

SECTION VI – HEALTHY LIFESTYLES

Dept. E – Nutrition, Foods, & Food Preservation

General Information:

- 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.
 - **Supporting Information:** Each exhibit must include the recipe. Recipe may be handwritten, photocopied or typed. Place food on the appropriately sized plate or container and put in self-sealing bag. Attach entry tag and recipe at the corner of the bag. For non-food entries please attach the entry tag to the upper right-hand corner of the entry. Additional information including recipes and supplemental information should be identified with 4-H'ers name and county.
 - **Criteria for Judging:** Exhibits will be judged according to score sheets available at <https://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 and other pre-made mixes entered in other categories will be lowered a ribbon placing.
 - **Food Projects:** Exhibits should be entered using a disposable pan or plate and covered by a plastic self-sealing bag.
 - **Ingredients:** Any ingredient that the 4-H'er uses must be able to be purchased by the 4-H'er. Ingredients such as beer, whiskey, rum, etc. may NOT be used in any recipe file or food exhibit. Exhibits that include alcohol will be disqualified.
 - **Food Safety:** Exhibits are on display for several days. Please think 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:
 - o Egg or cream fillings and cream cheese frostings
 - o Any meat item including meat jerky, imitation meat bits (bacon bits, pepperoni, etc)
 - o Melted cheese on top of food exhibit (cheese mixed into baked goods is considered safe and will be accepted)
 - o Uncooked fruit toppings (i.e. fresh fruit tart)
- **Freshness** - Products should be baked the day before entry day.
 - **Labels-**
 - General Information - All additional information pieces (recipes, special items) must be labeled with exhibitor's name and county.
 - For All Food Products and Food Preservation Entries including Cookie Jar and Cake Decorating - Each exhibit must include the recipe. Recipes may be handwritten, photocopied or typed. Place the food on the appropriate size plate. Put exhibit in a self-sealing bag.
 - For Non-Food Entries- Please attach the entry tag to the upper right hand corner of the entry.
 - o Improperly canned or potentially hazardous food items will be disqualified.
 - A dozen cupcakes can be auctioned in place of a cake but they cannot sell both a cake and cupcakes.
 - Baked products qualifying at county fair need to be remade for State Fair.

Division 350 – General

- | | |
|-------------------|--|
| <p>sf Class 1</p> | <p>Food Science Explorations –(SF152) - Open to any 4-H'er enrolled in a Foods and Nutrition project. Show the connection between food and science as it related to food preparation, food safety, or food production. Exhibit may be a poster or foam core board (not to exceed 22"x30"), computer based presentation printed off with notes pages, if needed, and displayed in binder, an exhibit display, and a written report in portfolio or notebook. Consider neatness and creativity.</p> |
|-------------------|--|

sf Class 2 **Foods, & Nutrition Poster, Scrapbook, or Photo Display** – (SF122)-Open to any 4-H'er enrolled in a Foods and Nutrition 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 reports to highlight the concept. Exhibit may be a poster or foam core board (not exceed 22"x30"), computer-based presentation printed off with notes pages, if needed, and displayed in binder, an exhibit display, a written report in portfolio, or notebook. Consider neatness and creativity.

sf Class 3 **Physical Activity and Health Poster, Scrapbook, or Photo Display** – (SF122)-Open to any 4-H'er enrolled in a Foods and Nutrition or Food Preservation project. The project should involve a physical activity to explore a career-related to physical activity or health (personal trainer, sports coach, physical therapist, etc.), This might contain pictures, captions, and/or reports to highlight the concept. 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 binder, an exhibit display, and a written report in portfolio or notebook. Consider neatness and creativity.

sf Class 4 **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 the 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.

Class 5 **Granola Bar** (any recipe) – Four on a small paper plate.

Class 6 **Brownies** (any recipe) – Four on a small paper plate

Class 7 **Snack Mix** (any recipe) – At least 1 cup in self-sealing plastic bag.

Division 410 – Cooking 201

sf Class 1 **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 Class 2 **Creative Mixes** (SF142) -(Any recipe, at least ¾ of baked product or 4 muffins or cookies on a paper plate or in a disposable pan. Baked item made from a mix (commercial or homemade mixes acceptable). Food 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 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 us a convenience product or mix? Why or why not?

sf Class 3 **Biscuits or Scones** – (SF136) -Four biscuits or scones on a small paper plate. This may be any type of biscuit or scone: rolled or dropped. Any recipe may be used, but it must be a non-yeast product baked from scratch.

sf Class 4 **Healthy Baked Product** (SF124)-(Any recipe, at least ¾ of baked product or 4 muffins or 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.)

sf Class 5 **Coffee Cake** (SF129) -(any recipe or shape, non-yeast product – at least ¾ of baked product on a paper plate or in a disposable pan. Include menu for a complete meal where this recipe is served, following meal planning guidelines suggested in Cooking 201.

Division 401 – Cooking 101 (No State Fair)

Class 1 **Cookies** (any recipe) – Four on a small paper plate (Separate four from the Cookie Jar Class cookies)

Class 2 **Muffins** (any recipe) – Four on a small paper plate

Class 3 **No Bake Cookie** – Four on a small paper plate.

Class 4 **Cereal Bar Cookie** – Any cereal based recipe made in pan and cut into bars or squares for serving. Four on a small paper plate.

sf Class 6 **Baking with Whole Grains** (SF134) -(any recipe, at least ¾ of baked product or 4 muffins/cookies on a paper plate or in a disposable pan. Recipe must contain whole grains as part of the ingredients. (Ex. Whole wheat applesauce bread, peanut butter oatmeal cookies, etc.)

sf Class 7 **Non-traditional Baked Product** -(SF133) - 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 ¾ baked product or 4 muffins/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.

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.

sf Class 1 **White Bread** (SF138) -(any yeast recipe) – At least ¾ of a standard loaf displayed on a paper plate.

sf Class 2 **Whole Wheat or Mixed Grain Bread** (SF138) -(any yeast recipe) – At least ¾ of a standard loaf displayed on a paper plate.

sf Class 3 **Specialty Rolls** (SF138) -(any yeast recipe) – 4 rolls on a paper plate. May be sweet rolls, English Muffins, Kolaches, Bagels, or any other similar recipe that makes individual portions.

sf Class 4 **Dinner Rolls** (SF138) -(any yeast recipe) – 4 rolls on a paper plate. May be Clover Leaf, Crescent, Knot, Bun, Bread Sticks, or any other type of dinner roll.

sf Class 5 **Specialty Bread** (SF141) -(any recipe made with yeast) – Tea rings, braids, or any other specialty bread products. Must exhibit at least ¾ of a full-sized baked product.

sf Class 6 **Shortened Cake** – (SF137) - Must exhibit at least ¾ of the cake (recipe must not be 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).

Division 412 – 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 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.

sf Class 1 **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 Class 2 **Family Food Traditions** – (SF145) -(Any recipe, at least ¾ of baked product or 4 muffins/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 Class 3 **Ethnic Food Exhibit** -(SF146) -(any recipe, at least ¾ of baked product or 4 muffins/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 some background information about the country or culture the food item is representing.

sf Class 4 **Candy** – (SF147) - (Any recipe, 4 pieces of candy on a paper plate or ½ cup. No items containing cream cheese will be accepted, Ex. Cream cheese mints). – Candy may be cooked or not cooked; dipped, molded, made in the microwave, or other methods of candy preparation. Recipe must be included.

sf Class 5 **Foam Cake** – (SF138) -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).

sf Class 6 **Specialty Pastry** –(SF143) -(Any recipe, at least ¾ of baked product or 4 muffins/cookies on a paper plate or in a disposable pan. Baked items such as pie tarts, puff pastry, phyllo dough, 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).

- **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:

- o 4-H Food Preservation Manuals (Freezing, Drying, Boiling Water Bath Canning, Pressure Canning)
- o USDA Guide to Home Canning
- o Nebraska Extension's Food Website: or Extension publications from other states
- o Ball Blue Book (published after 2009) or online:

<https://www.freshpreserving.com/recipes> All exhibits must include the 4-H Food Preservation Card attached to the project as the required supporting information 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)
- RECIPE CAN COME FROM ANY SOURCE BUT CURRENT USDA GUIDELINES FOR FOOD PRESERVATION METHODS MUST BE FOLLOWED. See <http://food.unl.edu/web/preservation/home> for current USDA guidelines

Dept. E – Food Preservation

General Information:

- Current USDA processing methods and altitude adjustments must be followed for all food preservation. Jam, preserves, 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 open containers disqualifies entry.
- Jars do not need to be the same brand. Half pint jars may be used for jellies and preserves. Do not decorate the jars 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. No zinc lids.
- All canning must be the result of this year's 4-H project. **Criteria for Judging:** 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. (Sheridan County's average elevation is 3,700 feet)
- **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. 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.

Division 407 – Unit 1 Freezing Manual

sf Class 1 **Baked Item Made with Frozen Product** – (SF155) -Any recipe, at least ¾ of baked product or 4 muffins/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.

Division 408 – Unit 2 Drying Project Manual

- sf Class 1 **Dried Fruits** – (SF154) -Exhibit 3 different examples of 3 different dried fruits. Place each dried fruit food (6-10 pieces of fruit, minimum ¼ cup) in separate sealed bags. Use a rubber band or "twisty" to keep exhibit together.
- sf Class 2 **Fruit Leather** – (SF154) -Exhibit 3 different examples of 3 different fruit leathers. Place a 3-4" sample of each fruit in separate self-sealing bags. Use a rubber band or "twisty" to keep exhibit together.
- sf Class 3 **Vegetable Leather** – (SF154) -Exhibit 3 different examples of 3 different vegetable or vegetable/fruit leather combo. Place a 3-4" sample of each leather in a separate self-sealing bag. Use a rubber band or "twisty" to keep exhibit together.
- sf Class 4 **Dried Vegetables** – (SF149) - Exhibit 3 different samples of 3 different dried vegetables. Place each food (¼ cup of each vegetable) in a separate self-sealing bag. Use a "twisty" to keep exhibit together.
- sf Class 5 **Dried Herbs** – (SF149) -Exhibit 3 different samples of 3 different dried herbs. Place each food (¼ cup of each herb) in a separate self-sealing bag. Use a "twisty" to keep exhibit together.
- sf Class 6 **Baked Item Made with Dried Produce/Herbs** – (SF156) - (any recipe, at least ¾ of baked product or 4 muffins/cookies on a paper plate or in a disposable pan. Recipe MUST include a dried produce/herb item made by the 4-H'er. Ex. Granola bar made with dried fruits, dried cranberry cookies, Italian herb bread, lemon thyme cookies, Supporting information must include both the recipe for the dried produce/herb AND the baked food item.

Division 408 – Unit 3 Boiling Water Canning Manual

- sf Class 1 **1 Jar Fruit Exhibit** – (SF150) -One jar of a canned fruit. Entry must be processed in the boiling water bath according to current USDA recommendations.
- sf Class 2 **3 Jar Fruit Exhibit** – (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.

- sf Class 3 **1 Jar Tomato Exhibit** – (SF150) -One jar of a canned tomato product. Entry must be processed in the boiling water bath according to current USDA recommendations.
- sf Class 4 **3 Jar Tomato Exhibit** – (SF150) -Exhibit 3 jars of different canned tomato products (salsa, sauces without meats, juice, stewed, etc.) Entry must be processed in the boiling water bath according to current USDA recommendations.
- sf Class 5 **1 Jar Pickled Exhibit** – (SF150) - One jar of a pickled and/or fermented product. Entry must be processed in a boiling water bath according to current USDA recommendations.
- sf Class 6 **3 Jar Pickled Exhibit** – (SF150) -Exhibit 3 jars of different kinds of canned pickled and/or fermented products. Entry must be processed in a boiling water bath according to USDA recommendations.
- sf Class 7 **1 Jar Jelled Exhibit** – (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.
- sf Class 8 **3 Jar Jelled Exhibit** –(SF153) - Exhibit 3 different kinds of jelled products. Entry may be made up of either pints or half pints (but all jars must be the same size). Entry must be processed in a boiling water bath according to current USDA recommendations.

Division 414 – Unit 4 Pressure Canning Project Manual

- sf Class 1 **1 Jar Vegetable or Meat Exhibit** – (SF150) - One jar of a canned vegetable or meat. Include only vegetables canned in a pressure canner according to current USDA recommendations.
- sf Class 2 **3 Jar Vegetable Exhibit** – (SF150) -Three jars of different kinds of canned vegetables. Include only vegetables canned in a pressure canner according to current USDA recommendations.
- sf Class 3 **3 Jar Meat Exhibit** – (SF150) -Three jars of different kinds of canned meats. Include only meats canned in a pressure canner according to current USDA recommendations.
- sf Class 4 **Quick Dinner** – (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.

- sf Class 5 **1 Jar Tomato Exhibit** –(SF150) - One jar of a canned tomato product. Entry must be processed pressure canner according to current USDA recommendations.
- sf Class 6 **3 Jar Tomato Exhibit** – (SF150) - Exhibit 3 jars of different canned tomato products (salsa, sauces without meats, juice, stewed, etc.) Entry must be processed in a pressure canner according to current USDA recommendations.

Resources:

- Cooking 101 – Learn how to use MyPlate; Learn how to avoid spreading germs while cooking; Learn how to measure and mix ingredients; Learn how to test baked goods for doneness; Learn how to brown meat: Learn how to set the table for a family meal
https://4hcurriculum.unl.edu/index.php/main/program_project/194
- Cooking 201: Understand and prevent foodborne illnesses; Learn how to thaw foods; Learn proper knife techniques; Learn how to read Nutrition Fact labels; Learn how to make soups, rice, pasta, and other foods
https://4hcurriculum.unl.edu/index.php/main/program_project/195
- Cooking 301: Practice making bread, grilling meats, vegetables, and fruit; Learn how to and practice making butter; Learn about yeast, gluten, and different types of fats
https://4hcurriculum.unl.edu/index.php/main/program_project/196
- Cooking 401: Learn about herbs and spices; Learn how to make ethnic foods; Practice making cakes, candy, pastries, and pies
https://4hcurriculum.unl.edu/index.php/main/program_project/197

Division 920 – Cake Decorating

- **LEVEL 1:** Exhibitors in Unit 1 may decorate a Styrofoam shape (form), or a cake made by someone else. All others must bake the cake themselves. Put on disposable, covered cardboard. One entry per class in only one unit. Units are progress and exhibitors may not go back to previous units. Cakes should be no larger than 16” square. The following must be specified on a 3 x 5 card: occasion for cake, tips used; techniques used and number of years in cake decorating. Frozen cakes must be completely thawed at entry time.

- Class 1 **Single-Layer, Cut-Up or Shaped Specialty Pan** – creative decoration without tips.
- Class 2 **One layer** – decorated cake using two decorating tips
- Class 3 **Novelty Cake** – using character or shaped pan, two decorating tips.
- Class 4 **Sample Cake Board** – demonstrating a least 1 technique from 3 different categories.
- Category A: Basic Borders – dots, balls, stars, rosettes, shells or zigzag. Make 1 border 4” long.
- Category B: Message – printed, may use round or star tips. The message should read Happy Birthday.
- Category C: Drop Flower with center – star or swirled. Make 3 samples of 2 different kinds of flowers.
- Category D: Leaves. Make 3 samples of the same leaf.
- Class 5 **Cake Portfolio Book** – Include pictures of 5 cakes decorated by 4-Her. Each picture should have accompanying information including: a)occasion for cake, b)type of frosting, c)tips name and number used and d) technique used.

- **LEVEL 2:**

- Class 10 **Two layer** – decorated cake using unlimited tips.
- Class 11 **Novelty Cake** – using character or shaped pan, using 3 or more tips
- Class 12 **Two layer** – decorated cake using fondant frosting.
- Class 13 **Sample Cake Board** – demonstrating at least 3 techniques from 3 different categories
- Category A: Figure piping – clowns, people, animals, etc. Make 2 different figures.
- Category B: Flowers made on a flat surface, not on a nail – sweet peas, rosebuds, half roses, etc. Make 5 samples of 3 different kinds of flowers.
- Category C: Borders – reverse shells, grass, ruffles, ribbons bows, puffs. Make 2 borders 6” long.
- Category D: Side decorations – dots or stars, scrolls, reverse shell, "c" scroll, fier-de-lis. Make 2 side decorations 6" long
- Category E: Message - script (not printed) may use round or star tips. The message should read Best Wishes.

Class 14 **Cake Portfolio Book** – A continuation of the Unit 1 portfolio. Include an additional 5 photos (total 10 including Unit 1 pictures) of cakes created by 4-Her. A progression of skill and difficulty should be shown. Each picture should have accompanying information including: a) occasion for cake, b) type of frosting, c) tips name and number used and d) technique used.

Class 31 **Cake Portfolio Book** – a continuation of the Unit III portfolio. Include an additional 5 photos (total 20 including Unit I, II, III pictures) of cakes created by 4-Her. A progression of skill and difficulty should be shown. Each picture should have accompanying information including: a) occasion for cake, b) type of frosting, c) tips name and number used and d) technique used.

- LEVEL 3:

Class 20 **Two or Three tiered, stacked cake or combination tiered or stacked** – each tier or stack must be 2 layers. Plastic separators may be used.

Class 21 **One or Two layer cake** – decorated with flowers made on a flower nail.

Class 22 **Original Shaped Cakes** – (ex. Butterfly) from a cut up cake baked in a round, square, heart, rectangle or a combination to make a new shape. May decorate using unlimited tips.

Class 23 **Sample Cake Board** – demonstrating at least 3 techniques from each category

Category A: Fancy borders – ruffled garland and reverse shells, shell and flute, puff and flower, zigzag garland and string work or other border combinations. Make 2 borders 8” long

Category B: Nail flowers – daffodils, violets, lily, bluebells, daisies, chrysanthemums, roses, wildflowers, etc. Make 3 samples of 3 different kinds of flowers.

Category C: Design techniques – basket weave, string work, lattice work, cornelli and other laces, etc. Make 2 different design technique samples 3” x 3”

Class 24 **Cake Portfolio Book** – A continuation of the Unit II portfolio. Include an additional 5 photos (total 15 including Unit I and II pictures) of cakes created by 4-Her. A progression of skill and difficulty should be shown. Each picture should have accompanying information including: a) occasion for cake, b) type of frosting, c) tips name and number used and d) technique used.

CUPCAKES: Cupcakes may be in cupcake papers but not required. Include a card with the recipe for the cake and frosting. Mixes are allowed by entries from scratch are preferred.

Class 40 **Frosted and Decorated Cupcakes** – Four on a plate. All decorations are to be edible.

Class 41 **Nutritious Cupcakes** – Four on a plate. Share in writing what was done to alter the recipe to make it healthier or why these cupcakes are considered a healthy/nutritious snack option.

Class 42 **Plate/Tray of Decorated Cupcakes** – Cupcakes that are decorated to create a centerpiece or create a theme-based cake. All decorations must be edible. Exhibit cannot exceed 16” x 16”. Use your imagination!

Dept. E – Cookie Jar

General Information:

- Each exhibitor will start with a 1-gallon jar of your choosing. **The jar must fit in a 12”x12”x18” space. The jar needs to be functional and must be able to be wiped clean. It must be a 1 gallon jar.**
- Decoration is up to the creativity of the exhibitor. The jar should be safe for food, functional, and washable; paint and other decorations should not be applied to the inside of the jar. (Ex. If an external housing is used, the jar should be easily removable for washing. If painting the jar, a clear coat should be used to protect the design. Paint and other decorations should not be inside the jar.)
- The jar must be used in some way but need not be visible.
- The lid must be able to open to access cookies.
- Attach a label with what kind of cookies you are entering. (Ex: chocolate chip, peanut butter, etc.)
- Jars will be entered and judged with the other Static exhibits.
- A sample of 4 cookies of each variety will be entered on a paper plate sealed in a plastic bag, with each jar. You will take these with you to your interview judging. This sample of 4 cookies cannot be used as your 4 cookies for another foods project. It can be the same

LEVEL 4:

Class 30 **Exhibit a cake using one of the following skills:** figure piping, cone figures, marzipan, fondant/gum paste, sugar molds, filigree work

recipe but needs to be 4 cookies on a different plate. Do not include the 1 dozen cookies for the sale at this time.

- After judging, the jar and sample cookies will remain on display, until the auction.
- Judging will be 50% jar and 50% cookies. Creativity and appearance will be judged, as well as taste/appearance of cookies.
- **Read additional rules for the Cookie Jar Auction below.**
- **Photograph** – Be sure to have a photograph taken. The photos will be hung for display in the Exhibit Building and used for "Thank You" cards.

Cookie Jar Auction

- **4-H'ers MUST enroll in and exhibit a separate Foods project in order to sell their cookie jar.**
- **It is the youth's responsibility to enroll in another foods project. Youth not enrolled in a second food project will not be allowed to sell.**
- **The separate Food project must be age appropriate (ex. Seniors may not take Cooking 101.)**
- **The four cookies brought to this event needs to be 4 separate cookies than Cooking Project cookies, it can be the same recipe.**
- **The 4-H Exhibitor is responsible for any copy right infringements and will not be allowed to sell if they are violated. (See Copy Right Rules)**
- For the auction, the exhibitor will present the jar and 1 dozen of each variety of cookie entered.
 - o Cookies can be sealed in a separate container rather than in the jar.
- Exhibitors must personally present their jar during the auction or arrange for a substitute. The substitute must be enrolled in Sheridan County 4-H.
- Exhibitors are limited to one Cookie Jar in the sale.
- A consignment fee of 3% will be assessed from the Sale Check.
- 4-H'ers are allowed to sell only two items total during Fair Auctions.
- **Official 4-H dress code will be observed for the Cookie Jar Auction.**
- **REMINDER:** All 4-H projects must comply with copyright laws. You cannot reproduce a copyrighted figure. This practice is against the law. If you purchase a copyrighted item to use such as a stuffed Cookie Monster, Sponge Bob printed fabric, Disney decals, etc. that is okay. Someone has paid for the copyright to that item. You cannot copy, paint, download from the internet, etc. any copyrighted items that you do not purchase. Any cookie jar that

violates the copyright law will be disqualified and will not be allowed to sell. If you have any questions on your design, contact the office.

- **GIVE PHOTO THANK YOU CARD TO YOUR BUYER!!!**

Division 919 – Cookie Jar

- | | |
|---------|--|
| Class 1 | Senior Cookie Jar Display – age 12 and up, One gallon jar with at least <u>2 varieties</u> of cookies. |
| Class 2 | Junior Cookie Jar Display – 8-11 years old, One gallon jar and <u>1 variety</u> of cookies. |
| Class 3 | Clover Bud Jar Display – a cookie jar created by the member to display in their area. <u>It will not be judged or sold.</u> Cookies are optional. |

- Special Recognitions will be awarded in each the Jr. and Sr. Divisions for:
 - Best County Fair Theme
 - Best Use of Recycled Materials
 - Most Creative
 - Best Workmanship
- A Champion and Reserve Champion will be awarded to the top Jr. and top Sr. Cookie Jar.

Dept. E – Safety

Division 440 – Safety Kits

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

sf Class 1 **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 the 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 guidelines.

Kits containing any of the following will be automatically disqualified:

1. Prescription medications. (If the kit's purpose is to provide medication for someone with special needs, explain in the written description and inventory, but remove the medication.)
2. Materials with expiration dates on or before the judging date. (This includes sterile items, non-prescription medications, ointments, salves, etc. Articles dated month and year only, expire on the last day of the month.)
3. Any controlled/illegal substance.

sf Class 2 **Disaster Kit** (Emergency Preparedness) – (SF111) - must contain materials to prepare a person or family for emergency conditions caused by a natural or man-made event. 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 you bring actual water to the fair in the kit.

sf Class 3 **Safety Scrapbook** – (SF292) -The scrapbook must contain 15 news articles from both print and internet sources of 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 for 8 ½" X 11" size paper. Correct sentence structure, readability and thorough explanations are an important part of judging.

sf Class 4 **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 Class 5 **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.

Division 450 – Fire Safety

^{sf} Class 1 **Fire Safety Poster** – (SF269) -This is a home floor plan drawn to scale showing primary and secondary escape routes and where fire extinguishers and smoke detectors are located. Draw every room, including all doors and windows. Use black or blue arrows showing primary escape routes from each room. Use red arrows showing secondary routes to use, if the primary routes are blocked. Primary and secondary escape routes must lead outside to an assembly location. Documentation should include evidence the escape plan has been practiced at least four times. Posters must be constructed of commercial poster board at least 11"x14" but not larger than 22" x 28".

^{sf} Class 2 **Fire Safety Scrapbook** – (SF270) - The scrapbook must contain at least 10 news articles from both 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" x11" size paper. Correct sentence structure, readability, and thorough explanations are an important part of judging.

^{sf} Class 3 **Fire Prevention Poster** – (SF268) - Posters should promote a fire prevention message and be appropriate to display during National Fire Prevention Week or to promote fire safety at specific times of the year (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"

Resources:

- Safety – Learn how to report an emergency; learn basic first aid; Find out how to stock a first aid kit: Discover strategies for safety at home and away https://4hcurriculum.unl.edu/index.php/main/program_project/86
- Fire Safety – Design a poster about fire safety; Learn to develop fire escape plans https://4hcurriculum.unl.edu/index.php/main/program_project/87
- All-Terrain Vehicles (ATV) – Find out how to use ATV's safely; Learn about trouble-shooting and emergency procedures; Find out about hazards of the trail; Learn how to dress appropriately when riding. https://4hcurriculum.unl.edu/index.php/main/program_project/88
- Tractor Safety – Learn to operate a tractor safely; understand tractor controls and safety checks https://4hcurriculum.unl.edu/index.php/main/program_project/89