



Merrick County Fair Pre-Entry Form
Healthy Lifestyles Education
DUE JULY 10



First and Last Name of Exhibitor: _____ 4-H Age (as of January 1): ____

Please check the appropriate box for classes.

DECORATED FOOD ITEMS- one entry per class number.

Beginning Division:

- E-400-001. Graham Cracker Gingerbread House (first year)
- E-400-002. Decorated Gingerbread House
- E-400-003. Decorated Cake or Cupcake
- E-400-004. Decorated Box, Bowl, Block, etc.
- E-400-005. Any Other Decorated Food Item

Advanced Division

- E-400-006. Decorated Gingerbread House
- E-400-007. Decorated Cake or Cupcake
- E-400-008. Decorated Box, Bowl, Block, etc.
- E-400-009. Any Other Decorated Food Item

GENERAL FOODS

- E-350-001. Food Science Explorations
- E-350-002. Foods, and Nutrition - Poster, Scrapbook, or Photo Display
- E-350-003. Physical Activity and Health Poster, Scrapbook, or Photo Display
- E-350-004. Cooking Basics Recipe File

COOKING 101 - one entry per class number.

- E-401-901. Cookies
- E-401-902. Muffins
- E-401-903. No Bake Cookies
- E-401-904. Cereal Bar Cookie
- E-401-905. Granola Bar
- E-401-906. Brownies
- E-401-907. Snack Mix

COOKING 201 - one entry per class number.

- E-410-001. Loaf Quick Bread
- E-410-002. Creative Mixes
- E-410-003. Biscuits Or Scones
- E-410-004. Healthy Baked Product
- E-410-005. Coffeecake
- E-410-006. Baking With Whole Grains
- E-410-007. Non-Traditional Baked Product

COOKING 301 - one entry per class number.

- E-411-001. White Bread
- E-411-002. Whole Wheat Or Mixed Grain Bread
- E-411-003. Specialty Rolls
- E-411-004. Dinner Rolls
- E-411-005. Specialty Bread
- E-411-006. Shortened Cake NOT FROM A CAKE MIX!

COOKING 401- one entry per class number.

- E-412-001. Double Crust Fruit Pie**
- E-412-002. Family Food Traditions**
- E-412-003. Ethnic Food Exhibit**
- E-412-004. Candy**
- E-412-005. Foam Cake**
- E-412-006. Specialty Pastry**

FOOD PRESERVATION

UNIT 1 FREEZING PROJECT MANUAL- one entry per class number.

- E-407-001. Baked Item Made With Frozen Produce**

UNIT 2 DRYING PROJECT MANUAL- one entry per class number.

- E-407-002. Dried Fruits**
- E-407-003. Fruit Leather**
- E-407-004. Vegetable Leather**
- E-407-005. Dried Vegetables**
- E-407-006. Dried Herbs**
- E-407-007. Baked Item Made With Dried Produce/Herbs**

UNIT 3 BOILING WATER CANNING MANUAL- one entry per class number.

- E-407-008. 1 Jar Fruit Exhibit**
- E-407-009. 3 Jar Fruit Exhibit**
- E-407-010. 1 Jar Tomato Exhibit**
- E-407-011. 3 Jar Tomato Exhibit**
- E-407-012. 1 Jar Pickled Exhibit**
- E-407-013. 3 Jar Pickled Exhibit**
- E-407-014. 1 Jar Jelled Exhibit**
- E-407-015. 3 Jar Jelled Exhibit**

UNIT 4 PRESSURE CANNING PROJECT MANUAL- one entry per class number.

- E-407-016. 1 Jar Vegetable or Meat Exhibit**
- E-407-017. 3 Jar Vegetable or Meat Exhibit**
- E-407-018. 3 Jar Meat Exhibit**
- E-407-019. Quick Dinner**
- E-407-020. 1 Jar Tomato Exhibit**
- E-407-021. 3 Jar Tomato Exhibit**