
HEALTHY LIVING & FOOD AND NUTRITION

FOOD AND NUTRITION

Members can exhibit only in the project in which they enroll, 4-H'ers can enter exhibits in ONLY one Beginning, Middle or Advance unit and ONLY one exhibit per class can be entered.

An interview judging schedule is included in the front of the fair book. All foods NOT interview judged must be entered before 12:00 noon on Foods judging day. (See 4-H Entry Schedule for date.)

SUPPORTING INFORMATION - Each exhibit must include the recipe (on 3x5 or 4x6 card). Recipe may be handwritten, photocopied or typed. Place the food on the appropriate size disposable plate and place in a self-sealing bag. Attach entry tag and recipe to the upper right hand corner on outside 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 supporting information should be identified with 4-H'ers name.

CRITERIA FOR JUDGING - Make sure you 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.

INGREDIENTS - Ingredients that the 4-H member cannot legally purchase, such as beer, whiskey, rum, etc. may not be used in any recipe or Foods exhibit. Exhibits that include alcohol in the recipe will be disqualified. This includes menu and recipe file exhibits.

FOOD ENTRIES - Exhibits should be entered using a disposable pan or plate and covered by a plastic self-sealing bag. Not responsible for non-disposable containers, lost bread boards, China or glassware. Paper liners are acceptable. All baked goods must be cool before bringing to fair.

FOOD SAFETY - Please limit exhibits to products which hold up well. Items that require refrigeration will not be accepted, judged or displayed. Food products must be unquestionably safe to eat when they are entered, whether tasted or not. Glazes, frostings, and other sugar based toppings are considered safe due to the 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 fillings
- 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)

BEGINNING PROJECTS

Premium: Purple \$2.50; Blue \$2.00; Red \$1.50; White \$1.00

Cooking 101 (County Fair Only)

Class No.

X 401 901 COOKIES - any recipe, 4 on a paper plate.

X 401 902 MUFFINS - any recipe, 4 on a paper plate.

X 401 903 NO BAKE COOKIE - any recipe, 4 on a paper plate.

X 401 904 CEREAL BAR COOKIE - any cereal based recipe made in pan and cut into bars or squares for serving.

X 401 905 GRANOLA BAR - any recipe, 4 on a paper plate.

X 401 906 BROWNIES - any recipe, 4 on a paper plate.

X 401 907 SNACK MIX - any recipe, at least 1 cup in self-sealing plastic bag.

MIDDLE PROJECTS

Premium: Purple \$3.50; Blue \$3.00; Red \$2.50; White \$2.00

General Classes (State Fair Eligible)

Class No.

E 350 1 FOOD SCIENCE EXPLORATIONS - Open to any 4-H'er enrolled in a Foods and Nutrition project. Show the connection between food and science as it relates to food preparation, food safety, 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.

E 350 2 FOODS AND NUTRITION POSTER, SCRAPBOOK OR PHOTO DISPLAY - Open to any 4-H'er enrolled in a Foods and Nutrition project, involving a nutrition or food preparation or career concept/lesson. 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" 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.

E 350 3 PHYSICAL ACTIVITY AND HEALTH POSTER, SCRAPBOOK OR PHOTO DISPLAY - Open to any 4-H'er enrolled in a Foods and Nutrition project, involving a physical activity or career concept/ lesson. 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" 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.

E 350 4 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.

Cooking 201 (State Fair Eligible)

Class No.

E 410 1 LOAF QUICK BREAD - 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 9" x 5" or approximately 8 1/2" x 4 1/2". If mini-loaf pans are used for exhibit, two loaves must be presented for judging.

E 410 2 CREATIVE MIXES - 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) are 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 baked 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?

E 410 3 BISCUITS OR SCONES - Four biscuits or scones on a small paper plate. This may be any type of biscuit or scone; rolled, dropped. Any recipe may be used, but it must be a non-yeast product baked from scratch.

E 410 4 HEALTHY BAKED PRODUCT - Any recipe, at least 3/4 of baked product or 4 muffins or cookies on a paper plate, may be a disposable pan. Baked good must be made with less sugar, fat or salt, modified to use a sugar or fat substitute; changed to include a whole grain; or be altered for specific allergies/food intolerances. Include original recipe and altered recipe. Write what you learned about products made from an altered recipe in supporting information.

E 410 5 COFFEE CAKE - Any recipe or shape, non-yeast product, at least 3/4 of baked product. May be baked in a disposable pan. Include a menu for a complete meal where this recipe is served, following meal planning guidelines suggested in Cooking 201.

E 410 6 BAKING WITH WHOLE GRAINS - 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 whole grains as part of the ingredients. (Ex. whole wheat applesauce bread, peanut butter oatmeal cookies, etc.)

E 410 7 NON-TRADITIONAL BAKED PRODUCT - Exhibit must include a food product prepared using a non-traditional method (i.e. bread machine, cake baked in an air fryer, convection oven, baked item made in microwave, etc.). Entry must be at least 3/4 baked product, 4 muffins/cookies on a paper plate. Entry must include supporting information that discusses alternative preparation method and how it compares with traditional method.

Cooking 301 (State Fair Eligible)

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.

Class No.

E 411 1 WHITE BREAD - Any yeast recipe, at least 3/4 of a standard loaf displayed on a paper plate.

E 411 2 WHOLE WHEAT OR MIXED GRAIN BREAD - Any yeast recipe, at least 3/4 of a standard loaf displayed on a paper plate.

E 411 3 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.

E 411 4 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.

E 411 5 SPECIALTY BREAD - 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.

E 411 6 SHORTENED CAKE - At least 3/4 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).

ADVANCED PROJECTS

Premium: Purple \$4.00; Blue \$3.50; Red \$3.00; White \$2.50

Cooking 401 (State Fair Eligible)

Any bread item prepared or baked using a bread machine should be entered under Cooking 201. 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 No.

E 412 1 DOUBLE CRUST FRUIT PIE - Made with homemade fruit filling. No egg pastries or cream filling. 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.

E 412 2 FAMILY FOOD TRADITIONS - 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. 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.

E 412 3 ETHNIC FOOD EXHIBIT - 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.

E 412 4 CANDY - 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.

E 412 5 FOAM CAKE - 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).

E 412 6 SPECIALTY PASTRY - Any recipe, at least 3/4 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, 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.

FOOD PRESERVATION

An interview judging schedule is included in the front of the fair book. All foods NOT interview judged must be entered before 10:00 a.m. on Food judging day. (See 4-H Entry Schedule for date.) State Fair Eligible. **Each exhibitor can only exhibit one item per class.**

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.

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.

Current Project: All canning must be the result of this year's 4-H project since September 1 of the previous calendar year.

Criteria for Judging: Exhibits will be judged according to score sheets available at your local Extension office or at <https://go.unl.edu/ne4hfood-nutrition>. 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.

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: Recipe must be included, and 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 Complete Guide to Home Canning, 2015 revision: https://nchfp.uga.edu/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)

Food Preservation Card: All exhibits must include the 4-H Food Preservation Card (find printable form on Platte County 4-H website) attached to the project as the required supporting information or include following information with exhibit:

- Name of product
- Date preserved
- Method of preservation (pressure canner or water bath canner)
- 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).

Premium: Purple \$3.50; Blue \$3.00; Red \$2.50; White \$2.00

Unit 1

Freezing Project Manual (State Fair Eligible)

Class No.

E 406 1 BAKED ITEM MADE WITH FROZEN PRODUCE - 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 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 (State Fair Eligible)

E 407 1 DRIED FRUIT - 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. See above for special labeling instructions.

E 407 2 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. See above for special labeling instructions.

E 407 3 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. See above for special labeling instructions.

E 407 4 DRIED VEGETABLES - 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. See above for special labeling instructions.

E 407 5 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. See above for special labeling instructions.

E 407 6 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 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 Project Manual (State Fair Eligible)

- E 408 1** 1 JAR FRUIT EXHIBIT - Exhibit one jar of a canned fruit. Entry must be processed in the boiling water bath according to current USDA recommendations. See above for special labeling instructions.
- E 408 2** 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. Entry must be processed in the boiling water bath according to current USDA recommendations. See above for special labeling instructions.
- E 408 3** 1 JAR TOMATO EXHIBIT - Exhibit one jar of a canned tomato product. Entry must be processed in the boiling water bath according to current USDA recommendations. See above for special labeling instructions.
- E 408 4** 3 JAR TOMATO EXHIBIT - 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. See above for special labeling instructions.
- E 408 5** 1 JAR PICKLED EXHIBIT - Exhibit one jar of a pickled and/or fermented product. Entry must be processed in the boiling water bath according to current USDA recommendations. See above for special labeling instructions.
- E 408 6** 3 JAR PICKLED EXHIBIT - Exhibit 3 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. See above for special labeling instructions.
- E 408 7** 1 JAR JELLED EXHIBIT - Exhibit one jar of a jam, jelly, fruit butter or marmalade. Entry must be processed in the boiling water bath according to current USDA recommendations. See above for special labeling instructions.
- E 408 8** 3 JAR JELLED EXHIBIT - 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 the boiling water bath according to current USDA recommendations. See above for special labeling instructions.

Unit 4

Pressure Canning Project Manual (State Fair Eligible)

- E 414 1** 1 JAR VEGETABLE OR MEAT EXHIBIT - Exhibit one jar of a canned vegetable or meat. Include only vegetables or meats canned in a pressure canner according to current USDA recommendations. See above for special labeling instructions.
- E 414 2** 3 JAR VEGETABLE EXHIBIT - Exhibit 3 jars of different kinds of canned vegetables. Include only vegetables canned in a pressure canner according to current USDA recommendations. See above for special labeling instructions.
- E 414 3** 3 JAR MEAT EXHIBIT - Exhibit 3 jars of different kinds of canned meats. Include only meats canned in a pressure canner according to current USDA recommendations. See above for special labeling instructions.
- E 414 4** QUICK DINNER - Exhibit a minimum of 3 jars to 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"x5" file card and attach to one of the jars. Entry must be processed according to current USDA recommendations.
- E 414 5** 1 JAR TOMATO EXHIBIT - Exhibit one jar of a canned tomato product. Entry must be processed in a pressure canner according to current USDA recommendations. See above for special labeling instructions.
- E 414 6** 3 JAR TOMATO EXHIBIT - 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. See above for special labeling instructions.

FAVORITE FOODS REVUE

NEW: Favorite Foods Revue judging has moved to Wednesday! Any 4-H'er enrolled in a foods project may participate. Tables set up that were not registered will be dropped one ribbon. Set-up time, appointment time, and locations to set up will be emailed to each participant. 4-H'er provides own sturdy standard-size square card table, dishes, silverware, and table linens for one person, plus a centerpiece. It needs to be appropriate for a food project in which they are enrolled. All edible items must be made specifically for this exhibit. Food item may not come from another food exhibit. (Example: Decorated cookie cannot come from any Decorated Foods entry.) Interview judging will follow according to time appointment 4-H'er receives via email. Exhibits will be judged on three parts: the food prepared, the table setting, and the menu selected. Crystal, china, and silver may be removed following ribbon placing. All other exhibits remain until release time; otherwise premium is forfeited.

Table Setting

4-H'er plans a menu appropriate for their 4-H food project and menu displayed on exhibitor's choice of medium (index card, chalkboard, ceramic tile, etc) printed or typed by the participant. They prepare one of the menu foods that is appropriate to the level of foods projects they are enrolled in and one that can be kept at room temperature. **Recipe can be printed or typed on a recipe card appropriate for the length of the recipe.** A table is set for one with recipe, food, and menu included at the setting. NOTE: Judges will select winners from county contest to advance to the 4-H Culinary Challenge Contest at State Fair.

Premium \$4.50; Blue \$3.50; Red \$2.50; White \$1.50

Class No.

X 408 1 Junior Division - Age 9 and younger as of January 1. State Fair Eligible

X 408 2 Intermediate Division - Age 10-13 as of January 1. State Fair Eligible

X 408 3 Senior Division - Age 14 and over as of January 1. State Fair Eligible

DECORATED FOODS

For check-in and judging times see 4-H Entry Schedule. Late entries will be dropped a ribbon placing. **Exhibitors can only exhibit in a single division.** NEW: Exhibits are to be homemade and will be taste tested by judge. Label your entry by placing your name, address and club name on the bottom of your board. All exhibits should be entered on a double or triple thickness corrugated cardboard covered with foil, parchment paper, or freezer paper (wax side up). Cardboard should be at least 2" bigger than the project (Use frosting to anchor cookies to cardboard). Please use boards that do not need to be returned. **Cake entries require an actual cake. Styrofoam cake forms will not be accepted.** All Decorated Food exhibits are County Fair Only.

4-H CAKE DECORATING – UNITS 1-4

Junior Division (age 12 and younger as of January 1)

Premium: Purple \$2.50; Blue \$2.00; Red \$1.50; White \$1.00

Creative use of Candy Projects. No icing tips/tubes needed. Must use homemade buttercream frosting or a homemade icing suitable to the project. All decorations must be edible. **NEW: Attach frosting/icing recipe.**

Class No.

X 460 1 Four decorated sugar cookies using any decorating techniques. The four cookies should be identical. Edible foods, fruit or candy may be used to decorate.

X 460 2 Four decorated cupcakes using any decorating techniques. The four cupcakes should be identical. Edible foods, fruit or candy may be used to decorate.

X 460 3 Decorated one layer cake frosted in butter cream. Edible foods, fruit or candy may be used to decorate.

X 460 4 Decorated cut-up cake. Any shape created with single layer cakes. Cakes should be frosted with buttercream. Edible foods, fruit or candy may be used to decorate.

Projects using decorating tips/tubes and techniques. Must use an icing tip/tubes to complete the project. Must use homemade buttercream frosting or a homemade icing suitable to the project. **NEW: Attach frosting/icing recipe.**

X 460 5 Decorated one layer cake using a minimum of 2 tips/tubes but no more than 4 tips/tubes to decorate.

X 460 6 Four decorated sugar cookies using any decorating techniques. The four cookies should be identical.

X 460 7 Four decorated cupcakes using 2 or 3 tips/tubes. The four cupcakes should be identical.

X 460 8 Decorated cake made from a character pan.

X 460 9 Assemble a decorators tool kit. List items including how/when the item is used. Contents should be in a container that is well suited for use and aids in the decorating process and storage of tools.

4-H CAKE DECORATING – UNITS 5-7

Intermediate Division (age 13 and over as of January 1)

Premium: Purple \$2.50; Blue \$2.00; Red \$1.50; White \$1.00

Creative use of Candy Projects. No icing tips/tubes needed. Must use buttercream frosting. Add decorations must be edible. **NEW: Attach frosting/icing recipe.**

Class No.

X 460 10 Decorated one layer cake frosted in butter cream. Edible foods, fruit or candy may be used to decorate.

X 460 11 Decorated cut-up cake. Any shape created with single layer cakes. Cakes should be frosted with buttercream. Edible foods, fruit or candy may be used to decorate.

Projects using decorating tips/tubes and techniques. Must use an icing tip/tube(s) to complete this project. All of the projects use buttercream frosting unless noted on the individual class. **NEW: Attach frosting/icing recipe.**

X 460 12 Decorated cake made from a character pan.

X 460 13 Decorated cookies. Set of four sugar cookies frosted with buttercream or other suitable decorating icing. All cookies must be different.

X 460 14 Decorated cookies. Set of four sugar cookies frosted with buttercream or other suitable decorating icing. All cookies must be identical.

X 460 15 Four decorated cupcakes using 2-3 tips/tubes. The four cupcakes should be identical using a sugar art decorating technique.

X 460 16 Two layer 8, 9, or 10 inch cake (round or square) iced in buttercream. Use up to 4 tips/tubes to decorate. Include flowers or other design using icing. Use a side trim if appropriate and **MUST** include a border.

X 460 17 Two layer 8, 9, or 10 inch cake (round or square) covered in fondant and decorated using appropriate decorating mediums and fondant.

X 460 18 Decorated cake of 2 or more tiers of graduated sizes using supports and separator plates. Pillars may be used. Cake should include up to 4 tips/tubes and include flowers or other design using icing. Use appropriate decorator mediums. Use a side trim if appropriate and **MUST** include a border. Stacked cakes are acceptable if constructed properly.

X 460 19 Project notebook. A notebook of any decorating done by the 4-H'er during the project year. Notebook should contain a picture of the project, techniques, tips/tubes used to complete the project, date and explanation. Must contain a minimum of two projects.

4-H CAKE DECORATING – UNITS 8-9

Senior Division (age 13 and over as of January 1, or based on skills)

Premium: Purple \$3.50; Blue \$3.00; Red \$2.50; White \$2.00

Projects that require decorating techniques. Cakes should be frosted in a homemade buttercream frosting. Buttercream or royal icing should be used for decorations. **NEW: Attach frosting/icing recipe.** Artificial/real flowers may be used to enhance the cake. Other sugar or mediums are acceptable as long as suitable for the project.

X 460 20 Decorated cookies. Set of four sugar cookies frosted with buttercream or other suitable decorating icing. Utilizing advanced techniques. Cookies must be different.

X 460 21 Decorated cookies. Set of four sugar cookies frosted with buttercream or other suitable decorating icing. Utilizing advanced techniques. All cookies must be identical.

X 460 22 Molded or shaped object. (Made from royal icing, fondant or other sugar arts medium). May be displayed on a cake or independently.

X 460 23 Two layer 8, 9, or 10 inch cake (round or square) iced in buttercream. Use up to 4 tips/tubes to decorate. Include flowers or other design using icing. Use a side trim if appropriate and **MUST** include a border.

X 460 24 Two layer 8, 9, or 10 inch cake (round or square) covered in fondant and decorated using appropriate decorating mediums and fondant.

X 460 25 Decorated cake of 2 or more tiers of graduated sizes using supports and separator plates. Pillars may be used. Cake should

include 4 tips/tubes. Cake should show advance decorator work in all aspects of the cake. Stacked cakes are acceptable if constructed properly. Use appropriate decorator mediums.

X 460 26 Decorated cake of 2 or more tiers of graduated sizes using supports and separator plates. Pillars may be used. Cake covered in fondant and to show advance decorating techniques using fondant and appropriate decorating mediums.

X 460 27 Specialty cake. Cake carved/sculpted in a free form shape by the 4-H'er. Cake should show advanced use of decorating techniques. May use buttercream, fondant or suitable medium.

X 460 28 Cake decorated using air-brush techniques, and other advanced decorating techniques.

X 460 29 Binder/scrapbook collection of pictures of cakes made throughout the years a 4-H'er has participated in the cake decorating project. Captions should be included to describe each cake, the tips, techniques and skills used to complete each cake. Include a date of each project. Minimum of 5-7 projects from a minimum of four years.

SAFETY

State Fair Eligible.

Premium: Purple \$2.50; Blue \$2.00; Red \$1.50; White \$1.00

Class No.

E 440 1 FIRST AID KIT - 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.

a. 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 are considered expired on the last day of that month.)

3. Any controlled substance.

E 440 2 DISASTER KIT (Emergency Preparedness) - 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.

E 440 3 SAFETY SCRAPBOOK - 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.

E 440 4 SAFETY EXPERIENCES - 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.

E 440 5 CAREER IN SAFETY - 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.

FIRE SAFETY

E 450 1 FIRE SAFETY POSTER - 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".

E 450 2 FIRE SAFETY SCRAPBOOK - 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.

E 450 3 FIRE PREVENTION POSTER - 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".