

FOOD AND NUTRITION DIVISION

Food and Nutrition Rules and Regulations

1. In order to exhibit in the Food and Nutrition Division, the 4-H member must be enrolled in:

4-H Cooking 101

4-H Cooking 201

Breads and Cereals OR

Cake Decorating- County project- No Manuals OR

Candymaking- County project- No Manuals OR

Dairy Foods OR

Exploring Our Food Heritage OR

Food Preservation OR

Fruits and Vegetables OR

International Foods OR

Meat and Other Protein Sources-

Microwave Magic A, B, C or D OR

Outdoor Meals I OR

Sports Nutrition OR

2. See General Projects Guidelines
3. The 4-H member may use recipes included in the project manuals or any recipes of their choice **UNLESS OTHERWISE SPECIFIED**. The food projects will be judged upon a quality standard for the *type* of recipe used.
4. **All** Foods and Nutrition entries, that are an actual food item, will be sold during the Food Auction. See Auction section for additional information.
5. Cake Decorating will be judged on overall presentation.
6. 4-H members, or their designee, are responsible for knowing the **PROJECT NAME** for their items when checking in for judging. For example, cookie is the item but 4-H Cooking 101 is the project name you must check in under.

FOOD AND NUTRITION DIVISION (cont.)

4-H Cooking 101

Class 01- Cereal Marshmallow Bars- Exhibit 13 cereal marshmallow bars (entire 9x13 pan) using the recipe included in the project manual. Include the recipe and a **menu for one meal** including the food item. The recipe and menu may be written or typed on a note card or a piece of paper. Bars should be displayed on a disposable plate placed in a self-sealing plastic bag.

Class 02- Chewy Granola Bars- Exhibit 12 chewy granola bars (entire 9x9 pan) using the recipe included in the project manual. Include the recipe and a **menu for one meal** including the food item. The recipe and menu may be written or typed on a note card or a piece of paper. Bars should be displayed on a disposable plate placed in a self-sealing plastic bag.

Class 03- Cookies- Exhibit 13 cookies using one of the recipes included in the project manual. Include the recipe and a **menu for one meal** including the food item. The recipe and menu may be written or typed on a note card or a piece of paper. Cookies should be displayed on a disposable plate placed in a self-sealing plastic bag.

4-H Cooking 201

Class 04 – Cheese Muffins Exhibit 13 Cheese Muffins using the recipe included in the project manual. Include the recipe and a **menu for one meal** including the food item. The recipe and menu may be written or typed on a note card or a piece of paper. Muffins should be displayed on a disposable plate placed in a self-sealing plastic bag.

Class 05 – Scones Exhibit 13 Scones using the recipe included in the project manual. Include the recipe and a **menu for one meal** including the food item. The recipe and menu may be written or typed on a note card or a piece of paper. Scones should be displayed on a disposable plate placed in a self-sealing plastic bag.

Class 06 –Basic Nut Bread Exhibit one loaf of Basic Nut Bread using the recipe included in the project manual. Include the recipe and a **menu for one meal** including the food item. The recipe and menu may be written or typed on a note card or a piece of paper. Loaf should be displayed on a disposable plate placed in a self-sealing plastic bag.

FOOD AND NUTRITION DIVISION (Cont.)

Breads and Cereals

Exhibit opportunities for this project have been expanded. Class 04 and class 05 are the only classes that state fair selection may take place. Class 06 and class 07 are county exhibit opportunities only. All Breads and Cereals projects will receive state level premiums.

Class 05- Dinner Rolls- Exhibit 7 dinner rolls on a disposable plate placed in a plastic bag. Include a copy of the recipe used and **menus for one day.**

Class 06- Loaf of Yeast Bread- Exhibit a loaf of yeast bread on a disposable plate placed in a plastic bag. A bread machine may be used however prepared mixes are not allowed. Include a copy of the recipe used and **menus for one day.**

Class 07- Sweet Dough- Exhibit one tea ring OR one fruit braid OR 7 cinnamon rolls. Include a copy of the recipe used and **menus for one day.**

Class 08 - Pies- Exhibit one fruit pie of your choice. Do not exhibit an empty pie shell. A small slice will be removed as part of the judging process. Include a copy of the recipe for the pie crust and a copy of the recipe for the pie filling and **menus for one day.**

Cake Decorating - County Project, no 4-H publication

1. The exhibit will be judged on appearance only.
Members may participate in the Beginner level no more than three (3) years. Once a member has exhibited in the Advanced level he/she cannot exhibit in the lower levels

Class 09- Cake Decorating

SubClass A - Beginner – Exhibit one cake, form, or mold pan, any size or shape showing at least **three** (3) of the following techniques:
Basic Borders: Dot, ball, star, rosette, shell, zigzag, or stripes/lines
Message: Printed, may use round or star tips
Flowers: Drop or Star
Leaves: Simple
Star-filled pattern

SubClass B - Intermediate-Exhibit one cake, form or mold pan, any size or shape showing any or none of the beginner techniques and at least **four** (4) of the following techniques:

Figure Piping: clowns, people, animals, etc.
Flowers (made on a flat surface): sweet pea, rose buds, or half roses

FOOD AND NUTRITION DIVISION (cont.)

Borders and Designs: reverse shell, ruffles, ribbons, bows, puffs, garlands, ropes, string or Fleur-de-lis.

Side decorations: Scroll, reverse shell, or vine and flower

Message: Written, not printed

Color Striping: use colored icing or past color Transparent/Piping Gel

SubClass C - Advanced Exhibit any single, tiered, multidimensional, sculptured or shape cake using **five** (5) techniques from the beginner and intermediate levels as well as at least two (2) of the following advanced techniques:

Nail Flowers: daffodils, violets, lily, bluebells, daisies, Chrysanthemums, roses, wild flower, etc

Fancy Borders: ruffled garland and reverse shell, shell and flute

Design Techniques: basketweave, string work, latticework, cornelli and other laces, wired flowers and leaves, etc.

Color Flow (also known as run sugar)

Fondant Icing: make your own or use ready-to-roll.

Class 10- Candymaking

Exhibit an arrangement of at least two dozen sweet candy treats. These may be from one recipe or from up to four recipes. Include a copy of the recipe(s) used. Candy should be presented on a disposable plate placed in a plastic bag or covered with clear wrap, or in a decorative container. Presentation of the candy arrangement will be considered upon judging.

Class 11- Dairy Foods

Prepare a nutrition education display of the different types of milk and possible uses for milk in cooking. Include a recipe that you would like to prepare that contains one type of milk as well as a **menu for one meal** that includes that recipe. There is NOT a feed exhibit option for this class.

Class 12- Exploring Our Food Heritage

Prepare a nutrition education display **OR** thirteen cookies from some ethnic recipe, including a copy of the recipe used and **menu for one meal**. The specific ethnic group or culture should be identified with the recipe. Cookies should be displayed on a disposable plate placed in a plastic bag or covered with a clear wrap.

Food Preservation

Prepare an exhibit on one or more of the following food preservation methods: canning, freezing, drying, pickles/relishes, **OR** jams, jellies and preserves. All food products should be labeled with the date, contents, and preservation method.

FOOD AND NUTRITION DIVISION (cont.)

Class 13- Canning- The exhibit should include pint jars of two (2) different canned foods and a brief written description of the canning method used in preparing the products. Foods may be fruit vegetable, tomato product (salsa) or a combination of food types.

Class 14- Freezing- Prepare a nutrition display that illustrates a freezing principle. There is NOT a food exhibit option for this preservation method.

Class 15- Drying- Prepare an exhibit of two different dried foods packed in plastic food storage bags and a brief written description of the drying procedures used. Choose from fruit, vegetable, fruit leather, or meat jerky.

Class 16- Pickles and Relishes- Prepare an exhibit of two 2) pint jars of pickles or relishes and provide a copy of the recipe with the source of the recipe listed.

Class 17- Jams, Jellies, and Preserves- Prepare an exhibit of half-pint jars of two (2) different jams, jellies, or preserves and a copy of the recipe used with the source of the recipe listed.

FOOD AND NUTRITION DIVISION

Class 18- Fruits and Vegetables (Quick Breads)

Prepare a nutrition education display **OR** exhibit loaf of fruit or vegetable quick bread, including a copy of the recipe used and **menus for one day**. The menus should include the bread. The recipe and menus may be written or typed on note cards or a piece of paper. Bread should be presented on a disposable plate placed in a plastic bag.

Class 19- International Foods

Prepare a nutrition education display **OR** exhibit 13 cookies or a loaf of bread typical of another country, including a copy of the recipe used and **menus for one day**. The member should be able to indicate the country. The menus should include the cookies or bread. The recipe and menus may be written or typed on note cards or a piece of paper. Cookies or bread should be presented on a disposable plate placed in a plastic bag.

FOOD AND NUTRITION DIVISION (cont.)

Class 20- Meat and Other Protein Sources

Prepare a nutrition education display related to one of four topics from the project manual: nutritional value, food safety, food preparation, or food buying of meat and other protein sources. There is **NOT** a food exhibit option for this class.

Class 21- Microwave Magic A (Bag of Tricks)

Prepare a nutrition education display OR 13 pieces of fudge or peanut butter fudge using the recipes in the project manual. Include a **menu for a healthy lunch** using the food item. Fudge should be displayed on a disposable plate and placed in a self-sealing plastic bag.

Class 22- Microwave Magic B (Micro Magicians)

Prepare a nutrition education display OR 13 apple brownies using the recipe in the project manual. Include a **menu for one meal** using the food item. Apple brownies should be displayed on a disposable plate and placed in a self-sealing plastic bag.

Class 22- Microwave Magic C (Amazing Rays)

Prepare a nutrition education display OR the entire 9x9 pan of coffee cake, including the outer edge, using the recipe in the project manual. Include a **menu for one meal** using the food item. Coffee cake should be displayed on a disposable plate and placed in a self-sealing plastic bag.

Class 23- Microwave Magic D (Presto Meals)

Prepare a nutrition education display OR the entire 9x9 pan of carrot cake, including the outer edge and without frosting, using the recipe in the project manual. Include a **menu for one meal** using the food item. Carrot cake should be displayed on a disposable plate and placed in a self-sealing plastic bag.

Class 24- Outdoor Meals

Prepare an exhibit of 13 breakfast cookies using the recipe from the project manual. Include the recipe and a **menu for one meal** including the food item. The recipe and menu may be written or typed on a note card or on a piece of paper. Cookies should be displayed on a disposable plate and placed in a self-sealing plastic bag.

Class 25-Sports Nutrition

Prepare a nutrition education display **OR** 13 no-bake cookies, including a copy of the recipe used and a **menu for one meal OR** Cereal Snack Mix, including a copy of the recipe used and a **menu for one meal**. The menu should include the cookies **OR** Cereal Snack Mix. The recipe and menu may be written or typed on note cards or a piece of paper. Cookies **OR** Cereal Snack Mix should be presented on a disposable plate placed in a plastic bag.

