

REQUIREMENTS FOR SHOTGUN:

- Each member must attend **at least two (2) shooting practices each year** with a certified leader to shoot at the official contest. Practice dates and location will be announced in the 4-H newsletter.
- **Members are only allowed to take Shotgun if they hold a valid hunter safety card and are determined by the leaders to be able to handle firearms safely.**
- **EAR & EYE PROTECTION: In order to participate, shooters must wear ear and eye protection for all shotgun practices and contest.**

RULES FOR FIREARMS BROUGHT TO THE OFFICIAL CONTEST:

1. All firearms need to be clean and in good working condition.
2. All firearms must be unloaded and on safety.
3. A responsible adult must bring each firearm, preferably in a case or box, straight from the vehicle to the range, checked in immediately and returned straight to the vehicle following the competition.
4. Each firearm needs to be marked with the member's name with tape on the stock.

KNOX COUNTY OFFICIAL CONTEST:

- **The official Knox County Competition for Shotgun** will be held on Saturday, August 5 at 1:00 pm at the Knox County Fairgrounds in Bloomfield. (Date and time are subject to change.)
- **Fees:** A \$5.00 fee will be charged for each 4-H member to participate in the contest. The fees will be paid to the Extension Office with the fair pre-entry forms.
- **Important:** All members will be observed by the leaders and if the leaders feel the member is not capable of properly handling the firearm, they will not be allowed to shoot it.
- **Trophies and Ribbons:** Ribbons will be awarded to all and the top score in each class will receive a trophy. The point divisions may be adjusted by the superintendents or the extension educator. The suggested point divisions are:

Junior Division Shotgun: Purple 50-38; Blue 37-26; Red 25-14; White 13-1

Senior Division Shotgun: Purple 50-40; Blue 39-30; Red 29-20; White 19-1

SHOTGUN, CLASSES (**Denotes Not Eligible for State Fair)

**D353901 Shotgun - Junior Division (11-13) – juniors will shoot 50 shots at predetermined stations.

**D353902 Shotgun - Senior Division (14 & over) – seniors will shoot 50 targets, 25 from the 16 yard line and 25 from a handicap yardage as determined by their 16 yard score.

HEALTHY LIFESTYLES EDUCATION

FOODS, NUTRITION, FOOD PRESERVATION and CAKE DECORATING

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.

FOODS AND NUTRITION GENERAL RULES:

1. **Supporting Information** - Each exhibit must include the recipe. **Recipe may be handwritten, photocopied, or typed.** Place the food on the appropriately size plate or container and put exhibit in a self-sealing bag. Attach recipe at the corner of the bag on the outside. Additional information including recipes and supplemental information should be identified with 4-H'ers name and county.
2. **Criteria for Judging** - Exhibits will be judged according to scoresheets available at the Extension Office or at <http://go.unl.edu/ne4hfood-nutrition>. **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, commercially prepared seasoning mixes for food preservation or other pre-made mixes entered in other categories will be lowered a ribbon placing.
3. **Food Projects** – Exhibits should be entered using a disposable pan or plate and covered by a plastic, self-sealing bag. The Fair Board is not responsible for non-disposable containers, lost bread boards, China or glassware.
4. **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.

5. **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).
6. **Entries per Individual** - One entry per exhibitor per class. Limit of 4 entries per exhibitor per project.

All static exhibits must have received a purple ribbon at the county fair to advance to the State Fair. Scoresheets can be found at <https://go.unl.edu/ne4hfood-nutrition>.

FOOD & NUTRITION CLASSES

GENERAL CLASSES

PREMIUMS: Purple, \$2.25; Blue, \$1.60; Red, \$1.20; White \$.60

- E350001 **Food Science Exploration (Scoresheet SF152)**
Open to any 4-H'er enrolled in a Foods and Nutrition or Food Preservation project. Show the connection between food and science as it relates to food preparation, food safety, food preservation, or food production. Exhibit may be a poster or foam core board (not to exceed 22" by 30"); computer-based presentation printed off with note pages, if needed, and displayed in binder; an exhibit display; or a written report in portfolio or notebook. Consider neatness and creativity.
- E350002 **Foods and Nutrition Poster, Scrapbook, or Photo Display (Scoresheet SF122)**
Open to any 4-H'er enrolled in a Foods and Nutrition or Food Preservation project. The project should involve a nutrition or food preparation technique or explore a career related to the food industry (caterer, restaurant owner, food scientist, registered dietitian, etc.). This might contain pictures, captions, and/or report to highlight the concept. Exhibit may be a poster or foam core board (not to exceed 22" by 30"); a computer-based presentation printed off with note pages, if needed, and displayed in a binder; an exhibit display; or a written report in portfolio or notebook. Consider neatness and creativity.
- E350003 **Physical Activity and Health Poster, Scrapbook, or Photo Display (Scoresheet SF122)**
Open to any 4-H'er enrolled in a Foods and Nutrition or Food Preservation project. The project should involve a physical activity or explore a career-related to physical activity or health (personal trainer, sports coach, physical therapist, etc.). This might contain pictures, captions, and/or a report to highlight the concept. Exhibit may be a poster or foam core board (not to exceed 22" by 30"); computer-based presentation printed off with note pages, if needed, and displayed in binder; an exhibit display; or a written report in portfolio or notebook. Consider neatness and creativity.
- E350004 **Cooking Basics Recipe File (Scoresheet 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 recipe file or binder. Be sure to include the number of servings or yield of each recipe. This may be a continued recipe file project from the previously used 4-H curriculum before 2018. Exhibits that include recipes with alcohol (wine, beer, rum, etc.) will be disqualified.

COOKING 101 (** Denotes NOT State Fair Eligible)

PREMIUMS: Purple, \$1.25; Blue, \$1.00; Red, \$.75; White \$.40

- **E401901 **Cookies** - any recipe - four on a paper plate. (Scoresheet CF124)
- **E401902 **Muffins** - any recipe - four on a paper plate. (Scoresheet CF127)
- **E401903 **No-Bake Cookie** - any recipe, four on a paper plate. (Scoresheet CF124)
- **E901404 **Cereal Bar Cookie** - any cereal-based recipe made in pan and cut into bars or squares for serving; any recipe, four on a paper plate. (Scoresheet CF125)
- **E401905 **Granola Bar** – any recipe, four on a paper plate. (Scoresheet CF125)

- **E401906 **Brownies** – any recipe, four on a paper plate. (**Scoresheet CF126**)
 E401907 **Snack Mix - any recipe, at least ½ cup in self-sealing plastic bag. (**Scoresheet CF125**)
 E401908 **County Only Exhibit

COOKING 201

PREMIUMS: Purple, \$2.25; Blue, \$1.60; Red, \$1.20; White \$.60

- E410001 **Loaf Quick Bread (Scoresheet SF123)**
 Any recipe, at least 3/4 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 8 ½" x 4 ½" or 9" x 5". If mini-loaf pans are used for exhibit, two loaves must be presented for judging.
- E410002 **Creative Mixes (Scoresheet 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 bread 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?**
- E410003 **Biscuits or Scones (Scoresheet 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.
- E410004 **Healthy Baked Product (Scoresheet 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.).
- E410005 **Coffee Cake (Scoresheet SF129)**
 Any recipe or shape, non-yeast product - at least ¾ of a 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.
- E410006 **Baking with Whole Grains (Scoresheet SF134)**
 Any recipe, at least ¾ of a baked product or 4 muffins/cookies on a paper plate or in a disposable pan. Recipe must contain whole grains as part of the ingredients. (Ex. whole wheat applesauce bread, peanut butter oatmeal cookies, etc.).
- E410007 **Non-Traditional Baked Product (Scoresheet 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 microware, etc.). Entry must be a least ¾ baked product or 4 muffins or cookies on a paper plate or in a disposable pan. Entry must include supporting information that discusses alternative preparation method and how it compares with traditional method.
- **E410901 **County Only Cooking 201 Exhibit**

COOKING 301

PREMIUMS: Purple, \$2.25; Blue, \$1.60; Red, \$1.20; White \$.60

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 projects must have been prepared without the assistance of a bread machine for mixing, raising, or baking of the food item.

- E411001 **White Bread (Scoresheet SF138)**
 Any yeast recipe, at least 3/4 of a standard loaf displayed on a paper plate.
- E411002 **Whole Wheat or Mixed Grain Bread (Scoresheet SF138)**
 Any yeast recipe, at least 3/4 of a standard loaf displayed on a paper plate.
- E411003 **Specialty Rolls (Scoresheet 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.
- E411004 **Dinner Rolls (Scoresheet 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.

- E411005 **Specialty Bread (Scoresheet 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.
- E411006 **Shortened Cake (Scoresheet SF137)**
At least ¾ 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).
- **E411901 **County Only Cooking 301 Exhibit**

COOKING 401

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 401 projects must have been prepared without the assistance of a bread machine for mixing, raising, or baking of the food item.

PREMIUMS: Purple, \$3.00; Blue, \$2.25; Red, \$1.50; White \$.75

- E412001 **Double Crust Fruit Pie (Scoresheet 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.

PREMIUMS: Purple, \$2.25; Blue, \$1.60; Red, \$1.20; White \$.60

- E412002 **Family Food Traditions (Scoresheet 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.

- E412003 **Ethnic Food Exhibit (Scoresheet SF146)**
Any recipe, at least 3/4 of baked product or 4 muffins or cookies on a paper plate or in a disposable pan. The name of the country, culture, or region should be included as part of the supporting information with the recipe, as well as background information about the country or culture the food item is representing.

- E412004 **Candy (Scoresheet 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.

- E412005 **Foam Cake (Scoresheet 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).

- E412006 **Specialty Pastry (Scoresheet 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.

- **E412901 **County Only Cooking 401 Exhibit**

FOOD PRESERVATION

RULES:

1. **Processing Methods:** Current USDA processing methods and altitude adjustments must be followed for all food preservation. Jams, preserves and marmalades, fruit, tomatoes and pickled products must be processed in a boiling water bath. Tomatoes may be processed in a pressure canner. All non-acid vegetables and meats must be processed in a pressure canner. Improperly canned or potentially hazardous food items will be disqualified. Spoiled or unsealed container disqualifies entry. Knox County's altitude is 1600 feet.

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.
4. **Criteria for Judging:** Exhibits will be judged according to score sheets available at the Extension Office or at the State Fairbook 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 the extension office for the county's altitude (1600 feet) or this site <https://food.unl.edu/canning#elevation> 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, 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)
7. All exhibits must include the 4-H Food Preservation Card attached to the project as the required supporting information (see below) or include the 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)
8. **Entries per Individual** - One entry per exhibitor per class. Limit of 4 entries per exhibitor in Food Preservation classes.

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

FOOD PRESERVATION CLASSES

PREMIUMS: Purple, \$3.50; Blue, \$2.75; Red, \$1.80; White \$.90 (for three item exhibits)

PREMIUMS: Purple, \$2.00; Blue, \$1.50; Red, \$1.00; White \$.50 (for one item exhibits)

UNIT 1 FREEZING

E406001

Baked Item Made with Frozen Product (Scoresheet SF155)

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



4-H Food Preservation Card

(Please attach this card to each item preserved.)

Name: _____ County: _____

Name of Product: _____ Date Preserved: _____

PROCESSING METHOD (CHECK ONE):

Boiling Water Canner, indicate type of pack (check one): raw pack OR hot pack

Processing time: _____ Altitude: _____

Pressure Canner, indicate type of gauge (check one): weighted gauge OR dial gauge

Product was canned at _____ pounds pressure at _____ altitude.

Processing time: _____ packed hot OR packed cold

Dehydration (check one): dehydrator OR other, please specify (ie: oven, solar, etc.): _____

Approximate drying time: _____

INCLUDE INSTRUCTIONS/RECIPE:

Include instructions/recipe for product on back of this card. 4-H'ers must include the source of the recipe/instructions. 4-H'ers must use approved USDA recipes/instructions. Include pre-treatment for dried products.

UNIT 2 DRYING

E407001

Dried Fruits (Scoresheet SF154)

Exhibit 3 different examples of 3 different dried fruits. Place each dried fruit food (6-10 pieces of fruit, minimum of 1/4 cup) in separate self-sealing bags. Use a rubber band or "twisty" to keep exhibit together.

E407002

Fruit Leather (Scoresheet SF154)

Exhibit 3 different examples of 3 different fruit leathers. Place a 3-4" sample of each fruit leather in separate self-sealing bags. Use a rubber band or "twisty" to keep exhibit together.

E407003

Vegetable Leather (Scoresheet SF154)

Exhibit 3 different examples of 3 different vegetable or vegetable/fruit leather combo. Place a 3-4" sample of each leather in separate self-sealing bags. Use a rubber band or "twisty" to keep exhibit together.

E407004

Dried Vegetables (Scoresheet 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.

E407005

Dried Herbs (Scoresheet 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 "twisty" to keep exhibit together.

E407006

Baked Item Made with Dried Produce/Herbs (Scoresheet SF156)

Any recipe, at least ¾ of baked product or 4 muffins or cookies on a paper plate or in a disposable pan. Recipe **MUST** include a dried produce/herb item made by the 4-H'er. (Ex. Granola bar made with dried fruit, 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.

**E407901

County Only Drying Exhibit

UNIT 3 BOILING WATER CANNING

E408001

1 Jar Fruit Exhibit (Scoresheet SF150)

Exhibit one jar of a canned fruit. Entry must be processed in the boiling water bath according to current USDA recommendations.

- E408002 **3 Jar Fruit Exhibit (Scoresheet 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.
- E408003 **1 Jar Tomato Exhibit (Scoresheet SF150)**
Exhibit one jar of a canned tomato product. Entry must be processed in a boiling water bath according to current USDA recommendations.
- E408004 **3 Jar Tomato Exhibit (Scoresheet 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.
- E408005 **1 Jar Pickled Exhibit (Scoresheet SF150)**
Exhibit one jar of a pickled and/or fermented product. Entry must be processed in a boiling water bath according to current USDA recommendations.
- E408006 **3 Jar Pickled Exhibit (Scoresheet 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.
- E408007 **1 Jar Jellied Exhibit (Scoresheet SF153)**
Exhibit one jar of a jam, jelly, fruit butter or marmalade. Entry must be processed in a boiling water bath according to current USDA recommendations.
- E408008 **3 Jar Jellied Exhibit (Scoresheet 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.
- **E408901 **County Only Boiling Water Canning Exhibit**

UNIT 4 PRESSURE CANNING PROJECT

- E414001 **1 Jar Vegetable or Meat Exhibit (Scoresheet SF150)**
Exhibit one jar of a canned vegetable or meat. Include only vegetables or meat canned in a pressure canner according to current USDA recommendations.
- E414002 **3 Jar Vegetable Exhibit (Scoresheet SF150)**
Exhibit 3 jars of different kinds of canned vegetables. Include only vegetables canned in a pressure canner according to current USDA recommendations.
- E414003 **3 Jar Meat Exhibit (Scoresheet SF150)**
Exhibit 3 jars of different kinds of canned meats. Include only meats canned in a pressure canner according to current USDA recommendations.
- E414004 **Quick Dinner (Scoresheet 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.
- E414005 **1 Jar Tomato Exhibit (Scoresheet SF150)**
Exhibit one jar of a canned tomato product. Entry must be processed in a pressure canner according to current USDA recommendations.
- E414006 **3 Jar Tomato Exhibit (Scoresheet 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.
- **E414901 **County Only Pressure Canning Exhibit**

CAKE DECORATING

CAKE DECORATING, CLASSES (Denotes NOT State Fair Eligible)**

PREMIUMS-Cake: Purple, \$3.00; Blue, \$2.25; Red, \$1.50; and White, \$.75

PREMIUMS-Folder: Purple, \$1.25; Blue, \$1.00; Red, \$.75; White \$.40

A 4-H'er can advance up to the next level before they have been in the level for 2 years. However, they may not remain in the beginning and intermediate levels for more than two years each. This is a county project and not eligible for state fair.

BEGINNING CAKE DECORATING (1-2 years experience)

- **E415901 One Layer Cake (Scoresheet KC2)**
Decorated with techniques learned in beginning cake decorating. A false form or a real cake may be used for decorating. It must be decorated with **frosting only** - no artificial decorations may be used. The cake will be judged on neatness and techniques. Formed pans may be used.
- **E415902 Three Page Folder (Scoresheet KC1)**
A folder containing descriptions and photos of 3 cakes you have decorated during the current project year. One cake description and photograph per page.

INTERMEDIATE CAKE DECORATING (3-4 years experience)

- **E415903 One Cake (Scoresheet KC2)**
Utilizing originality in design. Techniques should include at least one 2-tip border or design. It must be decorated with **frosting only** - no artificial decorations may be used. The cake will be judged on neatness, creativity, and techniques used. A cake form or a real cake may be used for decorating. No cake pan forms accepted.
- **E415904 Four Page Folder (Scoresheet KC1)**
A folder containing description and photos of four cakes you have decorated during the current project year. One cake description and photograph per page.

ADVANCED CAKE DECORATING (5 years or more experience)

- **E415905 One Cake (Scoresheet KC2)**
Utilizing originality in design and advanced techniques. It must be decorated with **frosting only**. Decoration can be added to enhance the design of the cake (for example, wedding bells, doves, candles, etc.). The cake will be judged on originality of design, techniques used and neatness. A cake form or real cake may be used for decorating. No cake pan forms accepted. Border should be at least a 2 tip border.
- **E415906 Four Page Folder (Scoresheet KC1)**
A folder containing description and photos of four cakes you have decorated during the current project year. One cake description and photograph per page.

CREATIVE DECORATING (open to all units) – A cake form or a real cake may be used. Decorations may include marshmallows, candy, cookies, crackers, chocolate chips, coconut, etc. Artificial decorations are allowed in all classes. **(Scoresheet KC2)**

PREMIUMS-Cake: Purple, \$3.00; Blue, \$2.25; Red, \$1.50; and White, \$.75

- **E415907 Non-tube Decorated Cake** - cake made from no more than 1 mix. Bags and tips are not to be used.
- **E415908 One Cake** - utilizing originality in design **using Fondant Frosting/Icing.**
- **E415909 Cupcake Cake** - any recipe - multiple cupcakes arranged to form a desired shape.
- PREMIUMS: Purple, \$2.25; Blue, \$1.60; Red, \$1.20; White \$.60
- **E415910 Decorated Cupcakes** - any recipe - four on a paper plate.
- **E415911 Decorated Cookies** – any recipe – four on a paper plate.

PHYSICAL FITNESS

YOUTH IN MOTION (Denotes NOT State Fair Eligible)**

PREMIUMS: Purple, \$2.25; Blue, \$1.60; Red, \$1.20; White \$.60

- **E300901 YOUTH in Motion Poster, Scrapbook, or Photo Display (Scoresheet SF122)**
Exhibit about the 4-H'er or the 4-H'ers 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. Posters must be constructed of commercial poster board at least 11" x 14", but not larger than 22" x 28".
- **E300902 Activity Bag (Scoresheet SF258)**
A duffle 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, clearly labeled and an explanation of why it is included in the Activity Bag. 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.

- **E300904 Healthy Lifestyle Interview (Scoresheet 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 write-up of an interview with someone who has an active exercise program or has a healthy lifestyle. Consider creativity and neatness. Mount on colored paper or poster board or display in a binder. Include a picture of the person interviewed. (May be laminated to preserve exhibit). Overall size of mounted exhibit should be no larger than 9 x 12 inches.
- **E300905 Healthy Snack (Scoresheet SF125)**
See ideas for non-perishable snacks on page 36 of manual. 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 why this snack might be considered a healthy snack.

SAFETY

In this category 4-H'ers have the opportunity to create exhibits about all-terrain vehicles, fire, and tractor safety. In addition, participants can also create informational exhibits about basic safety strategies. Through involvement in this category, 4-H'ers will be better educated about personal safety and have the knowledge base to educate others about safety.

All static exhibits must have received a purple ribbon at the county fair to advance to the State Fair. Scoresheets can be found at <https://go.unl.edu/ne4hsafety>

SAFETY CLASSES

PREMIUMS: Purple, \$2.25; Blue, \$1.60; Red, \$1.20; and White, \$.60

- E440001 First Aid Kit (Scoresheet 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-H 425, pages 6 & 7 for guidance.
Kits containing any of the following will be automatically disqualified:
- Prescription medications. (If the kit's purpose is to provide medication for someone with special needs, explain in the written description and inventory, but remove the medication.)
 - Materials with expiration dates on or before the judging date. (This includes sterile items, non-prescription medications, ointments, salves, etc. Articles dated month and year only are considered expired on the last day of that month.)
 - Any controlled substance.
- E440002 Disaster Kit (Emergency Preparedness) (Scoresheet 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.
- PREMIUMS: Purple, \$1.75; Blue, \$1.35; Red, \$1.00; White, \$.60
- E440003 Safety Scrapbook (Scoresheet 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.

- E440004 **Safety Experience (Scoresheet 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.
- E444005 **Careers in Safety (Scoresheet 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 of 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.

FIRE SAFETY CLASSES

PREMIUMS: Purple, \$1.75; Blue, \$1.35; Red, \$1.00; White, \$.60

- E450001 **Fire Safety Poster (Scoresheet 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".
- E450002 **Fire Safety Scrapbook (Scoresheet 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" x 11" size paper. Correct sentence structure, readability and thorough explanations are an important part of judging.
- E450003 **Fire Prevention Poster (Scoresheet 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".

ATV SAFETY CLASS (Denotes NOT State Fair Eligible)**

This project teaches you how to operate the All-Terrain-Vehicle safely and the parts of the vehicle. Some examples of an exhibit or poster are:

- Show some part or system of an ATV, worn or broken part, step-by-step repair procedure, etc. Include a brief description. Display on a board 24" high x 32" wide and ¼" thick.

- Educational notebook, display, collection of materials that relate to project. Include 8 ½"x 11" page describing exhibit and summary of learning.
 - Poster 14" x 22" with photos of yourself demonstrating safety measures necessary for ATV operation.
- PREMIUMS: Purple, \$1.75; Blue, \$1.35; Red, \$1.00; White, \$.60
****E451901 ATV Safety Poster or Exhibit (Scoresheet CF83 or SF223)**

BICYCLE SAFETY CLASSES (Denotes NOT State Fair Eligible)**

This project teaches you how to have safe fun with a bicycle. Things a 4-H member can do in this project are learn the rules of the road for safe bike riding; keep your bike in good running condition; and adjust your bike for best riding. Display with photos or actual parts on a 24" x 32" thick board one of the following:

1. Parts or system of a bicycle.
2. Worn out or broken parts and how to fix them.
3. Step-by-step procedure of how some repair or service job is performed.

PREMIUMS: Purple, \$1.75; Blue, \$1.35; Red, \$1.00; White, \$.60

****E453901 Bicycle Safety Poster - 14" x 22" either vertical or horizontal arrangement. (Scoresheet CF83)**

PREMIUMS: Purple, \$2.25; Blue, \$1.60; Red, \$1.20; White, \$.60

****E453902 Bicycle Safety Display (Scoresheet CF223)**

TRACTOR SAFETY CLASS (Denotes NOT State Fair Eligible)**

This project provides a good base for instruction on safety awareness, understanding of controls and safety checks and safe tractor operation.

PREMIUMS: Purple, \$1.75; Blue, \$1.35; Red, \$1.00; White, \$.60

****E457901 Tractor Safety Poster or Exhibit (Scoresheet CF83 or CF223)**

LEADERSHIP, CITIZENSHIP & PERSONAL DEVELOPMENT

CITIZENSHIP

The purpose of these citizenship exhibits is to foster civic responsibility and action within the diverse areas of citizenship including community service, service learning, government, and policy making.

RULES:

1. Exhibits are entered at 4-H'ers own risk. We will not be responsible for loss or damage to family heirloom items or any items in this division.
2. Displays should not be larger than 22" x 28" wide. If the size needs to be different size because the item is larger than 22" x 28", please contact the extension office for approval. Display collections securely in an attractive container no larger than 22" x 28".
3. **Supporting Material:** All entries must have a statement explaining:
 - The purpose of the exhibit.
 - Exhibitors are encouraged to show evidence of their personal experiences, study or observations that relate to their exhibit. This helps the judges understand what the 4-H'er did and learned in the process that led to the exhibit.
 - References - All exhibitors should reference material sources or supporting information used in exhibits (i.e., if questions from a game were taken from an outside source, they must be referenced).
 - Identification - All entries should be labeled with the exhibitor's name, club, and county.
4. **Project Materials:** The official reference for the citizenship projects is Citizenship Public Adventures Kit (MI7329) and Citizen Guide's Handbook (BU7330). Other helpful citizenship references include Citizenship Washington Focus guides, Character Counts! And Service Learning Information.

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

Scoresheets can be found at <https://go.unl.edu/ne4hCitizenship>

CLASSES (Scoresheet SF182 for all classes)

PREMIUMS: Purple, \$2.25; Blue, \$1.60; Red, \$1.20; and White, \$.60