or marmalade.
- SF) 015** **3 Jar Jelled Exhibit (SF153)** – 3 different kinds of jellied products. Entry may be made up of either pints or half pints (but all jars must be the same size).

PRESSURE CANNING PROJECT MANUAL – UNIT IV

- SF) 016** **1 Jar Vegetable or Meat Exhibit (SF150)** – 1 jar of a canned vegetable or meat.
- SF) 017** **3 Jar Vegetable Exhibit (SF150)** – 3 jars of different kinds of canned vegetables.
- SF) 018** **3 Jar Meat Exhibit (SF150)** – 3 jars of different kinds of canned meats.
- SF) 019** **Quick Dinner (SF1541)** – Exhibit a minimum of 3 jars to a maximum of 5 jars (all the same size) plus menu. The 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.**
- SF) 0201** **Jar Tomato Exhibit (SF150)** – 1 jar of a canned tomato product.
- SF) 021** **3 Jar Tomato Exhibit (SF150)** – Exhibit 3 jars of different canned tomato products (salsa, sauces without meats, juice, stewed, etc.).
- C) 901** **Food Gift**– Prepare and package a food gift (for human consumption) creatively. The food item must be made by the 4-H Member. Examples: Cookies in a decorative tin, etc.

DEPARTMENT E – DIVISION 414 – CAKE, COOKIES, AND CUPCAKES DECORATING

»» **DIVISION RULES – CAKE DECORATING & CANDY**

1. Cakes may be flat, cut up, or layer types. Decorated cakes and gingerbread houses are considered two different types of entries.
2. Cake will NOT be tasted by the judge.
3. All decorations must be constructed by the exhibitor, no purchased pre-made icing decorations allowed. All decorations must be edible (with the exclusion of plastic/wooden rods and pins used for support).
4. 4 Pieces of CANDY on a paper plate in a plastic bag
5. No Commercial mixes allowed for CANDY.

<i>Division</i>	<i>Class</i>	<i>Pay</i>	<i>Purple</i>	<i>Blue</i>	<i>Red</i>	<i>White</i>
414	All Classes	1	\$2.50	\$2.00	\$1.50	\$1.00

DEPARTMENT E – DIVISION 414- Beginning Cake Decorating (1-2 years in project)

- C) 901** **Graham Cracker Gingerbread House-** (SF__) – First year exhibitors ONLY. Must be made of graham crackers with edible items. Base shall not exceed 12”
- C) 902** **Decorated Gingerbread House** (SF__) – Must be made of gingerbread with edible items and parts. Base shall not exceed 12”.
- C) 903** **Decorated Cake (without the use of tips)** (SF__) – Show creativity by using cookies, candies, chocolate chips, etc. to decorate cake for specific party or theme.
- C) 904** **Decorated Cake (with use of tips)** (SF__) – Cake decorated with two different style decorating tips, any size.
- C) 905** **Decorated Cake (with the use of fondant)** (SF__) – Cake decorated primarily with the use of fondant.
- C) 906** **Decorated Cookies** (SF__) – Plate of 4 cookies. Cookies may be homemade or purchased by 4-H member.
- C) 907** **Decorated Cupcakes** (SF__) – Plate of 4 cupcakes. Cupcakes may be homemade or purchased by 4-H member.
- C) 908** **Decorated Cupcakes (with the use of fondant)** (SF__) – Plate of 4 cupcakes decorated primarily with the use of fondant. Cupcakes may be homemade or purchased by the 4-H member.

DEPARTMENT E – DIVISION 414- Advanced Cake Decorating (3 or more years in project)

- C) 909** **Decorated Gingerbread House** (SF__) – Must be made of gingerbread with edible items and parts. Base shall not exceed 12”.
- C) 910** **Decorated Cake (without use of tips)** (SF__) – Show creativity by using cookies, candies, chocolate chips, etc. to decorate cake for specific party or theme.
- C) 911** **Decorated Cake (with use of tips)** (SF__) – Cake decorated with two different style decorating tips, any size.
- C) 912** **Decorated Cake (with use of fondant)** (SF__) – Cake decorated primarily with the use of fondant.
- C) 913** **Decorated Cookies** (SF__) – Plate of 4 cookies. Cookies may be homemade or purchased by 4-H member.
- C) 914** **Decorated Cupcakes** (SF__) – Plate of 4 cupcakes. Cupcakes may be homemade or purchased by 4-H member.
- C) 915** **Decorated Cake (with use of fondant)** (SF__) – Plate of 4 cupcakes decorated primarily with the use of fondant. Cupcakes may be homemade or purchased by the 4-H member.

DEPARTMENT E – DIVISION 414- CANDY

- C) 920** **Fudge, any kind** (SF__) – Made from Scratch. Plate of 4 on plate in plastic bag
- C) 930** **Brittle, any nut** (SF__) – Plate of 4 on plate in plastic bag.
- C) 940** **Miscellaneous Candy** (SF__) – Plate of 4 on plate in plastic bag.



DEPARTMENT: HEALTHY LIFESTYLES
 AREA: PHYSICAL FITNESS



CURRICULUM & RESOURCES

Youth in Motion (4H5100) – Intermediate

1

DEPARTMENT E – DIVISION 300 – YOUTH IN MOTION

	Division	Class	Pay	Purple	Blue	Red	White
	300	All Classes		\$2.50	\$2.00	\$1.50	\$1.00
C) 901	Poster, Scrapbook, or Photo Display (SF122) – Exhibit about the 4-H'er or the family involved in a physical activity or concept/lesson involving this project. This might contain pictures, captions, and/or reports about the physical activity the individual or family did as a result of taking this project.						
C) 902	Activity Bag (SF258) – A duffel bag or backpack that the 4-H'er packs so that they are always prepared to be active and make healthy food choices. May include proper workout attire, a healthy beverage or snack, a notebook or goal sheet, etc. Make sure all items are clean and clearly labeled and an explanation of why it is included in the Activity Bag. <u>Do not put valuable items (i.e. electronics) in Activity Bag, instead use a picture of the item or include in the listing of items.</u>						
C) 903	Healthy Snack Recipe File (SF251) – Collection of 10 recipes from any source. Each recipe must accompany a complete snack menu in which the recipe is used, following the idea that a healthy snack includes foods from at least two different food groups. An additional 10 recipes may be added each year 4-H'er is in the project, with year clearly marked on recipes. Consider creativity and neatness. Display in recipe file or in a binder. Be sure to include the number of servings or yield of each recipe.						
C) 904	Healthy Lifestyle Interview (SF130) – Interview someone in your life that you admire that is physically active or has a healthy lifestyle. Why do they enjoy their exercise program or lifestyle choices? What are their goals? Why do you admire them? Maximum of two pages, one sided. Consider creativity and neatness. Mount on colored paper or poster board or display in binder. Include a picture of the person interviewed. The overall size of the mounted exhibit should be no larger than 9 X 12 inches.						
C) 905	Healthy Snack (SF125) – See ideas for non-perishable snacks on page 36. Four cookies, bars, muffins, etc., on a paper plate, or at least 1 cup of mix. (Examples might include: granola bars, homemade crackers, or chips.) Supporting information to include recipe and snack menu, and why this snack menu might be considered a healthy snack.						
C) 906-908	Other Item Made in this Project						



DEPARTMENT: HEALTHY LIFESTYLES
 AREA: SAFETY



CURRICULUM & RESOURCES

Citizen Safety

B



1

Design my Place

B

DEPARTMENT E – DIVISION 440 – SAFETY



	Division	Class	Pay	Purple	Blue	Red	White
	440	All Classes		\$2.50	\$2.00	\$1.50	\$1.00
SF) 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. (Citizen Safety, p. 6-7) <ul style="list-style-type: none"> • Kits containing any of the following will be automatically disqualified: <ul style="list-style-type: none"> ○ Prescription medications. (If the kit's purpose is to provide medication for someone with special needs, explain in the written description and inventory, but remove the medication.) ○ Materials with expiration dates on or before the judging date. ○ Any controlled substance. 						
SF) 002	Disaster Kit (SF111) – Emergency Preparedness 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.**

- SF) 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" X 11" size paper. Correct sentence structure, readability and thorough explanations are an important part of judging.
- SF) 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.
- SF) 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.
- C) 901** **You be the teacher** (SF__) – Share with others what you learned in the project. Exhibit may be a poster, notebook, or small display of an educational nature. Include 8 ½" X 11" page describing the exhibit and summary of learning.

DEPARTMENT E – DIVISION 450 – FIRE SAFETY

<i>Division</i>	<i>Class</i>	<i>Pay</i>	<i>Purple</i>	<i>Blue</i>	<i>Red</i>	<i>White</i>
450	All Classes		\$2.50	\$2.00	\$1.50	\$1.00

- SF) 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. Draw 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. Poster must be constructed of commercial poster board at least 11"x14" but not larger than 22"x28".**
- SF) 002** **Fire Safety Scrapbook** (SF270) – This scrapbook must contain at least 10 news articles from print and/or internet sources about fires to residential or commercial properties or landscapes. Mount each clipping on a separate page accompanied by a description of events leading to the incident and any measures that might have prevented it. The Scrapbook should be bound in a standard size hardcover binder or notebook for 8 ½" x 11" paper. Correct sentence structure, readability and thorough explanations are important part of judging.
- SF) 003** **First 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 (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".**
- C) 901** **You be the teacher** (SF__) – Share with others what you learned in the project. Exhibit may be a poster, notebook, or small display of an educational nature. Include 8 ½" X 11" page describing the exhibit and summary of learning.

DEPARTMENT E – DIVISION 530 – BICYCLING

<i>Division</i>	<i>Class</i>	<i>Pay</i>	<i>Purple</i>	<i>Blue</i>	<i>Red</i>	<i>White</i>
530	All Classes		\$2.50	\$2.00	\$1.50	\$1.00

- C) 901 **Bike Restoration Report** (SF__) – Exhibitors need to restore/overhaul/upgrade a bicycle to include current safety features. A report must include the following information: Describing costs, repair costs, and what was done. “Before” and “After” photos should be included.
- C) 902 **Bicycle Display** (SF__) – It may include: 1) parts or system of a bicycle, 2) working or broken parts, or 3) a step-by-step procedure of how some repair or service job is performed. A limited number of photographs are acceptable. Actual parts or cut-aways of parts are recommended.
- C) 903 **Bicycle Anatomy** (SF__) – Poster showing parts of the bicycle.
- C) 904 **Comparison Report** (SF__) – A report of price and feature comparisons that you took into account when purchasing a bike of your own.

DEPARTMENT E – DIVISION 530 – LIFETIME SPORTS

<i>Division</i>	<i>Class</i>	<i>Pay</i>	<i>Purple</i>	<i>Blue</i>	<i>Red</i>	<i>White</i>
530	All Classes		\$2.50	\$2.00	\$1.50	\$1.00

- C) 905 **Archery** (SF__) – The article may be a diorama, poster, scrapbook, notebook, etc. that expresses something learned or explains some aspect of the archery project
- C) 906 **Golf** (SF__) – The article may be a diorama, poster, scrapbook, notebook, etc. that expresses something learned or explains some aspect of the golf project
- C) 907 **Bowling** (SF__) – The article may be a diorama, poster, scrapbook, notebook, etc. that expresses something learned or explains some aspect of the bowling project
- C) 908 **Tennis** (SF__) – The article may be a diorama, poster, scrapbook, notebook, etc. that expresses something learned or explains some aspect of the tennis project
- C) 909 **Other** (SF__) – The article may be a diorama, poster, scrapbook, notebook, etc. that expresses something learned or explains some aspect of a sport not listed above (ex. Running)