



FOOD CURRICULUM

DIVISION 401 – COOKING 101 (County Only)

- E401-901 Cookies/Bar** - This may be any type of cookie: rolled, or dropped, 4 on a paper plate.
E401-902 Muffins - Any recipe, 4 on a paper plate)
E401-903 No Bake Cookie - Any recipe, 4 on a paper plate.
E401-904 Cereal Bar Cookie - Any cereal-based recipe made in pan and cut into bars or squares for serving.
E401-905 Granola Bar - Any recipe, 4 on a paper plate.
E401-906 Brownies - Any recipe, 4 brownies on a small paper plate. Any recipe may be used, but it must be made from scratch.
E401-907 Snack Mix - Any recipe, at least 1 cup in self-sealing plastic bag.
E401-908 Loaf Quick Bread - Any recipe, at least $\frac{3}{4}$ of a standard loaf displayed on a paper plate. Quick bread is approximately $8\frac{1}{2}'' \times 4\frac{1}{2}''$ or $9'' \times 5''$. If mini-loaf pans are used for exhibit, two loaves must be presented for judging.
E401-909 Cornbread - Any recipe, at least $\frac{3}{4}$ of baked product or 4 pieces on a paper plate. May be baked in a disposable pan.
E401-910 Cake - Any recipe, at least $\frac{3}{4}$ of a baked product. May be baked in a disposable pan
E401-925 Other Baked Item relevant to this project and suitable for bake sale.

DIVISION 350 GENERAL

- Open to any 4-H'er enrolled in a Foods and Nutrition or Food Preservation project.
--Exhibit may be a poster or foam core board (not to exceed 22" X 30"), computer based presentation printed off with notes pages, if needed, and displayed in a binder, an exhibit display, a written report in a portfolio or notebook.
--Consider neatness and creativity.
E350-001* Food Science Explorations - Show the connection between food and science as it relates to food preparation, food safety or food production
E350-002* Foods and Nutrition Poster, Scrapbook or Photo Display – Project should involve a nutrition or food preparation technique or career/concept lesson. This might contain pictures, captions and/or reports to highlight the concept.
E350-003* Physical Activity and Health Poster, Scrapbook, or Photo Display - Project should involve a physical activity or career concept/lesson. This might contain pictures, captions and/or reports to highlight the concept.
E350-004* Cooking Basics Recipe File – A collection of 10 recipes from any source. Each recipe must accompany a complete menu in which the recipe is used. An additional 10 recipes may be added each year the 4-H'er is in the project, with year clearly marked on recipes. Display in a recipe file or binder. Be sure to include the number of servings or yield of each recipe. This may be a continued recipe file project from the previously used 4-H curriculum before 2018.

DIVISION 410 – COOKING 201

- E410-001* Loaf Quick Bread** Any recipe, at least $\frac{3}{4}$ 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 approximately $8\frac{1}{2}'' \times 4\frac{1}{2}''$ or $9''$ or $5''$. If mini-loaf pans are used for exhibit, two loaves must be presented for judging.
E410-002* Creative Mixes (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 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 poppyseed 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 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 (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. Recipe must contain a fruit or vegetable as part of the ingredients (Ex: banana bars, cantaloupe quick bread, zucchini muffins, etc)
E410-005* Coffee Cake Any recipe or shape, non-yeast product – at least $\frac{3}{4}$ 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.
E410-006* Baking With Whole Grains Any recipe, at least $\frac{3}{4}$ 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)
E410-007* Non-Traditional Baked Product Exhibit must include a food product prepared using a non-traditional method (i.e. bread machine, cake baked in convection oven, baked item made in microwave, etc.) Entry must be at least $\frac{3}{4}$ baked product, or 4 muffins or cookies on a paper plate. Entry must include supporting information that discusses alternative preparation method and how it compares with traditional method.
E410-925 Other Baked Item relevant to this project and suitable for the bake sale.

DIVISION 411 – COOKING 301

Any bread item prepared or baked using a bread machine should be entered under the Cooking 201, Non-Traditional Baked Product. All exhibits made in the Cooking 301 or Cooking 401 projects must have been prepared without the assistance of a bread machine for mixing, raising or baking of the food item.

- E411-001* White Bread** (any yeast recipe) At least $\frac{3}{4}$ of a standard loaf displayed on a paper plate.
E411-002* Whole Wheat or Mixed Grain Bread (any yeast recipe) At least $\frac{3}{4}$ of a standard loaf displayed on a paper plate.

FOOD CURRICULUM (Continued)

- E411-003* Specialty Rolls** (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** - (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** - Any yeast recipe, includes tea rings, braids or any other full-sized specialty bread products. Must exhibit at least $\frac{3}{4}$ of a full-sized baked product. May be baked in a disposable pan.
- E411-006* Shortened Cake** - NOT FROM A CAKE MIX! At least $\frac{3}{4}$ 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 frosting allowed).
- E411-925 Other Baked Item** relevant to this project and suitable for the bake sale.



DIVISION 412 – COOKING 401

Any bread item prepared or baked using a bread machine should be entered under the Cooking 201. All exhibits made in the Cooking 301 or Cooking 401 projects must have been prepared without the assistance of a bread machine for mixing, raising, or baking of the food item.

- E412-001* Double Crust Fruit Pie** Made with homemade fruit filling. No egg pastries or cream fillings. No canned fillings or pre-made pie crusts. May be a double crust, crumb, or lattice topping. Using an 8- or 9-inch disposable pie pan is recommended.
- E412-002* Family Food Traditions** (Any recipe, at least $\frac{3}{4}$ of baked product or 4 muffins or cookies on a paper plate. May be baked in a disposable pan). Any baked item associated with family tradition and heritage. Entry must include: (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** (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). The name of the country, culture or region should be included as part of the supporting information with the recipe, as well as some background information about the country or culture the food item is representing.
- E412-004* Candy** – Any recipe, 4 pieces of candy on a paper plate or $\frac{1}{2}$ cup. No items containing cream cheese will be accepted. (Example: cream cheese mints) Candy may be cooked or no cook; dipped, molded, made in the microwave or other methods of candy preparation. Recipe must be included.
- E412-005* Foam Cake** - 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)
- E412-006* Specialty Pastry** (Any recipe, at least $\frac{3}{4}$ of a 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, scones, 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.
- E412-925 Other Baked Item** relevant to this project and suitable for the bake sale.

WHOLE GRAIN PRODUCTS – LINCOLN COUNTY ONLY

Open to all 4-H members enrolled in a foods project. To qualify as a whole grain exhibit, the product must contain whole grain flour as an ingredient. Whole grain products will also be sold in the 4-H foods Bake Sale. Whole grain products will be exhibited as follows:

1. **Junior Division** (ages 8-11) **Enter under E410-006** (Division 410 – Cooking 201)
2. **Senior Division** (4-H'ers 12 and over as of Jan. 1). **Enter under E411-002** (Division 411 – Cooking 301)
3. Any whole grain product may be used including exhibits using whole or cracked wheat flour, rye flour, cornmeal, oatmeal, triticale, bulgur, soybeans, etc., 4-H'ers are encouraged to try new recipes and ideas (ex. avoid traditional oatmeal cookies or cornbread). Priority will be given to unusual and unfamiliar whole grains or combinations of grains with pleasing flavor and texture.
4. Ribbons and premium money will be given to all exhibitors. The top 3 exhibits in LINCOLN COUNTY in each division (junior and senior) will receive prizes of \$10.00, \$7.50, and \$5.00, courtesy of the 4-H Council.

4-H FOOD PRESERVATION SERIES

UNIT 1 FREEZING PROJECT MANUAL

- E407-001* Baked Item Made With Frozen Produce** – Any recipe, at least $\frac{3}{4}$ of baked product or 4 muffins or cookies on a paper plate. 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.

UNIT 2 DRYING PROJECT MANUAL

- E407-002* Dried Fruit** - Exhibit 3 different examples of 3 different dried fruits. Place each dried fruit (6-10 pieces of fruit, minimum of $\frac{1}{4}$ cup) in separate self-sealing bags. Use a rubber band or "twisty" to keep exhibit together.
- E407-003* Fruit Leather** - Exhibit 3 different examples of 3 different fruit leathers. Place a 3-4" sample of each fruit together in separate self-sealing bags. Use a rubber band or "twisty" to keep exhibit together.
- E407-004* Vegetable Leather** – Exhibit 3 different examples of 3 different vegetable or vegetable/fruit leather combo. Place a 3-4" sample of each leather together in separate self-sealing bags. Use a rubber band or "twisty" to keep exhibit together.
- E407-005* Dried Vegetables** Exhibit 3 different samples of 3 different dried vegetables. Place each food ($\frac{1}{4}$ cup of each vege-

UNIT 2 DRYING PROJECT MANUAL (Continued)

- E407-006* Dried Herbs** - -Exhibit 3 different samples of 3 different dried herbs. Place each food (1/4 cup of each herb) in a separate self-sealing bag. Use a rubber band or "twisty" to keep exhibit together.
- E407-007* Baked Item Made With Dried Produce/Herbs** – Any recipe, at least ¾ 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 fruites, dried cranberry cookies, Italina herb bread, lemon thyme cookies. Supporting information must include both the recipe and the dried produce/herb AND the baked food item.

UNIT 3 BOILING WATER CANNING MANUAL (Entries must be processed in the boiling water bath according to current USDA recommendations)

- E407-008* Jar Fruit Exhibit** One jar of a canned fruit.
- E407-009* 3 Jar Fruit Exhibit** Exhibit 3 jars of different canned fruits. May be three different techniques for same type of product, ex: Applesauce, canned apples, apple pie filling, etc.
- E407-010* Jar Tomato Exhibit** One jar of a canned tomato product.
- E407-011* 3 Jar Tomato Exhibit** Exhibit 3 jars of different canned tomato products (salsa, sauces without meats, juice, stewed, etc.)
- E407-012* Jar Pickled Exhibit** One jar of a pickled and/or fermented product.
- E407-013* 3 Jar Pickled Exhibit** Three jars of different kinds of canned pickled and/or fermented products.
- E407-014* Jar Jelled Exhibit** One jar of a jam, jelly or marmalade.
- E407-015* 3 Jar Jelled Exhibit** Three different kinds of jelled products. Entry may be made up of either pints or half pints (but all jars must be the same size).

UNIT 4 PRESSURE CANNING PROJECT MANUAL (Entries must be canned in a pressure canner according to current USDA recommendations unless otherwise noted)

- E407-016* Jar Vegetable or Meat Exhibit** One jar of a canned vegetable or meat.
- E407-017* 3 Jar Vegetable Exhibit** Three jars of different kinds of canned vegetables.
- E407-018* 3 Jar Meat Exhibit** Three jars of different kinds of canned meats.
- E407-019* Quick Dinner** Exhibit a minimum of 3 jars to a maximum of 5 jars (all the same size) 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 USDA recommendations.
- E407-020* Jar Tomato Exhibit** One jar of a canned tomato product.
- E407-021* 3 Jar Tomato Exhibit** Exhibit 3 jars of different canned tomato products (salsa, sauces without meats, juice, stewed, etc.)



4-H CLOVER KID LIVESTOCK DIVISIONS:



Clover Kids Classes

- Bucket Calves
- Meat Goat
- Market Lamb
- Poultry
- Rabbit
- Dog

Clover Kid: 4-H age 5-7

- **Beef must have a county only tag or tattoo (Bucket Calves will not be stalled at the Lincoln Co Fair)
- **Meat goats must have county only tags
- **Market lambs must have county only tags

Special Garden Project 2018

Delft Blue Nigella is named for the famous Dutch Delft blue pottery. They have unique 1 ½ - 2" flowers with blue splashes on flower petals in varying shades of blue and gray, and intricate deep-purple center. Unusual seed pods are also used in fresh or dried arrangements.



Enroll in Special Garden Project Educational Exhibit G775-001 AND Fresh Cut Flowers G775-002.