

# 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)

## **FOOD FLOP**

Scoresheet CF021 Food Flop

This entry is open to any 4-H member enrolled in a foods project.

The purpose of this entry is to write about and learn from creating a food entry that totally “failed.” Your entry needs to include:

- Name.
- A 1-page story on a 8 1/2" x 11" paper telling about your experience, what you learned from it, and what you would do next time to get a better result. Include in your story what project you are taking, and what the original entry was.
- Sample of the “food flop” should be according to the original division requirements had it not “flopped.”

**Dept E Division 417**

**Classes**

**1\* Food Flop**