

FOOD & NUTRITION

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.

County fair trophies in Foods and Nutrition will be awarded by age division. However, age and age appropriateness of project will be considered using the following ages: Junior: 8-10 years; Intermediate: 11-13 years; Senior: 14 years & up.

RULES:

A. Number of Entries—Limit of four entries per project plus four entries in the General Foods area. One entry per class number.

B. Members may exhibit only in the projects in which they are enrolled. ***Entries not properly completed will be lowered one ribbon placing**

C. Interview Judging—ALL EXHIBITS IN THE FOOD PREPARATION AND PRESERVATION AREA WILL BE JUDGED BY THE INTERVIEW METHOD. CONTACT THE EXTENSION OFFICE FOR AN INTERVIEW APPOINTMENT.

D. Supporting Information: Each exhibit must include the recipe. Recipe may be handwritten, photocopied or typed. Place the food on the appropriate size plate or container and put in a 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.

E. Criteria for Judging: Exhibits will be judged according to score sheets available at your extension office or at <https://go.unl.edu/ne4hfood-nutrition>. Make sure to follow all entry instructions required for your exhibit. Incomplete exhibits will be lowered one ribbon placing.

Commercially prepared mixes are ONLY allowed in the 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.

F. 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 lost bread boards, China or glassware.

G. Ingredients— Any ingredients 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.

I. 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).

Scoresheets, forms, contest study materials, and additional resources can be found at <https://go.unl.edu/ne4hfood-nutrition>.

4-H Foods Resources: Cooking 101, Cooking 201, Cooking 301, Cooking 401.

ALL static exhibits must have received a purple ribbon at the county fair to advance to state fair.

GENERAL FOODS & NUTRITION

Premiums: P 2.25, B-2.00, R-1.50, W-1.00

The following "General" projects are open to any 4-H'er enrolled in a Foods & Nutrition project.

Class +C911902 County Foods Project Catch-All 4-H'ers enrolled in a 4-H Foods project may exhibit in this class.

(Not State Fair eligible)

CLASS 350001 FOOD SCIENCE EXPLORATIONS (SF152) 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 notes pages, if needed, and displayed in binder, an exhibit display, a written report in portfolio or notebook. Consider neatness and creativity.

CLASS 350002 FOOD & NUTRITION Poster, Scrapbook, or Photo Display (SF122) 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 to exceed 22" x 30"), computer based presentation printed off with notes pages, (if needed) and displayed in a binder; an exhibit display; or a written report in portfolio or notebook. Consider neatness and creativity.

CLASS 350003 PHYSICAL ACTIVITY & HEALTH Poster, Scrapbook, or Photo Display (SF122) . 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 reports to highlight the concept. Exhibit may be a poster or foam core board (not to exceed 22" x 30"), a computer based presentation printed off with notes pages, if needed, and displayed in binder, an exhibit display, or a written report in portfolio or notebook. Consider neatness and creativity.

CLASS E350004 COOKING BASICS RECIPE FILE (SF251) —A collection of 10 recipes from any source. Each recipe must accompany a complete menu in which the recipe is used. An additional 10 recipes may be added each year the 4-H'er is in the project, with year clearly marked on recipes. Display in a recipe file or binder. Be sure to include the number of servings or yield of each recipe. This may be a continued recipe file project from the previously used 4-H curriculum before 2018. Exhibits that include recipes with alcohol (wine, beer, rum, etc.) will be disqualified.

COOKING 101—county only

Purple 1.75, Blue 1.50, Red 1.00, White .50

+Class E401901 Cookies (any recipe) -4 on a paper plate.

+Class E401902 Muffins (any recipe) -4 on a paper plate

+E401903 No Bake Cookie (any recipe) -4 on a plate.

+E401904 Cereal Bar Cookie (any recipe) - 4 on a plate.

+Class E401905 Granola Bar (any recipe) - 4 on a plate.

+Class E401906 Brownies (any recipe) - 4 on a plate.

+Class E401907 Snack Mix (any recipe, at least 1 cup in self-sealing plastic bag)

COOKING 201

Purple 2.25, Blue 2.00, Red 1.50, White 1.00

CLASS E410001 LOAF QUICK BREAD (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 approximately 8 1/2" x 4 1/2" or 9" x 5". If mini-loaf pans are used for exhibit, two loaves must be presented for judging.

CLASS E410002 CREATIVE MIXES (SF142) - any recipe, at least 3/4 of baked product or 4 muffins or cookies on a paper plate. May be baked in a disposable

pan. 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 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 use a convenience product or mix? Why or why not?*

CLASS E410003 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.

CLASS E410004 HEALTHY BAKED PRODUCT (SF124) - any recipe, at least 3/4 of baked product or 4 muffins or cookies on a paper

plate. May be

baked in a disposable pan. Recipe must contain a fruit or vegetable as part of the ingredients (Ex. banana bars, cantaloupe quick bread, zucchini muffins, etc.).

CLASS E410005 COFFEE CAKE (SF129)- any recipe or shape, non-yeast product—at least 3/4 of baked product. May be baked in a disposable pan. Include menu for a complete meal where this recipe is served, following meal planning guidelines suggested in **CLASS E410006 BAKING WITH WHOLE GRAINS** (SF134). Any recipe, at least 3/4 of baked product or 4 muffins/cookies on a paper plate. May

be baked in a disposable pan. Recipe must contain whole grains as part of the ingredients. (Ex. Whole wheat applesauce bread, peanut butter oatmeal cookies, etc.)

CLASS E410007 NON-TRADITIONAL BAKED PRODUCT (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 microwave, etc.) Entry must be at least 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.

COOKING 301

Purple 2.25, Blue 2.00, Red 1.50, White 1.00

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 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.

CLASS E411001 WHITE BREAD (Scoresheet SF138) any yeast recipe, at least 3/4 of a standard loaf displayed on a paper plate.

CLASS E411002 WHOLE WHEAT OR MIXED GRAIN BREAD (SF138) any yeast recipe, at least 3/4 of a standard loaf displayed on a paper plate.

CLASS E411003 SPECIALTY ROLL (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.

CLASS E411004 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.

CLASS E411005 SPECIALTY BREAD (SF141) any yeast recipe, includes tea rings, braids, or any other full-sized specialty bread products. Must exhibit at least 3/4 of a full sized baked product. May be baked in a disposable pan.

CLASS E411006 SHORTENED CAKE (SF137) Must exhibit at least 3/4 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). MUST exhibit at least 3/4 of the cake. Recipe must not be from a cake mix.

COOKING 401

Purple 2.25, Blue 2.00, Red 1.50, White 1.00

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.

CLASS E412001 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.

CLASS E412002 FAMILY FOOD TRADITIONS (SF145) and recipe, at least 3/4 of baked product or 4 muffins or cookies on a paper plate. May be baked in a disposable pan. Any baked item associated with family tradition and heritage. Entry must include (A) recipe, (B) tradition or heritage associated with preparing, serving the food, (C) where or who the traditional recipe came from.

CLASS E412003 ETHNIC FOOD EXHIBIT (SF146) any recipe, at least 3/4 of baked product or 4 muffins or cookies on a paper plate. May be baked in a disposable pan. The name of the country, culture or region should be included as part of the supporting

information with the recipe, as well as background information about the country or culture the food item is representing.

CLASS E412004 CANDY (SF147) Any recipe, 4 pieces of candy on a paper plate or 1/2 cup. No items containing cream cheese will be accepted (Example: cream cheese mints). Candy may be cooked or no cook; dipped, molded, made in the microwave or other methods of candy preparation. Recipe must be included.

CLASS E412005 FOAM CAKE (SF138) original recipe (no mixes) of at least 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).

CLASS E412006 SPECIALTY PASTRY (SF143) any recipe, at least 3/4 of baked product or 4 muffins or cookies on a paper plate. May be baked in a disposable pan. 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.

+CAKE DECORATING

Cakes will not be cut. Will leave on display for 3 days. There will be two divisions: Cake Decorating I and Cake Decorating II. A 4-H'er can be in Cake Decorating I for 2 years. If they have 2 years of cake decorating experience, enter Cake Dec. II. Cake Decorating entries may be covered, if appropriate. Cake Decorating manual available in Extension Office

CAKE DECORATING Unit 1

Premiums: P-\$1.75, B-\$1.50, R-\$1.00, W-- .50

Class +E941901 Display of 3 different edgings.. Must be exhibited

on a 9"x14" disposable container. Must have 12" of each decorative edging.

Class +E941902 Display of Flowers--Other than roses. 3 flowers of one kind per entry. It does not need leaves. Must be exhibited on disposable container.

Class +E941903 Top of Cake -Either 9" or 10" circle or 9.5"x13" rectangular. Can use cardboard, styrofoam or other artificial material.

Class +E941904 Decorated Cupcake or Cookie

Class +E941905 Decorated Cake- Either 9" or 10" circle or 9.5x13" rectangular. Can use cardboard, styrofoam or other artificial material

Class +E941906 Shaped Decorated Cake - Cake decorated using a novelty cake pan or by creating own original cake design/shape.

Class +E941907 Display of Roses Must include 2 roses and rosebud. It does not need leaves. Must be exhibited on disposable container

CAKE DECORATING Unit II

Premium: P-\$2.25, B-\$2.00, R-\$1.50, W-\$1.0

Class +E942910 Display of 3 Edges--Must be exhibited on a 9"x 14" disposable container.

Class +E942911 Display of Roses--Must include 2 roses and rosebud. Does not need leaves. Must be exhibited on disposable container

Class +E942912 Display of Flowers- Other than roses. 3 flowers of one kind per entry. Does not need leaves. Must be exhibited on disposable container.

Class +E942913 Top of Cake— Either 9"or 10" circle or 9 1/2"x 13" rectangular. Can use cardboard, Styrofoam or other artificial material.

Class +E942914 Decorated cupcake or cookie

Class +E942915 Decorated Cake--Either 9" or 10" circle or 9 1/2"x13" rectangular. Can use cardboard, Styrofoam or other artificial material.

Class +E942916 Shaped Cake - Cake decorated using a novelty shaped pan or by creating own/original design

FOOD

PRESERVATION

Premium: P-\$2.25, B-\$2.00, R-\$1.50, W-\$1.00

RULES:

A. ENTRIES PER INDIVIDUAL - One entry per exhibitor per class. Limit of four entries per exhibitor in Food Preservation.

B. PROCESSING METHODS - Current USDA processing methods and altitude adjustments must be followed for all food preservation. Jam, 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.

C. JARS & 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. No zinc lids. Two-piece lids consisting of a flat metal disk and a ring should be used. No zinc lids or one-piece lids.

CURRENT PROJECT— Exhibits must have been preserved since the member's previous year's county fair, and not been exhibited at the previous State Fair.

CRITERIA FOR JUDGING—Exhibits will be judged according to score sheets available online at <https://4hfairbook.unl.edu/fairbookview.php/rules> or at your local Extension office. Incomplete exhibits will be lowered a ribbon class. Canned food items not processed according to altitude in the county will be lowered one class ribbon. Check with your local extension office or <https://food.unl.edu/canning#elevation> for your county's altitude and how that affects food processing times and pounds of pressure.

THE GOSPER OR PHELPS County Fair Board is not responsible for lost, damaged or broken exhibits.

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.

RECIPE/Supporting Information— Recipe must be included, may be handwritten, photocopied or typed. Commercially prepared 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, 2015 revision (https://nchfp.uga.edu/publications/publications_usda.html)
- Nebraska Extension's Food Website: <http://food.unl.edu/web/preservation/home> or Extension publications from other states
- 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 following information with exhibit:

1. Name of Product
2. Date Preserved
3. Method of preservation (pressure canner or water bath canner OR dried)
4. Type of pack (raw pack or hot pack)

5. Altitude (and altitude adjustment, if needed)
6. Processing time
7. Number of pounds of pressure (if pressure canner used)
8. Drying method and drying time (for dried food exhibits).
9. Recipe and source of recipe (if a publication, include name and date).

Div. 406 Unit 1 FREEZING

CLASS E406001 BAKED ITEM MADE WITH FROZEN PRODUCE (SF155) any recipe, at least 3/4 of baked product or 4 muffins or cookies on a paper plate 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.

Unit 2 DRYING PROJECT

CLASS E407001 DRIED FRUIT (SF 154) exhibit 3 different examples of 3 different dried fruits. Place each dried fruit food (6-10 pieces of fruit, minimum 1/4 cup) in separate self-sealing bags. Use a rubber band or "twisty" to keep exhibit together.

CLASS E407002 FRUIT LEATHER (SF 147) 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.

CLASS E407003 VEGETABLE LEATHER (154) 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.

CLASS E407004 DRIED VEGETABLES (SF 149) 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.

CLASS E407005 DRIED HERBS (SF 149) 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.

CLASS E407006 BAKED ITEM MADE WITH DRIED PRODUCE/HERBS(SF156) any recipe, at least 3/4 of baked product or 4 muffins or cookies on a paper plate. May be baked in a disposable pan. Recipe MUST include a dried produce/herb item made by the 4-H'er. Ex. Granola bar made with dried fruits, dried cranberry cookies, Italian herb bread, lemon thyme cookies. Supporting information must include both the recipe for the dried produce/herb AND the baked food item.

UNIT 3 BOILING WATER CANNING

CLASS E408001 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.

CLASS E408002 3 JAR 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.

CLASS E408003 1 JAR TOMATO EXHIBIT (SF150) one jar of a canned tomato product. Entry must be processed in a boiling water bath according to current USDA recommendations.

CLASS E408004—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 boiling water bath according to current USDA recommendations.

CLASS E408005 1 JAR PICKLED EXHIBIT (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.

CLASS E408006 3 JAR EXHIBIT (SF150) exhibit three jars of different kinds of canned pickled and/or fermented products. Entry must be processed in the boiling water bath according to current USDA recommendations.

CLASS E408007 1 JAR JELLED EXHIBIT (SF153) exhibit one jar of a jam, jelly or marmalade. Entry must be processed in a boiling water bath according to current USDA recommendations.

CLASS E408008 - 3 JAR JELLED EXHIBIT (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.

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

Unit 4 PRESSURE CANNING PROJECT

CLASS E414001 - 1 JAR VEGETABLE OR MEAT EXHIBIT

(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.

CLASS E414002 3 JAR VEGETABLE EXHIBIT (SF150) exhibit 3 jars of different kinds of canned vegetables. Include only vegetables canned in a pressure canner according to

current USDA recommendations.

CLASS E414003 - 3 JAR MEAT EXHIBIT (SF150) exhibit 3 jars of different kinds of canned meats. Include only meats canned in a pressure canner according to current USDA recommendations.

CLASS E414004 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.

CLASS E414005—1 JAR TOMATO EXHIBIT (SF150) exhibit one jar of a canned tomato product. Entry must be processed in a pressure canner according to current USDA recommendations.

CLASS E414006 - 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