

**DEPARTMENT E  
Healthy Lifestyles**

**NUTRITION, FOODS  
& FOOD PRESERVATION**

**GENERAL RULES** All exhibits in foods and nutrition must be in place by 10:00 a.m. entry day. Members may exhibit only in classes under projects carried this year. All baked goods must be baked by midnight, the night before entry day. Do not enter hot baked goods.

**LABELS FOR FOOD PRODUCTS** Each exhibit must include the recipe. Place the food on the appropriate size plate. Enter food projects in disposable materials, i.e., paper plate or plastic ziplock bag. The County Fair Board is not responsible for lost bread boards, china or glassware. Attach entry tag and recipe at the corner of the bag on the outside. 4-H'ers only need to submit a recipe with the baked product - information sheets are no longer required, but are optional. Recipe may be on any size paper or card, and may be handwritten, photocopied, or typed.

**LABELS FOR NON-FOOD PRODUCTS** Please attach the entry tag to the upper right hand corner of the entry.

**CRITERIA FOR JUDGING** Exhibits will be judged according to criteria for Judging State Fair 4-H Food and Nutrition Entries at the back of 4-H Foods Judging Handbook. Incomplete exhibits will be lowered a class ribbon. Make sure to follow all entry instructions required for your exhibit. **Commercially prepared mixes are allowed in the Cooking 201 Creative Mixes exhibit ONLY.** Prepared baking mixes, biscuit mixes, or other pre-made mixes entered in other categories will be lowered a ribbon placing. Recipes for processed foods used by 4-H members for fair exhibition (except salsa) may originate from any source. However, all processed/preserved food products MUST use USDA approved processing methods.

**EXHIBITS ARE ON DISPLAY FOR SEVERAL DAYS** Please limit exhibits to products that 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. Egg glazes on yeast products before baking are allowed. Glazes, frosting, and other sugar based toppings are also considered safe due to the high sugar content. Eggs incorporated into baked goods, or crusts and cheeses mixed into the bread doughs are considered safe. Cream cheese fillings or melted cheese toppings may result in an unsafe food product by the time the item is judged due to unpredictable heat and/or weather conditions and will be disqualified.

**DIVISION 350 GENERAL**

**E350001 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.

**E350002 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.

**E350003 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.

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

#### **DIVISION 401 – COOKING 101**

**Premiums: \$2.00, \$1.75, \$1.50, 1.25**

**\* County Project Only – not eligible for State Fair Competition.**

**\*E401001 COOKIES** (any recipe, 4 on a paper plate).

**\*E401002 MUFFINS** (any recipe, 4 on a paper plate).

**\*E401901 NO BAKE COOKIE** (any recipe, 4 on a paper plate).

**\*E401902 CEREAL COOKIE BAR** (any cereal based recipe made in pan and cut into bars or squares for serving.)

**\*E401905 GRANOLA BAR** (any recipe, 4 on a paper plate)

**\*E401906 BROWNIES** (any recipe, 4 on a paper plate)

**\*E401907 SNACK MIX** (any recipe, at least 1 cup in self-sealing plastic bag)

**\*E401908 EXTRA COOKING 101 ITEM** May bring up to three items in this category from a Cooking 101 project.

#### **DIVISION 410 – COOKING 201**

**PREMIUMS: \$2.50, \$2.25, \$2.00, \$1.75**

**\* Designates County Project Only – not eligible for State Fair Competition.**

- E410001** **LOAF QUICK BREAD** any recipe, at least  $\frac{3}{4}$  of a standard loaf displayed on a paper plate) Quick bread is any bread that does not require kneading or rising time and does NOT include yeast. A standard quick bread loaf measures approximately 8  $\frac{1}{2}$ " x 4  $\frac{1}{2}$ " or 9" x 5". If mini-loaf pans are used for exhibit, two loaves must be presented for judging.
- E410002** **CREATIVE MIXES** any recipe, at least  $\frac{3}{4}$  of baked product or 4 muffins or cookies on a paper plate. May be baked in a disposable pan. Baked item made from a mix (commercial or homemade mixes acceptable). Food product must have been modified to make a new or different baked item. Examples include poppyseed quick bread from a cake mix, cake mix cookies, sweet rolls made from readymade bread dough, monkey breads from biscuit dough, streusel coffee cake from a cake mix, etc. Write what you learned about making this product using a mix instead of a homemade recipe or recipe "from scratch". Does it make it better or easier to use a convenience product or mix? Why or why not?
- E410003** **BISCUITS OR SCONES** four biscuits or scones on a small paper plate. This may be any type of biscuit or scone: rolled, or dropped. Any recipe may be used, but it must be a non-yeast product baked from scratch.
- E410004** **HEALTHY BAKED PRODUCT** any recipe, at least  $\frac{3}{4}$  of baked product or 4 muffins/cookies on a paper plate. May be baked in a disposable pan.) Recipe must contain a fruit or vegetable as part of the ingredients (Ex. banana bars, cantaloupe quick bread, zucchini muffins, etc.).
- E410005** **COFFEECAKE** any recipe or shape, non-yeast product -at least  $\frac{3}{4}$  of baked product. May be baked in a disposable pan.) Include menu for a complete meal where this recipe is served, following meal planning guidelines suggested in Cooking 201.
- E410006** **BAKING WITH WHOLE GRAINS** any recipe, at least  $\frac{3}{4}$  of baked product or 4 muffins/cookies on a paper plate. May be baked in a disposable pan. Recipe must contain whole grains as part of the ingredients. (Ex. whole wheat applesauce bread, peanut butter oatmeal cookies, etc.)
- E410007** **NON-TRADITIONAL BAKED PRODUCT** exhibit must include a food product prepared using a non-traditional method (i.e. bread machine, cake baked in convection oven, baked item made in microwave, etc.) Entry must be at least  $\frac{3}{4}$  baked product, or 4 muffins or cookies on a paper plate. Entry must include supporting information that discusses alternative preparation method and how it compares with traditional method.
- \*E410901** **EXTRA COOKING 201 ITEM** May bring up to three items in this category from a Cooking 201 project.

**DIVISION 411 – COOKING 301**  
**PREMIUMS: \$2.50, \$2.25, \$2.00, \$1.75**

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.

- E411001**     **WHITE BREAD** any yeast recipe, at least 3/4 of a standard loaf displayed on a paper plate.
- E411002**     **WHOLE WHEAT OR MIXED GRAIN BREAD** any yeast recipe, at least 3/4 of a standard loaf displayed on a paper plate.
- E411003**     **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.
- E411004**     **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.
- E411005**     **SPECIALTY BREAD** any yeast recipe, includes tea rings, braids, or any other full-sized specialty bread products. Must exhibit at least ¾ of a full sized baked product. May be baked in a disposable pan.
- E411006**     **SHORTENED CAKE NOT FROM A CAKE MIX!** At least ¾ of the cake. Shortened cakes use fat for flavor and texture and recipes usually begin by beating fat with sugar by creaming, and include leavening agents in the recipe. Cake may be frosted with a non-perishable frosting (no cream cheese or egg white based frostings allowed).
- E411901**     **EXTRA COOKING 301 ITEM** May bring up to three items in this category from a Cooking 301 project

**DIVISION 413 – COOKING 401**  
**Premiums: \$3.00, \$2.75, \$2.50, \$2.25**

\*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.

- E412001**     **DOUBLE CRUST FRUIT PIE** 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.
- E412002**     **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.
- E412003 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 some background information about the country or culture the food item is representing.
- E412004 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.
- E412005 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).
- E412006 SPECIALTY PASTRY** 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, 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.
- E412901 EXTRA COOKING 401 ITEM** May bring up to three items in this category from a Cooking 401 project

**DIVISION 407 - FOOD PRESERVATION**  
**Premiums: \$2.50, \$2.00, \$1.50, \$1.00**

**PROCESSING METHODS** Current USDA processing methods must be followed for all food preservation. Jams, preserves and marmalades, fruit, tomatoes and pickled vegetables **MUST** be processed in a boiling water bath. Tomatoes may be processed by a boiling water bath or pressure canner. All non-acid vegetables and meats must be processed in a pressure canner. Spoilage or open container disqualifies entry.

**UNIFORMITY** Jars and type of lid should be uniform but not necessarily the same brand. Standard canning jars must be use - others will be disqualified. No one fourth pint jars allowed. Jelly glasses or half pint jars may be used for jellies and preserves. The jars are not to be decorated in any way. No zinc lids. Leave jar rings on for fair display as it helps protect the seal. Improperly canned or potentially hazardous food items will be disqualified.

**LABELING** Label jars with name of product, type of pack (hot or cold), processing method and time, pounds of pressure (low acid food), altitude where product was processed, name and county of exhibitor. **CONTACT THE POLK COUNTY EXTENSION OFFICE IF UNSURE OF ALTITUDE OR PROCESSING TIME.** Exhibits

processed incorrectly will be lowered one ribbon placing. Write plainly on a label and paste or tape securely on jar bottom. Specialized sticky labels are not required. Label dried food articles with method of pretreatment, drying method, and drying time. Write plainly on label and paste or tape securely to back of self-sealing bag. Securely attach official entry card to exhibit. Multiple jar exhibits should be contained in a small undecorated box. Use a rubber band or twisty to keep exhibit containing 3 ziplock bags together. All food preservation entries must include recipe and source of recipe.

**RECIPE.** All food preservation entries must include recipe and source of recipe. Recipes for processed foods used by 4-H members for fair exhibition (except salsa) may originate from any source. However, all processed/preserved food products MUST use USDA approved processing methods.

**CURRENT PROJECT** All canning must be the result of the this year's 4-H project, since September, of the previous year. **CRITERIA FOR JUDGING** Exhibits will be judged according to Criteria for Judging at the back of the 4-H Foods Judging Handbook. 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.

## **4-H HOME FOOD PRESERVATION SERIES DIVISION 407 UNIT 1 FREEZING PROJECT MANUAL**

**E407001 BAKED ITEM MADE WITH FROZEN PRODUCE** 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 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**

**E407002 DRIED FRUITS** 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.

**E407003 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.

**E407004 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.

**E407005 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.
- E407006 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.
- E407007 BAKED ITEM MADE WITH DRIED PRODUCE/HERBS** any recipe, at least 3/4 of baked product or 4 muffins or cookies on a paper plate. Maybe 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 MANUAL

- E4070081 JAR FRUIT EXHIBIT** one jar of a canned fruit. Entry must be processed in the boiling water bath according to current USDA recommendations.
- E4070093 JAR FRUIT 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.
- E4070101 JAR TOMATO EXHIBIT** one jar of a canned tomato product. Entry must be processed in a boiling water bath according to current USDA recommendations.
- E4070113 JAR TOMATO 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.
- E4070121 JAR PICKLED EXHIBIT** one jar of a pickled and/or fermented product. Entry must be processed in the boiling water bath according to current USDA recommendations.
- E4070133 JAR PICKLED 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.
- E4070141 JAR JELLED EXHIBIT** one jar of a jam, jelly or marmalade. Entry must be processed in the boiling water bath according to current USDA recommendations.
- E4070153 JAR JELLED 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.

### UNIT 4 PRESSURE CANNING PROJECT MANUAL

- E407016 JAR VEGETABLE OR MEAT EXHIBIT** one jar of a canned vegetable or meat. Include only vegetables or meats canned in a pressure canner according to current USDA recommendations.

- E4070173 JAR VEGETABLE EXHIBIT** 3 jars of different kinds of canned vegetables. Include only vegetables canned in a pressure canner according to current USDA recommendations.
- E4070183 JAR MEAT EXHIBIT** 3 jars of different kinds of canned meats. Include only meats canned in a pressure canner according to current USDA recommendations.
- E407019 QUICK DINNER** a minimum of 3 jars to a maximum of 5 jars (all the same size) plus menu. Meal should include 3 canned foods that can be prepared within an hour. List complete menu on a 3" X 5" file card and attach to one of the jars. Entry must be processed according to current USDA recommendations.
- E407020 JAR TOMATO EXHIBIT** one jar of a canned tomato product. Entry must be processed in a pressure canner according to current USDA recommendations.
- E4070213 JAR TOMATO 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.

**DIVISION 415 MISCELLANEOUS**  
**Premiums: \$2.50, \$2.25, \$2.00, \$1.75**

- \* Designates County Project Only – not eligible for State Fair Competition.**
- \*E415901 FOOD FLOP** - Any one food project that failed. Must be accompanied by a written or typed summary explaining what you planned, what you did while preparing the item, the result, why you think the flop occurred and how you would keep it from happening again. Include a sample of the flopped food item.
- \*E415902 YOU PUT WHAT IN WHAT?** (Surprise ingredient food product) A baked product that will maintain its appearance throughout fair. Include easy to read recipe prominently displayed. Recipe must contain a unique or unexpected ingredient and must not be a mix. (Example: sauerkraut cake, mashed potato cake, pork and bean bread, castor oil cookies.) Product should be displayed, along with the recipe, in a unique and attractive manner. Entries will be tasted and judged. Limit one entry per member.
- \*E415914 GIFTS IN A JAR** Entry must include recipe attached with what is in jar and what the recipient of the "gift" must do to bake or cook the product.

**DIVISION 415 - Create, Bake, Decorate!**  
**Premiums: \$2.50, \$2.25, \$2.00, \$1.75**

**\* Designates County Project Only – not eligible for State Fair Competition.** Any 4-H'ers enrolled in a foods project may exhibit in this area. Cakes may be flat, cut up, or layer types. Decorated cakes and decorated gingerbread houses are considered as two different types of entries. Therefore, if a 4-H'er is exhibiting a gingerbread house for the first time, it is entered in the beginning division (one year of gingerbread house decorating experience) regardless of any previous cake decorating experience.

Supporting information should include years enrolled in the Cake Decorating project, size of tips used on decorated item, why the design was chosen and how this cake or decorated item could be used for a special event or occasion. Recipes for cake or frosting are not required. This item is not tasted - judging is based on skill in decorating the item. For more information on how to decorate cakes and other items, contact the Polk County Extension Office for the "Create, Bake, Decorate!" manual.

**BEGINNING DIVISION:** For 4-H members entering a decorated item for the 1<sup>st</sup> or 2<sup>nd</sup> year.

**\*E415903 GRAHAM CRACKER GINGERBREAD HOUSE** (first year) to be made and exhibited prior to exhibiting Decorated Gingerbread House.

**\*E415904 DECORATED GINGERBREAD HOUSE** must be made of gingerbread with edible items and parts on base no wider than 12".

**\*E415905 DECORATED CAKE** (without the use of tips. Show creativity using cookies, candies, chocolate chips, small toy items, etc. to decorate cake for specific party or theme).

**\*E415906 DECORATED COOKIE, CUPCAKE, BOX, BLOCK, ETC.** Show cake decorating skills as outlined in CLASS 46. Item should be frosted, as in the tops of a cupcake, or the outside covering of the box or block.

**\*E415907 SET OF FOUR DECORATED BORDERS** Use the same tip on all four borders. Use no larger than a 6" by 8" covered cardboard and allow 1" space around outside for handling.

**\*E415908 DECORATED CAKE** (decorated with two different style decorating tips, any size. Allow cake board to extend at least an inch around the base of the decorated cake, no wider than 12").

**ADVANCED DIVISION:** For 4-H members entering decorated items for 3 or more years.

**\*E415909 DECORATED GINGERBREAD HOUSE** House must be made of gingerbread with edible items and parts on base no wider than 12".

**\*E415910 DECORATED CAKE** (without the use of tips. Show creativity using cookies, candies, chocolate chips, small toy items, etc. to decorate cake for specific party or theme).

**\*E415911 DECORATED COOKIE, CUPCAKE, BOX, BLOCK, ETC.** Show cake decorating skills as outlined in CLASS 52. Item should be frosted, as in the tops of a cupcake, or the outside covering of the box or block.

**\*E415912 SET OF FOUR DECORATED BORDERS** Use the same tip on all four borders. Use no larger than a 6" by 8" covered cardboard and allow 1" space around outside for handling.

**\*E415913 DECORATED CAKE** (decorated with at least three different style decorating tips, any size. Allow cake board to extend at least an inch around the base of the decorated cake, no wider than 12").

**SAFETY**  
**DIVISION 440 - SAFETY**  
**Premiums: \$2.50, \$2.25, \$2.00, \$1.75**

- E440001**     **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 and 7 and Score sheet SF110 for guidance.
- A) any kit containing any of the following will be automatically disqualified:
1. Prescription medications (if the purpose of the kit is to provide medication for someone with special need, explain in written description and inventory, but remove the medication).
  2. Articles or items 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.
- E440002**     **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. Refer to score sheet SF111.
- E440003**     **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 and 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.

- E440004 SAFETY EXPERIENCE:** 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.
- E440005 CAREERS 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.

#### **DIVISION 450 FIRE SAFETY**

**Premiums: \$2.50, \$2.25, \$2.00, \$1.75**

- E450001 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. Draw **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".
- E450002 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

**E450003 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".

#### **DIVISION 530 - BICYCLE SAFETY**

**\*denotes those entries which are not eligible for State Fair.**

- \*E530901 BIKE RESTORATION REPORT** Exhibitors need to restore/overhaul/upgrade a bicycle to include current safety features. A report must include the following information: Describing costs, repair costs, and what was done. "Before" and "After" photos should be included
- \*E530902 DISPLAY** It may include: 1) parts or system of a bicycle, 2) working or broken parts, or 3) a step-by-step procedure of how some repair or service job is performed. A limited number of photographs are acceptable. Actual parts or cut-aways of parts are recommended.
- \*E530903 BIKE ANATOMY (PARTS)** Poster (8 ½" X 11") showing the parts of a bicycle.
- \*E530904 COMPARISON REPORT** A report of price and feature comparisons that you took into account when purchasing a bike of your own.
- \*E530905 YOU BE THE TEACHER EXHIBIT** Share with others what you learned in the project. Exhibit may be a notebook or small display of an educational nature. Include 8 ½" X 11" page describing exhibit and summary of learning.