

HEALTHY LIFESTYLES DEPARTMENT E

All foods exhibits are to be entered according to schedule in front of book.

**Denotes entries not eligible for State Fair*

Number of entries– Each 4-H'er may have one entry under each class number in the project in which they are exhibiting.

Supporting Information– Each exhibit shall include the recipe. Recipe may be handwritten, photocopied or typed. Place food on the appropriate sized plate or container and put in self-sealing bag (except for decorated cakes and jar exhibits). Attach entry tag and recipe at the corner of the bag. Identify/label additional information, including recipes and supplemental information, with 4-H'ers name and county.

For Non-food Entries– Please attach the entry tag to the upper right hand corner of the entry.

Criteria for Judging– Exhibits will be judged according to score sheets available at the Extension Office or at <https://go.unl.edu/ne4hfood-nutrition>. Make sure to follow all entry instructions required for your exhibit. **Commercially prepared mixes are ONLY allowed in Cooking 201 (Class 2) 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 not receive full credit.

Food Projects– Please enter exhibits using a disposable pan or plate and covered by a self-sealing bag. The Seward County Ag Society and the Seward County Extension Office are not responsible for non-disposable containers, lost bread boards, china or glassware.

Ingredients– A 4-H'er shall be capable of purchasing any ingredient they use. Thus, ingredients such as beer, whiskey, rum, etc. may not be used in any exhibit. Exhibits that include alcohol will not be judged. This includes menu and recipe file exhibits.

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 shall be safe to eat when entered, whether they are tasted or not. The following food ingredients are considered unsafe for fair exhibits and will not be judged: 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). Glazes, frostings and other sugar based toppings are considered safe due to their high sugar content. Eggs glazes on yeast breads and pie crusts BEFORE baking are acceptable. Eggs incorporated into baked goods and crusts are considered safe.

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

Division 907 - 4-H Flops are Educational

Pay Category #7

*Class 1 **A flop from any class in Foods Department E.** Explain why it flopped and what you learned from the failure. Include the recipe.

Division 350 – General Foods & Nutrition

Class 1 **Food Science Exploration**– 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 (largest size 22 inches x 30 inches); computer based presentation printed off with notes pages (if needed) and displayed in binder; a display or a written report in a portfolio or notebook. Consider neatness and creativity.

Class 2 **Food & Nutrition Poster, Scrapbook or Photo Display**– 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 a report to highlight learning. Exhibit may be a poster or a foam core board (largest size 22 inches x 30 inches); a computer based presentation printed off with notes pages (if needed) and displayed in a binder; an exhibit display; or a written report in a portfolio or notebook. Consider neatness and creativity.

Class 3 **Physical Activity and Health Poster, Scrapbook or Photo Display**– 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 a report to highlight the concept. Exhibit may be a poster or foam core board (largest size 22 inches x 30 inches); a computer based presentation printed off with notes pages (if needed) and displayed in binder; an exhibit display; or a written report in a portfolio or notebook. Consider neatness and creativity.

Class 4 **Cooking Basics Recipe File**– A collection of 10 recipes from any source. Be sure to include the number of servings or yield of each recipe. Each recipe shall 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 the year clearly marked on recipes. Display in a recipe file or binder. This may be a continued recipe file project. Exhibits that include recipes with alcohol (wine, beer, rum, etc.) will not be judged.

* Class 5

Mix in a Jar– Mix made with non-perishable ingredients. Include recipe and instructions and label with date assembled. On a half sheet of paper answer the following questions, “What is the intended use?” (i.e. gift, fundraiser, donation, etc.)

Department E – FOOD PRESERVATION

All exhibits shall be pre-entered at the Seward County Extension Office by July 10th. Foods exhibits are to be entered according to schedule in front of fair book.

Number of Entries

Each 4-H'er is limited to one entry under each class number in the project in which they are exhibiting. Limit 3 entries per exhibitor in Food Preservation.

Processing Methods

Follow current USDA processing methods and altitude adjustments for all food preservation exhibits. Jam, preserves and marmalades, fruit, tomatoes and pickled products shall be processed in a boiling water bath. (Tomatoes may be processed in a pressure canner.) All non-acid vegetables and meats shall be processed in a pressure canner. Improperly canned or potentially hazardous food items will not be judged. Spoiled or unsealed exhibits will not be judged.

Jars— Jars and lids do not need to be the same brand. Half pint jars may be used for jellies and preserves. No 1/4 pint jars. The jars are not to be decorated by the exhibitor in any way. Only use canning jars. 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 shall be the result of this year's 4-H project.

Criteria for Judging— Exhibits will be judged according to score sheets available at the Extension Office or at <http://4hfairbook.unl.edu/fairbookview.php/rules>. Incomplete exhibits will not receive full credit. Canned food items not processed according to altitude in the county will not receive full credit. 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 together.

Recipe/Supporting Information— Recipe shall be included, and may be handwritten, photocopied or typed. Commercially prepared seasoning mixes are not allowed. Use current USDA guidelines for food preservation methods.

Suggested sources of recipes include:

- 4-H Food Preservation Manuals (Freezing, Drying, Boiling Water Bath Canning, Pressure Canning)
- USDA Guide to Home Canning
https://nchfp.uga.edu/publications/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)

On all exhibits, include the 4-H Food Preservation Card attached to the project as the required supporting information, or include the following information with exhibit:

1. Name of product
2. Date preserved
3. Method of preservation (pressure canner, 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 publication, include name and date)

Division 907 – 4-H Flops are Educational

Pay Category #7

- *Class 1 **A flop from any class in Foods Department E.** Explain why it flopped and what you learned from the failure. Include recipe and other learning experiences.

Division 406 – UNIT 1 Freezing

Pay Category #5

- Class 1 **Baked Item made with Frozen Produce**– Any recipe that includes a food item preserved by the freezing method done by the 4-H'er. E.g. peach pie, blueberry muffins, zucchini bread etc. At least 3/4 of baked product or four muffins or cookies on a paper plate or in a disposable pan. Supporting information shall include both the recipe for the produce that was frozen as part of this project AND the baked food item.

Division 407 – UNIT 2 Drying

- Class 1 **Dried Fruits**– Exhibit a sample of three different dried fruits. Place each dried fruit food (6-10 pieces of fruit, minimum of 1/4 cup) in

separate self-sealing bags. Use a rubber band or “twisty” to keep exhibit together.

- Class 2 **Fruit Leather**– Exhibit a sample of three different fruit leathers. Place a 3–4-inch sample of each fruit together in separate self-sealing bags. Use a rubber band or “twisty” to keep exhibit together.
- Class 3 **Vegetable Leather**– Exhibit a sample of three different vegetable or vegetable/fruit leather combos. Place a 3–4-inch sample of each leather together in separate self-sealing bags. Use a rubber band or “twisty” to keep exhibit together.
- Class 4 **Dried Vegetables**– Exhibit a sample of three 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 5 **Dried Herbs**– Exhibit a sample of three 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 6 **Baked Item made with Dried Produce/Herbs**– Any recipe that includes a dried produce/herb item made by the 4-H'er. Ex. granola bar made with dried fruits, dried cranberry cookies, Italian herb bread or lemon thyme cookies. At least ¾ of baked product or four muffins or cookies on a paper plate or in a disposable pan. Supporting information shall include both the recipe for the dried produce/herb AND the baked food item.

Division 408 – UNIT 3 Boiling Water Canning

- Class 1 **1 Jar Fruit Exhibit**– Exhibit one jar of a canned fruit. Entry shall be processed in a boiling water bath according to current USDA recommendations.
- Class 2 **3 Jar Fruit Exhibit**– Exhibit three jars of different canned fruits. May be three different techniques for same type of product, ex. applesauce, canned apples, apple pie filling, etc. Entry shall be processed in a boiling water bath according to current USDA recommendations.
- Class 3 **1 Jar Tomato Exhibit**– Exhibit one jar of a canned tomato product. Entry shall be processed in the boiling water bath according to current USDA recommendations.
- Class 4 **3 Jar Tomato Exhibit**– Exhibit three jars of different canned tomato products (salsa, sauces without meats, juice, stewed, etc.). Entry shall be processed in a boiling water bath according to current USDA recommendations.

- Class 5 **1 Jar Pickled Exhibit**– Exhibit one jar of a pickled and/or fermented product. Entry shall be processed in a boiling water bath according to current USDA recommendations.
- Class 6 **3 Jar Pickled Exhibit**– Exhibit three jars of different kinds of canned pickled and/or fermented products. Entry shall be processed in a boiling water bath according to current USDA recommendations.
- Class 7 **1 Jar Jelled Exhibit**– Exhibit one jar of a jam, jelly or marmalade. Entry shall be processed in a boiling water bath according to current USDA recommendations.
- Class 8 **3 Jar Jelled Exhibit**– Exhibit three different kinds of jelled products. Entry may be made up of either pints or half pints. Entry shall be processed in a boiling water bath according to current USDA recommendations.

Division 414 – Unit 4 Pressure Canning Project

- Class 1 **1 Jar Vegetable or Meat Exhibit**– Exhibit one jar of a canned vegetable or meat. Exhibit shall be canned in a pressure canner according to current USDA recommendations.
- Class 2 **3 Jar Vegetable Exhibit**– Exhibit three jars of different kinds of canned vegetables. Vegetables shall be canned in a pressure canner according to current USDA recommendations.
- Class 3 **3 Jar Meat Exhibit**– Exhibit three jars of different kinds of canned meats. Entry shall be canned in a pressure canner according to current USDA recommendations.
- Class 4 **Quick Dinner**– Exhibit a minimum of 3 jars to a maximum of 5 jars, plus menu. Meal should include 3 canned foods that can be prepared for serving within an hour. List complete menu on a 3 inches x 5 inches file card and attach to one of the jars. Entry shall be processed according to the current USDA recommendations.
- Class 5 **1 Jar Tomato Exhibit**– Exhibit one jar of a canned tomato product. Entry shall be processed in a pressure canner according to current USDA recommendations.
- Class 6 **3 Jar Tomato Exhibit**– Exhibit three jars of different canned tomato products (salsa, sauces without meats, juice, stewed, etc.). Entry shall be processed in a pressure canner according to current USDA recommendations.

General Foods & Nutrition

Division 409 – Cooking 101

Pay Category #7

Resources: Learn how to use MyPlate; Learn how to avoid spreading germs while cooking; Learn how to measure and mix ingredients; Learn how to test baked goods for doneness; Learn how to brown meat; Learn how to set the table for a family meal
https://4hcurriculum.unl.edu/index.php/main/program_project/194.

- *Class 1 **Cookies (any recipe)**– Four on a paper plate
- *Class 2 **Muffins (any recipe)**– Four on a paper plate
- *Class 3 **No Bake Cookie (any recipe)**– Four on a paper plate
- *Class 4 **Cereal Bar Cookie (any cereal based recipe made in pan and cut into bars or squares for serving)**– Four on a paper plate
- * Class 5 **Granola Bar (any recipe)**– 4 on a paper plate
- * Class 6 **Brownies (any recipe)**– 4 on a paper plate
- * Class 7 **Snack Mix (any recipe)**– at least 1 cup in a self-sealing plastic bag

Division 410 – Cooking 201

Pay Category #6

Resources: Understand and prevent foodborne illnesses; Learn how to thaw foods; Learn proper knife techniques; Learn how to read Nutrition Fact labels; Learn how to make soups, rice, pasta, and other foods
https://4hcurriculum.unl.edu/index.php/main/program_project/195.

- Class 1 **Loaf Quick Bread**– Any recipe. Quick bread is any bread that does not require kneading or rising time and does NOT include yeast. At least 3/4 of a standard loaf displayed on a paper plate. A standard quick bread loaf measurers approximately 8 ½ inches x 4 ½ inches or 9 inches x 5 inches. If mini-loaf pans are used for exhibit, two loaves shall be presented for judging.
- Class 2 **Creative Mixes**– Any recipe, at least 3/4 of baked product or four muffins or cookies on a paper plate or in a disposable pan. Baked

item made from a mix (commercial or homemade mixes acceptable). Food product shall 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 3 **Biscuits or Scones**– Any recipe may be used, but it shall be a non-yeast product baked from scratch. Four biscuits or scones on a small paper plate. This may be any type of biscuit or scone: rolled or dropped.
- Class 4 **Healthy Baked Product**– Any recipe, at least 3/4 of baked product or 4 muffins/cookies on a paper plate or in a disposable pan. Recipe shall contain a fruit or vegetable as part of the ingredients (Ex. banana bars, cantaloupe quick bread, zucchini muffins, etc.).
- Class 5 **Coffee Cake**– Any recipe or shape, non-yeast product – at least 3/4 of baked product on a paper plate or in a disposable pan. Include menu for a complete meal where this recipe is served, following meal planning guidelines suggested in Cooking 201.
- Class 6 **Baking with Whole Grains**– Any , at least 3/4 of baked product or four muffins/cookies on a paper plate or in a disposable pan. Recipe shall contain whole grains as part of the ingredients. (Ex. whole wheat applesauce bread, peanut butter oatmeal cookies, etc.)
- Class 7 **Non-Traditional Baked Product**– Exhibit shall 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 shall be at least 3/4 of baked product, or four muffins or cookies on a paper plate or in a disposable pan. Entry shall include supporting information that discusses alternative preparation method and how it compares with traditional method.

Division 411 – Cooking 301

Pay Category #5

All exhibits made in the Cooking 301 or Cooking 401 projects shall have been prepared without the assistance of a bread machine for mixing, raising or baking of the food item. Any bread item prepared or baked using a bread machine should be entered under Cooking 201 (class 7), Non-Traditional Baked Product.

Resources: Practice making bread, grilling meats, vegetables, and fruit; Learn how

to and practice making butter; Learn about yeast gluten, and different types of fats
https://4hcurriculum.unl.edu/index.php/main/program_project/196.

- Class 1 **White Bread**– Any yeast recipe, at least 3/4 of a standard loaf displayed on a paper plate.
- Class 2 **Whole Wheat or Mixed Grain Bread**– Any yeast recipe, at least 3/4 of a standard loaf on a paper plate.
- Class 3 **Specialty Rolls**– Any yeast recipe, four rolls on a paper plate. May be sweet rolls, English muffins, kolaches, bagels or any other similar recipe that makes individual portions.
- Class 4 **Dinner Rolls**– Any yeast recipe, four rolls on a paper plate. May be cloverleaf, crescent, knot, bun, bread sticks or any other type of dinner roll.
- Class 5 **Specialty Bread**– Any yeast recipe, includes tea rings, braids or any other full-sized specialty bread products. Exhibit at least 3/4 of a full sized baked product.
- Class 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 creaming fat with sugar and include leavening agents in the recipe. Cake may be frosted with a non-perishable frosting (that does not use cream cheese or egg whites).

Division 412– Cooking 401

Pay Category #4

Any bread item prepared or baked using a bread machine should be entered under Cooking 201 (class 7). All exhibits made in the Cooking 301 or Cooking 401 projects shall have been prepared without the assistance of a bread machine for mixing, raising, or baking of the food item.

Resources: Learn about herbs and spices; Learn how to make ethnic foods; Practice making cakes, candy, pastries, and pies

https://4hcurriculum.unl.edu/index.php/main/program_project/197.

- Class 1 **Double Crust Fruit Pie**– Made with homemade fruit filling. For safety, no egg pastries or cream fillings. No canned fillings of premade pie crusts. May be double crust, crumb, cut-out or lattice topping. Using an 8 inch or 9 inch disposable pie pan is recommended.
- Class 2 **Family Food Traditions**– Any recipe. Any baked item associated with family tradition and heritage. Include (A) recipe, (B) tradition or heritage associated with preparing, serving the food, (C) where or who the traditional recipe came from. At least 3/4 of baked product or four muffins or cookies on a paper plate or in a disposable pan. May be baked in a disposable pan.

- Class 3 **Ethnic Food Exhibit**– Any recipe at least 3/4 of baked product or four muffins or cookies on a paper plate or in a disposable pan. The name of the country, culture, or region should be included as part of the supporting information with the recipe, as well as background information about the country or culture the food item is representing.
- Class 4 **Candy**– Any recipe, four 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 shall be included.
- Class 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).
- Class 6 **Specialty Pastry**– Baked items such as pie tarts, puff pastry, phyllo doughs, biscotti, choux, croissants, Danish or strudels. Phyllo dough may be pre-made or from scratch. Any recipe, at least 3/4 of baked product or four muffins or cookies on a paper plate or baked in a disposable pan. Baked items such as pie tarts, puff pastry, phyllo doughs, biscotti, choux, croissants, Danish or strudels. Phyllo dough may be pre-made or from scratch. Pastries made with cream or egg based fillings will not be judged.

Department E – CAKE DECORATING

Division 908 – Cake Decorating

Judge will consider decorating expertise, not flavor of baked product. No recipe necessary but include a listing of decorating tips used (if any). Styrofoam may be used instead of cake. Please provide a clear covering for the exhibit to be seen and to keep it protected and fresh. Optional: provide an 8 inch x 11 inch color photo of the cake for display at the fair.

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 inches bigger than the project (use frosting to anchor cookies to cardboard). Please use boards that do not need to be returned.

Beginning Cake Decorating

Pay Category #5

- *Class 1 **One layer cake, frosted, and decorated using color shades**
- *Class 2 **One layer cake, frosted and decorated using a stencil design**
- *Class 3 **One layer cake, cookie, or cupcake decorated with edible items (candy, crackers, pretzels, etc.)**
- *Class 4 **One decorated character cake, using a real cake (no styrofoam base)**
- *Class 5 **Shaped or 3D cake, using a real cake (no styrofoam base)**
- *Class 6 **Display Board**– Select any two of the following for display on covered cardboard (approx. 8 ½ inches x 11 inches)
 - A. Flowers (5 of one style)
 - B. Leaves (5 of one style)
 - C. Borders (2 different)
 - D. Lettering (minimum of 5 letters using one tip)
- *Class 7 **One decorated two-layer cake using three to five different types of tips in decorating**
- *Class 8 **One decorated cut-up cake, using real cake**
- *Class 9 **Cake Decorating Scrapbook**– A minimum of four cakes you decorated using pictures or diagrams documented in the book. Another four pictures or diagrams of cake decorating projects you would like to try should be included (pictures may be from internet/magazines). Use captions with the pictures/diagrams.

Intermediate Cake Decorating

Pay Category #5

- *Class 10 **Frost and decorate a two-layer cake**
- *Class 11 **Display Board**– Select any three of the following for display on covered cardboard (approx. 8 ½ inches x 11 inches)

- A. Flowers (3 each of three different styles. May be drop flowers or flowers made on a flower nail)
- B. Leaves (3 each of two different types)
- C. Borders (1 each of two different types. Minimum of 6 inches each.)
- D. Side trims (1 each of two different trims. Minimum of 6 inches each.)
- E. Lettering (Minimum of ten letters using one tip)
- F. Color Flow (1)

- *Class 12 **One decorated two-layer cake**, using an example of string work and a flower made on a lily flower nail.
- *Class 13 **Two figures**, using figure piping techniques.
- *Class 14 **One decorated cake**, using three or more tiers of graduated sizes using supports and separator plates.
- *Class 15 **Cake Decorating Scrapbook**– A minimum of four cakes you decorated in your beginning years using pictures or diagrams, along with four pictures/diagrams from cakes made in your intermediate years should be in the book. Another four pictures or diagrams of cake decorating projects you would like to try should be included (pictures can be from magazines). Use captions with pictures/diagrams.

Advanced Cake Decorating

Pay Category #5

- *Class 16 **One molded or shaped object** (may be on a decorated cake, a cake form, or an independent display).
- *Class 17 **Original cake design**, created by 4-H member. Include diagram with cake.
- *Class 18 **A brief written description** of your project (see page 8 in manual).

Department E – CULINARY CHALLENGE CONTEST

**Denotes entries not eligible for State Fair*

Contact the Seward County Extension Office to sign up!

Purpose of the Contest – The 4-H Culinary Challenge Contest will require youth to demonstrate healthy decision making through nutrition, food preparation, menu planning, and food safety, utilizing foods and nutrition curriculum. They will apply healthy living knowledge and skills by planning a nutritious menu, demonstrating their understanding of time management skills in the kitchen, and expressing their originality and creativity through an appropriately themed and properly set table. To showcase these skills, youth will create a menu, prepare a food item, and choose an appropriate theme for their occasion while expressing their food, nutrition, and food safety knowledge during a live interview with a judge at the contest. In order to highlight knowledge and skills acquired during pre-contest preparation, youth will utilize technology as part of their interview.

General Rules/Guidelines

1. A team will consist of two members. Both shall be at least 10 years of age by January 1 of the current calendar year to be eligible for the State Fair contest.
2. Judging interviews will be approximately 12-15 minutes for intermediates and seniors, and 8-10 minutes for juniors. This time includes a short presentation by the 4-H'er(s) as well as questions from the judge.
3. Participants should arrive at least 15 minutes prior to the contest to set up their table.
4. Participants shall provide their own food, decorations, and card table for the display.
5. Only contestants will be allowed to set up or arrange table settings.
6. During judging, 4-H members may choose to dress in appropriate clothing, costume, or accessories relevant to the theme.

Age Divisions – Age divisions will be determined by 4-H age, the age of the youth before January 1 of the current year. *Clover Kids: Ages 5-7; *Junior: Ages 8-10; Intermediate: Ages 11-13; Senior: Ages 14-18

Eligibility– A team consists of two 4-H'ers.

Challenge Ingredient/Item– A challenge ingredient will be selected each year, highlighting a Nebraska commodity food product. **The 2024 challenge ingredient is soy.** Please keep food safety in mind when selecting the recipe used for the Challenge. Foods shall be able to be kept chilled during transport to the contest, then be able to be reheated in a microwave. Each team shall incorporate the challenge ingredient into their food item they will be presenting during the contest.

This may require altering a recipe or creatively incorporating an item into their overall table theme. The challenge ingredient shall also be included in the interview presentation, demonstrating youth knowledge of the ingredient, such as nutritional value, a farm-to-fork concept or how to adapt a recipe to include the ingredient.

Judge's Interview– The 4-H'ers should view themselves as the hosts, welcoming the judge, cooperatively presenting the table to the judge, incorporating multi-media resources and answering any questions from the judge. Teams shall be prepared to present to the judge utilizing technology (PowerPoint, picture story, or other multi-media resource). Presentations may include photos, clip art, animation, video, or audio sound. The 4-H members should cooperatively present a verbal presentation to the judge that is highlighted by their multi-media presentation via computer or tablet. Participants shall provide their own computer or other equipment needed for their 4-H Foods Event judging interview. Presentations will occur at participants' tables. Please do not bring projectors or other equipment which will require extra space.

Consideration should be given to creatively include the following items through the multi-media presentation (optional for Clover Kids): nutritional facts of their menu, food safety, time management, choice of menu, food preparation, cost of item per serving, food handling techniques, recipe of the food item shared with the judge challenge ingredient (nutritional value, farm-to-fork, recipe revision, etc.).

Scoresheets can be found at: <https://go.unl.edu/ne4hculinarychallenge>.

Department E – SAFETY

Scoresheets, forms, contest study materials, and additional resources can be found at <http://go.unl.edu/ne4hsafety>.

Division 440 – Safety

Pay Category #6

- Class 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.
- Kits containing any of the following will not be judged:*
- 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.
- Class 2 **Disaster Kit (Emergency Preparedness)**– Shall 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 shall 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, but no need to bring water to the fair in the kit.
- Class 3 **Safety Scrapbook**– The scrapbook shall 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 8½ inch x 11 inch size

paper. Correct sentence structure, readability, and thorough explanations are an important part of judging.

Class 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 or USB flash drive lasting not to exceed five minutes.

Class 5

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 websites, job-related government websites 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 or USB flash drive not to exceed five minutes.

Division 450 – Fire Education

Pay Category #6

Class 1

Fire Safety Poster– Design a poster about fire safety; Learn to develop fire escape plans.
https://4hcurriculum.unl.edu/index.php/main/program_project/86.
Draw a home floor plan 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 shall lead outside to an assembly location. Documentation should include evidence the escape plan has been practiced at least four times. Posters shall be

constructed of commercial poster board at least 11 inches x 14 inches but not to exceed 22 inches x 28 inches.

Class 2

Fire Safety Scrapbook– The scrapbook shall contain ten 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 inches x 11 inches size paper. Proper sentence structure, readability, and thorough explanations are an important part of judging.

Class 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 not be judged. Posters shall be constructed of commercial poster board at least 11 inches x 14 inches but not to exceed 22 inches x 28 inches.

Department E – HEALTH

**Denotes entries not eligible for State Fair*

Division 912 – Bicycle Adventures

Pay Category #7

- *Class 1 **You Be the Teacher Exhibit**– Share with others what you learned in this project. Exhibit may be a poster (not to exceed 14 inches x 22 inches), a notebook, or small display of an educational nature.
- *Class 2 **Bike Restoration**– Exhibitors of bicycles need to restore, overhaul, and/or upgrade a bicycle to include current safety features. A report shall be included, covered by clear plastic, describing costs, repair costs, and what was done. “Before” and “after” photos should be included.
- *Class 3 **Documented Bike Riding Trip**– Include a written report using a notebook or scrapbook showing a bike ride or trip you have made using your bike.