

## 4-H FOODS, NUTRITION & FOOD PRESERVATION

### Awards:

**Wurdeman Family Partnership (Kelvin & Joyce Wurdeman, Wayne)** - Champion Junior Foods

**Country Classics 4-H Club** - Champion Senior Foods

### Premiums:

Purple \$2.25, Blue \$2.00, Red \$1.75, White \$1.50

### 4-H Foods and Nutrition

#### General Rules:

A. General-Members may exhibit only in the project in which enrolled. Baked products entered in county fair cannot be entered at State Fair.

B. Labels-For Food Products - Each exhibit must include the recipe. Recipe may be handwritten, photocopied or typed. Place the food on the appropriate size plate. Put exhibit in a self-sealing bag. Attach entry tag and recipe at the corner of the bag on the outside. FOR NON FOOD ENTRIES - Please attach the entry tag to the upper right hand corner of the entry. GENERAL LABELING INFORMATION - All additional information pieces (recipes, special items) must be labeled with exhibitor's name and county.

C. Criteria for Judging-Exhibits will be judged according to score sheets available at your local extension office or at <http://4h.unl.edu/statefair4h>. Make sure to follow all entry instructions required for your exhibit. Incomplete exhibits will be lowered one ribbon placement. Commercially prepared mixes are allowed in the Tasty Tidbits Creative Mixes (+E-410-002) exhibit ONLY. Prepared baking mixes, biscuit mixes, or other pre-made mixes entered in other categories will be lowered a ribbon placing. Recipes for processed foods used by 4-H members for fair exhibition (except salsa) may originate from any source. However, all processed/preserved food products MUST use USDA approved processing methods.

D. Enter Food Projects in disposable materials, i.e., paper plate and plastic self-sealing bag.

E. Ingredients that the 4-H member cannot legally purchase, such as beer, whisky, rum, etc. may not be used in any recipe or foods exhibit. Exhibits that include alcohol in the recipe will be disqualified. This includes menu and recipe file exhibits.

F. Exhibits are on Display for Several Days. Please limit exhibits to products which hold up well. Items that require refrigeration will not be accepted, judged or displayed. Food products must be unquestionably safe to eat when they are entered, whether tasted or not. Egg glazes on yeast products before baking are allowed. Glazes, frostings, and other sugar based toppings are also considered safe due to the high sugar content. Eggs incorporated into baked goods or crusts and cheeses mixed into bread doughs are considered safe. All fruit fillings must be cooked. Uncooked fruit is not allowed in any exhibit due to spoilage (i.e. fresh fruit tart). All fruit must be cooked. Cream cheese fillings and/or frostings are not allowed. Meat, dried meat, meat substitute pieces (bacon bits, pepperoni, etc.) or melted cheese toppings are not allowed in food exhibits. They may result in an unsafe food product by the time the item is judged due to unpredictable heat/and or weather conditions and will be disqualified.

### General Foods

#### **+E-350-001 Food Science Explorations** Scoresheet SF152

Open to any 4-H'er enrolled in a Foods and Nutrition project. Show the connection between food and science as it relates to food preparation, food safety, or food production. Exhibit may be a poster or foam core board (not to exceed 22 by 30 inches), computer based presentation printed off with notes pages, if needed, and displayed in binder, an exhibit display, a written report in portfolio or notebook. Consider neatness and creativity.

#### **+E-350-002 Foods and Nutrition Poster, Scrapbook or Photo Display** Scoresheet SF 122

Open to any 4-H'er enrolled in a Foods and Nutrition project, involving a nutrition or food preparation or career concept/lesson. This might contain pictures, captions, and/or reports to highlight the concept. Exhibit may be a poster or foam core board (not to exceed 22 by 30 inches), computer based presentation printed off with notes pages, if needed, and displayed in binder, an exhibit display, a written report in portfolio or notebook. Consider neatness and creativity.

#### **+E-350-003 Physical Activity and Health Poster, Scrapbook, or Photo Display** Scoresheet SF 122

Open to any 4-H'er enrolled in a Foods and Nutrition project, involving a physical activity or career concept/ lesson. This might contain pictures, captions, and/or reports to highlight the concept. Exhibit may be a poster or foam core board (not to exceed 22 by 30 inches), computer based presentation printed off with notes pages, if needed, and displayed in binder, an exhibit display, a written report in portfolio or notebook. Consider neatness and creativity.

## Six Easy Bites

Classes are not eligible for State Fair.

### Classes:

**E-401-001 Cookies** (any recipe) - Four on a paper plate.

**E-401-002 Muffins** (any recipe) - Four on a paper plate.

## Fast Foods!

### Classes:

**+E-402-001 Coffee Cake** Scoresheet SF129 (any recipe or shape, non-yeast product) - At least 3/4 of baked product. May be exhibited in a disposable pan. Include a menu for a complete meal where this recipe is served.

**+E-402-002 Cost Comparison Exhibit** Scoresheet SF132 - Exhibit **must** include both the food product made from scratch and the comparable purchased product (for example, homemade cinnamon rolls compared to a pre-made cinnamon roll purchased at the store). Supporting information needs to include the cost of the food item made compared to the commercial product and the recipe for the homemade food item. See pages 22-35 of Fast Foods! Manual relating to the Grocery Store Tour and the Store Shopper Tip Sheet listed on page 31.

**+E-402-003 Fast Food Baked Product** Scoresheet SF133- Exhibit must include a food product prepared using a non-traditional method (i.e. bread baked in bread machine, cake baked in convection oven, baked item made in microwave, etc.) that saves time in food preparation. Entry must include supporting information that discusses alternative preparation method and how it compares with traditional method.

**+E-402-005 Fast Foods Recipe File** Scoresheet SF251a-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 4-Her is in project, with year clearly marked on recipes. Display in recipe file or in a binder. Be sure to include the number of servings or yield of each recipe.

## YOUth in Motion

### Classes are not State Fair eligible:

**E-300-901 Activity Bag** Scoresheet SF258-A duffle bag or backpack that the 4-Her packs so that they are always prepared to be active and make healthy food choices. May include proper workout attire, a healthy beverage or snack, a notebook or goal sheet, etc. Makes sure all items are clean, clearly labeled and an explanation of why it is included in the Activity Bag. **DO NOT** put valuable items (i.e. electronics) in Activity Bag, instead use a picture of the item or include in the listing of items.

**E-300-902 YOUth in Motion Healthy Snack Recipe File** Scoresheet SF251-Collection of 10 recipes from any source. Each recipe must accompany a complete snack menu in which the recipe is used, following the idea that a healthy snack includes foods from at least two different food groups. An additional 10 recipes may be added each year 4-Her is in project, with year clearly marked on recipes. Consider creativity and neatness. Display in recipe file or box, or in a binder. Be sure to include the number of servings or yield of each recipe.

**E-300-903 Healthy Snack** Scoresheet SF125-See ideas for non-perishable snacks on page 36. Four cookies, bars, muffins, etc., on a paper plate, or at least 1 cup of mix (examples might include: granola bars, homemade crackers or chips). Supporting information to include recipe and why this snack menu might be considered a healthy snack.

## Tasty Tidbits

### Classes:

**+ E-410-001 Healthy Baked Product** Scoresheet SF123-(any recipe, at least ¾ of baked product or 4 muffins or cookies on a paper plate. May be baked in a disposable pan.) Must be made with less sugar, fat or salt; modified to use a sugar or fat substitute; changed to include a whole grain; or be altered for specific allergies/food intolerances. Include original recipe and altered recipe. **Write what you learned about products made from an altered recipe in supporting information.**

**+ E-410-002 Creative Mixes** Scoresheet SF142 - (any recipe, at least 3/4 of baked product or 4 muffins or cookies on a paper plate. May be baked in a disposable pan.) Baked item made from a mix (commercial or homemade mixes acceptable). Food product 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?**

**+ E-410-003 Biscuits** Scoresheet SF136 - Four biscuits on a small paper plate. This may be any type of biscuit - rolled, dropped any recipe. Recipe must be a non-yeast product baked from scratch.

**+ E-410-004 Unique Baked Product** Scoresheet SF2012-001 - (any recipe, at least 3/4 of baked product or 4 muffins or cookies on a paper plate. May be baked in a disposable pan.) Recipe must contain a surprise ingredient and **MUST** not use a mix (ex. cantaloupe quick bread, pork and bean bread, etc.). **Write what you learned about making this unique item with an unusual ingredient. What was the anticipated outcome? Would you make it again?**

**+E-410-005 Foam Cake** Scoresheet SF134 - 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.

### **You're the Chef**

Any bread item prepared or baked using a bread machine should be entered under the Fast Foods–Food Technology exhibit. All exhibits made in the You're the Chef and Foodworks projects must have been prepared without the assistance of a bread machine for mixing, raising, or baking of the food item. 4-Hers enrolled in this project may exhibit food preservation items in Section 407, under appropriate class number.

#### Classes:

**+ E-411-001 Loaf Quick Bread** Scoresheet SF128 (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 inches or 9 x 5 inches. If mini-loaf pans are used for exhibit, two loaves must be presented for judging.

**+ E-411-002 White Bread** Scoresheet SF138 (any yeast recipe)  
-At least 3/4 of a standard loaf displayed on a paper plate.

**+E-411-003 Whole Wheat or Mixed Grain Bread** Scoresheet SF138 (any yeast recipe)-At least 3/4 of a standard loaf displayed on a paper plate.

**+E-411-004 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.

**+E-411-005 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.

### **Foodworks**

Any bread item prepared or baked using a bread machine should be entered under the Fast Foods–Food Technology exhibit. All exhibits made in the You're the Chef and Foodworks projects must have been prepared without the assistance of a bread machine for mixing, raising, or baking of the food item. 4-Hers enrolled in this project may exhibit food preservation items in Section 407, under appropriate class number.

#### Classes:

**+E-413-001 Double Crust Fruit Pie** Scoresheet SF144-Made with homemade fruit filling. No egg pastries or cream fillings. No canned fillings or premade pie crusts. May be a double crust, crumb, cut-out or lattice topping. Using an 8 or 9-inch disposable pie pan is recommended.

**+E-413-002 Family Food Traditions** Scoresheet SF2012-002-(any recipe, at least 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.

**+E-413-003 Cultural Food Exhibit** Scoresheet SF146 (any recipe, at least 3/4 of baked product or 4 muffins or cookies on a paper plate. May be baked 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 some background information about the country or culture the food item is representing.

**+E-413-005 Specialty Bread** Scoresheet SF141 (any recipe made with yeast)-Tea rings, braids, or any other full-sized specialty bread products. Must exhibit at least 3/4 of a full sized baked product. May be baked in a disposable pan.

**+E-413-006 Specialty Pastry** Scoresheet SF143-(any recipe, at least 3/4 of baked product or 4 muffins or cookies on a paper plate. May be baked in a disposable pan.) Baked items such as pie tarts, puff pastry, phyllo doughs, scones, 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