

HEALTHY LIFESTYLES

Unlimited entries per class number may be made per exhibitor.

Foods, Nutrition, & Food Preservation

Premium Code: STATIC ITEMS

The purpose of Food & Nutrition exhibits is to encourage knowledge about healthy eating and safe cooking practices. This category has multiple projects that allow 4-H'ers to progress over numerous years. In addition, 4-H'ers will learn different types of cooking methods to improve their knowledge of cuisine.

- 1. General-** Members may exhibit only in the project in which they are enrolled (except for Food Flop). Products should be baked the day before entry day. Any 4-H'er enrolled in a Foods & Nutrition Project may enter any project in General Foods-You Put What In It? Bake & Take, Decorated Foods & Miscellaneous Foods.
- 2. Supporting Information-** Each exhibit must include the recipe. Recipe may be handwritten, photocopied, or typed. Place the food on the appropriate size plate or container and put the exhibit in a self-sealing bag. Attach entry tag and recipe at the corner of the bag. For non-food entries, please attach the entry tag to the upper right-hand corner of the entry. Additional information including recipes and supplemental information should be identified with the 4H'ers name and county.
- 3. 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>. Make sure to follow all entry instructions required for your exhibit. Incomplete exhibits will be lowered a ribbon placing. Commercially prepared mixes are ONLY allowed in Cooking 201 Creative Mix Class. Prepared baking mixes, biscuit mixes, commercially prepared seasoning mixes for food preservation and other pre-made mixes entered in other categories will be lowered a ribbon placing.
- 4. Food projects-** should be entered using a disposable pan or plate and covered by a plastic self-sealing bag. The Fair Board or Extension staff is not responsible for lost bread boards, China, glassware, or ANY container.
- 5. Ingredients-** Any ingredient that the 4-H member uses must be able to be purchased by the 4-H'er. Ingredients such as beer, whiskey, rum, etc. may NOT be used in any recipe file or foods exhibit. Exhibits that include alcohol in the recipe will be disqualified.
- 6. Food Safety-** Exhibits are on display for several days. Please think about FOOD SAFETY! Items that require refrigeration will not be accepted, judged, or displayed as exhibits must be safe to eat when entered, whether they are tasted or not. Glazes, frostings, and other sugar-based toppings are considered safe due to their high sugar content. Egg glazes on yeast breads and pie crusts BEFORE baking are acceptable. Eggs incorporated into baked goods and crusts are considered safe. The following food ingredients are considered unsafe

for fair exhibits and will be disqualified:

1. Egg or cream fillings and cream cheese frostings
2. Any meat item including meat jerky, imitation meat bits (bacon bits, pepperoni, etc.)
3. Melted cheese on top of food exhibit (cheese mixed into baked goods is considered safe and will be accepted)
4. Uncooked Fruit toppings (i.e., fresh fruit tart)

COOKING 101

Multiple entries in same class MUST be different types/variety.

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.

Scoresheets SF124, CF126, CF127, CF140

Dept E Division 401

Classes

- 1* **Cookies**- Any recipe. 4 cookies on a plate
- 2* **Muffins**- Any recipe. 4 muffins on a plate
- 3* **No Bake Cookie**- Any recipe. 4 cookies on a plate
- 4* **Cereal Cookie Bar**- Any cereal- based recipe made in pan and cut into bars or squares for serving. 4 bars on a plate
- 5* **Granola Bar**- Any recipe. 4 bars on a plate
- 6* **Brownies**- Any recipe. 4 brownies on a plate
- 7* **Snack Mix**- Any recipe. 1 cup of mix in a baggie
- 8* **Prepare Now/Make Later**- Jar mixes
- 9* **Cupcake**- Unfrosted- 4 cupcakes on a plate

COOKING 201

Multiple entries in same class MUST be different types/variety.

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.

Dept E Division 410

Classes

- 1 **Loaf Quick Bread**- Scoresheet SF123- any recipe, at least 3/4 of a standard loaf displayed on a paper plate. Quick bread is any bread that does not require kneading or rising time and does NOT include yeast. A standard quick bread loaf measures approximately 8 1/2" x 4 1/2" or 9" x 5". If mini-loaf pans are used for exhibit, two loaves must be presented for judging.
- 2 **Creative Mixes**- Scoresheet SF142- Any recipe, at least 3/4 of baked product or 4 muffins or cookies on a paper plate or in a disposable pan. Baked items made from a mix (commercial or homemade mixes acceptable). Food products 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?

- 3 Biscuits or Scones-** Scoresheet SF136- Four biscuits or scones on a small paper plate. This may be any type of biscuit or scone: rolled or dropped. Any recipe may be used, but it must be a non-yeast product baked from scratch.
- 4 Healthy Baked Product -** Scoresheet SF124- Any recipe or shape, non-yeast product - at least 3/4 of baked product or 4 muffins/cookies on a paper plate or in a disposable pan. The recipe must contain a fruit or vegetable as part of the ingredients. Examples: banana bar, cantaloupe quick bread, zucchini muffins, etc.
- 5 Coffee Cake-** Scoresheet SF129- 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 guideline suggested in Cooking 201.
- 6 Baking with Whole Grains-** Scoresheet SF134- Any recipe, at least 3/4 of baked product or 4 muffins/cookies on a paper plate or in a disposable pan. The recipe must contain whole grains as part of the ingredients. Examples: whole wheat applesauce bread, peanut butter oatmeal cookies, etc.
- 7 Non-traditional Baked Product-** Scoresheet SF133- Exhibit must include a food product prepared using a non-traditional method, i.e. bread machine, cake baked in an air-fryer, baked item made in microwave, etc. Entry must be at least 3/4 baked product, or 4 muffins or cookies on a paper plate or in a disposable pan. Entry must include supporting information that discusses alternative preparation methods and how they compare with traditional methods.
- 8* Cinnamon Rolls-** Scoresheet SF-141- 4 rolls on a plate.
- 10* General Cake-** Scoresheet SF129

COOKING 301

Multiple entries in same class MUST be different types/variety.

Practice making bread, grilling meats, vegetables, and fruits; Learn how to and practice making butter; Learn about yeast, gluten, and different types of fats.

Dept E Division 411

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.

Classes

- 1 **White Bread-** Scoresheet SF138 – any yeast recipe, at least $\frac{3}{4}$ of a standard loaf displayed on a paper plate.
- 2 **Whole Wheat or Mixed Grain Bread-** Scoresheet SF138- any yeast recipe, at least $\frac{3}{4}$ of a standard loaf displayed on a paper plate.
- 3 **Specialty Rolls-** Scoresheet SF138- any yeast recipe, 4 rolls on a paper plate. May be sweet rolls, English muffins, kolaches, bagels, or any other similar recipe that makes individual portions.
- 4 **Dinner Rolls-** Scoresheet SF138- any yeast recipe, 4 rolls on a paper plate. May be clover leaf, crescent, knot, bun, bread sticks, or any other type of dinner roll.
- 5 **Specialty Bread-** Scoresheet SF141- any yeast recipe, includes tea rings, braids, or any other full-sized specialty bread products. Must exhibit at least $\frac{3}{4}$ of a full-sized baked product.
- 6 **Shortened Cake-** Scoresheet SF137- At least $\frac{3}{4}$ of the cake (not from a cake mix). Shortened cakes use fat for flavor and texture and recipes usually being 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 frosting allowed).

COOKING 401

Multiple entries in same class MUST be different types/variety.

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

General Information: Any bread item prepared or baked using a bread machine should be entered under 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.

Dept E Division 412

Classes

- 1 **Double Crust Fruit Pie-** Scoresheet SF144- Made with homemade fruit filling. No egg pastries or cream fillings. No canned fillings or pre-made pie crusts. May be a double crust, crumb, cut out or lattice topping. Using an 8" or 9" disposable pie pan is recommended.
- 2 **Family Food Traditions-** Scoresheet SF145- 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. 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.
- 3 **Ethnic Food Exhibit-** Scoresheet SF146- Any recipe, at least $\frac{3}{4}$ of baked product or 4 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.

- 4 Candy-** Scoresheet SF147- Any recipe, 4 pieces of candy on a paper plate or ½ cup. No items containing cream cheese will be accepted. (Example: Cream cheese mints). Candy may be cooked or no-cook; dipped, molded, made in microwave or other methods of candy preparation. Recipe must be included.
- 5 Foam Cake-** Scoresheet SF138- Original recipe (no mixes) of at least ¾ of the cake. Foam cakes are cakes that have a high ratio of eggs to flour and fall into three categories: angel food cakes or meringues; sponge or jelly roll cakes; and chiffon cakes. Cake may be frosted with a non-perishable frosting (no cream cheese or egg white based frostings allowed).
- 6 Specialty Pastry-** Scoresheet SF143- Any recipe, at least ¾ of baked product or 4 muffins or cookies on a paper plate or 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.