

# 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 ¾ 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 ¾ 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.

## MISCELLANEOUS FOODS

**General information:** Multiple entries in same class MUST be different types/variety. Any 4-Her enrolled in a Foods & Nutrition Project may enter any project in General Foods or Decorated Foods (cooking levels do not apply).

## GENERAL FOODS

**General information:** Explore the science of food and exercise with the General Foods project. Using the skills learned in other Foods & Nutrition projects, connect the dots between science and maintaining health.

### Dept. E Division 350 Classes

- 1 **Food Science Explorations**- Scoresheet SF152- Show the connection between food and science as it relates to food preparation, food safety, food preservation, or food production. The 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 a portfolio or notebook. Consider neatness and creativity.
- 2 **Foods and Nutrition Poster, Scrapbook, or Photo Display**  
Scoresheet SF122 - 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 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, or a written report in a portfolio or notebook. Consider neatness/creativity.

- 3 Physical Activity and Health Poster, Scrapbook, or Photo Display** Scoresheet SF 122- The product 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. The exhibit may be a poster or foam core board (not to exceed 22" by 30"), a computer-based presentation printed off with notes pages, if needed, and displayed in a binder, an exhibit display, or a written report in portfolio or notebook. Consider neatness and creativity.
- 4 Cooking Basics Recipe File-** Scoresheet SF251- 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-Her 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. Exhibits that include recipes with alcohol (wine, beer, rum, etc.) will be disqualified.
- 5\* You Put What in It?** - Scoresheet to be determined by item.
- 6\* Bake & Take Item-** Scoresheet to be determined by item.
- 7\* Dry Mix-** May be a prepared mix, seasoning, etc.

## DECORATED FOODS

### Scoresheet CF008 Decorated Foods

Dept E Division 418

Classes

**10\* Decorated Mints-** 6 on a plate.

**11\* Decorated Cake Top or Form-** Not an actual cake. May be a cardboard or Styrofoam form, should be placed on a large cardboard to make handling easier.

**12\* Border Sampler-** A 12" x 12" piece of cardboard with the following samples (each sample should be 5" in length) labeled as to tip and sample:

2 styles of borders-1 row each.

1 row script or lettering

1 row of exhibitor's choice

3" x 4" rectangle filled with 1 color stars from star tip.

**13\* Decorated Cupcakes-** 4 on a plate.

**14\* Decorated Cookies-** 4 on a plate.

**15\* Display of Roses-** Must include two roses and a rosebud. Do not include leaves. Must be exhibited using a disposable container.

**20\* Sample Board-** 12" x 12" piece of cardboard with:

- Example of 4 types of flowers
- Examples of 4 types of leaves

- 3 styles of borders - 1 row each.
- 1 row of script or lettering
- 2 rows of exhibitor's choice

**21\* Decorated Sugar Molding**

**22\* Decorated Cake-** Actual cake. Will be displayed throughout the fair.

**23\* Scrapbook-** of ideas for decorating foods (standard 8 1/2" x 11" notebook).

**24\* Decorated Gingerbread Item**

## FOOD PRESERVATION

- 1. Processing Methods-** Current USDA processing methods and altitude adjustments must be followed for all food preservation (Local altitude: 1000-2000 ft.) Jams, 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. A spoiled or unsealed container disqualifies entry.
- 2. Jars-** Jars 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. No zinc lids.
- 3. Current Project:** All canning must be the result of this year's 4-H project, and not have been exhibited at the previous State Fair.
- 4. Criteria for Judging:** Exhibits will be judged according to score sheets available at your local Extension office or at <https://4hfairbook.unl.edu/fairbookview.php/rules> 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.
- 5. 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. 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.
- 6. Recipe/Supporting Information-** Recipe must be included, 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:
  - a) 4-H Food Preservation Manuals** (Freezing, Drying, Boiling Water

- Bath Canning, Pressure Canning)
- b) USDA Guide to Home Canning  
( [https://nchfp.uga.edu/publications/publications\\_usda.html](https://nchfp.uga.edu/publications/publications_usda.html) )
  - c) Nebraska Extension's Food Website: <http://food.unl.edu/food-preservation> or Extension publications from other states.
  - d) Ball Blue Book (published after 2009).
7. All exhibits must include the **4-H Food Preservation Card** attached to the project as the required supporting information with exhibit:
- A. Name of product
  - B. Date preserved.
  - C. Method of preservation (pressure canner, water bath canner or dried)
  - D. Type of pack (raw pack or hot pack)
  - E. Altitude (and altitude adjustment if needed)
  - F. Processing time
  - G. Number of pounds of pressure (if pressure canner used)
  - H. Drying method and drying time (for dried food exhibits)
  - I. Recipe and source of recipe (if a publication, include name and date).

**Recipes can come from any source but current USDA guidelines for food preservation methods MUST be followed.**

## **4-H HOME FOOD PRESERVATION SERIES**

### **Unit 1 Freezing**

**Dept E Division 406**

#### **Class**

- 1 **Baked Item Made with Frozen Produce-** Scoresheet SF155- 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-Her. Example: 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**

**Dept E Division 407**

#### **Classes**

- 1 **Dried Fruit-** Scoresheet SF154- 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 twist tie to keep exhibit together.
- 2 **Fruit Leather-** Scoresheet SF154- 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.
- 3 **Vegetable Leather-** Scoresheet SF154- 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.

- 4 **Dried Vegetables-** Scoresheet SF149- Exhibit 3 different samples of 3 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 the exhibit together.
- 5 **Dried Herbs-** Scoresheet SF149- Exhibit 3 different samples of 3 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 the exhibit together.
- 6 **Baked Item Made with Dried Produce/Herbs-** Scoresheet SF156- Any recipe, at least 3/4 of baked product or 4 muffins or cookies on a paper plate or 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

#### Dept E Division 408

#### Classes

- 1 **1 Jar Fruit Exhibit-** Scoresheet SF150- exhibit one jar of any canned fruit. Entry must be processed in the boiling water bath according to current USDA recommendations.
- 2 **3 Jar Fruit Exhibit-** Scoresheet SF150- 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 a boiling water bath according to current USDA recommendations.
- 3 **1 Jar Tomato Exhibit-** Scoresheet SF150- exhibit one jar of a canned tomato product. Entry must be processed in a boiling water bath according to current USDA recommendations.
- 4 **3 Jar Tomato Exhibit-** Scoresheet SF150- 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.
- 5 **1 Jar Pickled Exhibit-** Scoresheet SF150- one jar of a pickled and/or fermented product. Entry must be processed in a boiling water bath according to current USDA recommendations.
- 6 **3 Jar Pickled Exhibit-** Scoresheet SF150- exhibit 3 jars of different kinds of canned pickled and/or fermented products. Entry must be processed in a boiling water bath according to current USDA recommendations.
- 7 **1 Jar Jelled Exhibit-** Scoresheet SF153- exhibit one jar of a jam, jelly or marmalade. Entry must be processed in a boiling water bath according to current USDA recommendations.

- 8 3 Jar Jelled Exhibit-** Scoresheet SF153- exhibit 3 different kinds of jelled products. Entry may be made up of either pints or half pints. Entry must be processed in a boiling water bath according to current USDA recommendations.

#### **Unit 4 Pressure Canning**

#### **Dept E Division 414**

#### **Classes**

- 1 1 Jar Vegetable or Meat Exhibit-** Scoresheet SF150- exhibit one jar of a canned vegetable or meat. Include only vegetables or meats canned in a pressure canner according to current USDA recommendations.
- 2 3 Jar Vegetable Exhibit-** Scoresheet SF150- exhibit 3 jars of different kinds of canned vegetables. Include only vegetables canned in a pressure canner according to current USDA recommendations.
- 3 3 Jar Meat Exhibit-** Scoresheet SF150- exhibit 3 jars of different kinds of canned meats. Include only meats canned in a pressure canner according to current USDA recommendations.
- 4 Quick Dinner-** Scoresheet SF151- exhibit a minimum of 3 jars to a maximum of 5 jars plus menu. The meal should include 3 canned foods that can be prepared within an hour. List the complete menu on a 3" X 5" file card and attach it to one of the jars. Entry must be processed according to current USDA recommendations.
- 5 1 Jar Tomato Exhibit-** Scoresheet SF150- exhibit one jar of a canned tomato product. Entry must be processed in a pressure canner according to current USDA recommendations.
- 6 3 Jar Tomato Exhibit-** Scoresheet SF150- 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.

### **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**

## **SAFETY & FIRE SAFETY**

### **Premium Code: STATIC ITEMS**

In this division 4-H'ers have the opportunity to create exhibits about all-terrain vehicles, fire, and tractor safety. In addition, participants can also create informational exhibits about basic safety and have the knowledge base to educate others about safety.

#### **Dept E Division 440**

#### **Classes**

- 1 First Aid Kit-** Scoresheet SF110- 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 be automatically disqualified:*
  - 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.)
  - 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.)
  - Any controlled substance.
- 2 Disaster Kit-** (Emergency Preparedness) Scoresheet SF111- 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.
- 3 Safety Scrapbook-** Scoresheet SF292-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.

- 4 **Safety Experiences-** Scoresheet SF190- The exhibit should share a learning experience the youth had related to safety. Examples could be participating in 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 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.
- 5 **Careers in Safety-** Scoresheet SF191- 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.

## **Dept E Division 450**

### **Classes**

- 1 **Fire Safety Poster-** Scoresheet SF269- 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".
- 2 **Fire Safety Scrapbook-** Scoresheet SF270- The scrapbook must contain 10 news articles from print and/or internet sources about fire 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.

- 3 Fire Prevention Poster-** Scoresheet SF268- 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, 4<sup>th</sup> 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. Poster must be construction of commercial poster board at least 11" x 14" but not larger than 22" x 28".