

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)

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**