

4-H

Healthy Living

Bicycles
Child Development
Food & Nutrition
Health

~ Bicycles ~

General Guidelines:

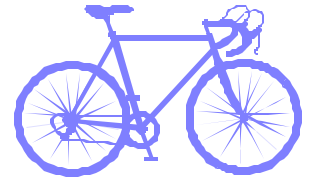
- **All exhibitors are required to participate in the Bicycle Rodeo held in June at the Extension Office.**
- Exhibitors MUST bring their own bicycle.
- It is highly recommended that bicycle riders wear safety helmets during the riding exercises. Top awards (trophies, delegate & alternate positions) will not be awarded to exhibitors without helmets.
- State Fair eligible youth will be required to take a written test on proper maintenance, adjustment, operation, bicycle parts, and safety laws/rules regarding bicycles.

G0301 Bicycle Adventures I

Project Requirements: Be able to identify the parts of a bicycle. Know the basic hand signals and traffic signs. Conduct at least one safety check on your bicycle. Complete at least seven activities in your project manual each year.

Exhibit Requirements:

- Be prepared to drive your bicycle through a safety lane and observe all safety rules and regulations.
- Upon completion of the safety course, you will be asked to demonstrate two safety rules.



G0302 Bicycle Adventures II ☺

Project Requirements: Be able to change a spare tire and adjust coaster or hand brakes. Complete at least seven activities in the project manual each year.

Exhibit Requirements:

- Be prepared to drive your bicycle through a safety lane and observe all rules and regulations.
- Exhibitor will be asked to explain the procedure for two bicycle adjustments:
 - Air the tires to the proper pressure AND
 - One other item as drawn by the exhibitor for the judge that may include:
 - Adjusting the helmet, seat, handle bars, lever angles, or shock absorbers
 - Oil the chain or levers
 - Remove and replace the front wheel

G0303 Bicycle Adventures III ☺

Project Requirements: Be able to clean and adjust bearings and replace a broken spoke. Complete at least seven activities in the project manual each year.

Exhibit Requirements:

- Be prepared to drive your bicycle through a safety lane and observe all rules and regulations.
- Exhibitor will be asked to explain the procedure for two maintenance practices:
 - Change a tire on a rim AND
 - One other item as drawn by the exhibitor for the judge that may include:
 - Adjust the brake shoes, cable tension, derailleur, or head set
 - Remove and replace the rear wheel
 - True a wheel

~ Child Development ~

Child Development II – See entry numbers below for each option

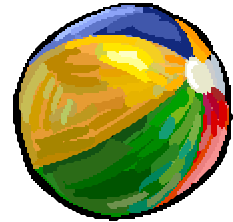
Project Requirements: Complete at least four activities from the project manual each year.

Exhibit Requirements: Choose one of the two options –

E0103A Child Development II ☺

OPTION 1:

- Exhibit a display that includes the following three items that would be appropriate for a child of a specific age selected by the 4-Her:
 - a toy made by the 4-Her
 - a song or game
 - a story or story book that would be appropriate for a child of a specific age
- On a note card or page of paper, indicate the age of the child and how the items fit into the interests, abilities and safety considerations of that age child. The 4-Her should be prepared to discuss this at the time of judging.
- **Bring the completed manual to the fair to show project requirements have been met for the current year.**
- All exhibit items must be labeled with member's name, county, and inventoried on a separate piece of paper.
- Plan on the exhibit to be viewed from the front only.



E0103B Child Development II: Toys & Activities ☺

OPTION 2:

- Prepare a display of 6 toys and/or activities (at least one being made by the 4-Her). Include two items for each of the following three age groups:
 - Infant/Toddler
 - Pre-School
 - School Age
- On a note card or page of paper, for each toy and activity indicate the age of the child and how that item fits into their interests, abilities, and safety considerations. The 4-Her should be prepared to discuss this information at the time of judging.
- **Bring the completed manual to the fair to show project requirements have been met for the current year.**
- All exhibit items must be labeled with member's name, county, and inventoried on a separate piece of paper.
- Plan on the exhibit to be viewed from the front only.



Child Development Continued...

E0104 Child Development III: Advanced ☺

Project Requirements: Complete at least four activities from the *Growing in Communities* project manual each year.

Exhibit Requirements:

- Exhibit one or more of the following items developed by the member from the Level 3 project book:
 - A child care career game
 - A display representing a community service activity
 - A teaching plan for use in a child care setting (2-4 hour time span)
 - A plan for neighborhood Olympics activity
- The member should provide a thorough explanation of their exhibit during judging.
- **Bring the completed manual to the fair to show project requirements have been met for the current year.**
- All items must be labeled with member's name, county, & inventoried on a separate piece of paper.
- The display should be no larger than 2' wide x 15" deep.

~ Food & Nutrition ~

1. Some food exhibits are required to use the recipe in the manual. Others may use a recipe from another source. On a 3 x 5" card, include the recipe used. Failure to do so will result in the project grade being lowered one letter.
2. **Most** foods projects must include a menu and/or the recipe used with the product.
 - The product you make to show at the fair should be included in your menu.
 - **The project grade will be lowered one letter if menu/recipe card(s) are not attached to the foods project.**
 - My Pyramid should be considered when preparing your menu. My Pyramid can be found at www.mypyramid.gov
 - Write on a 3" x 5" card. (You may want to use 3 cards, one for each meal for a full day menu).
 - Menu cards are not needed for Meat & Other Proteins, Food Preservation, Candy making & Cake Decorating.
 - Recipe cards are not required for Meat & Other Protein.
 - **Youth will not be allowed to write recipe and menu cards at the time of judging.**

EXAMPLE:

<u>Breakfast</u>	<u>Lunch</u>	<u>Dinner</u>
Fruit or juice	Soup	Main Dish
Meat or Egg Dish	Sandwich	Side Dish
Cereal or bread	Relishes	Side Dish
Beverage	Dessert	Salad
	Beverage	Bread/Butter
		Beverage



3. **Nutrition Education Displays** should relate to the project area in which the 4-H member is enrolled.
 - Displays are limited in size to 2' wide x 15" deep. Tri-fold display boards are acceptable.
 - Perishable foods may not be included in the display. 4-Hers may use food models (commercially purchased or made by the individual), pictures from magazines, etc.
 - Non-perishable items such as sealed canned projects may be used.
 - Videos are acceptable displays; however, no video equipment will be furnished.
 - Exhibitors may opt to bring their own equipment **OR** be prepared to display the script of the video and discuss it at length during conference judging.
 - All items must be labeled with name and club for the display and inventory included on a separate piece of paper.

Food & Nutrition Continued...

4. All food exhibits must be brought to the fair at the time of judging and according to club schedules.
5. Iroquois County 4-H members are invited to participate in the Iroquois County Fair's Food Auction. The auction will be held following the Ronald McDonald Show in the 4-H Center on Saturday. 100% of the proceeds from the auction, managed by the Fair Board, will be used on fair improvements.

Classes

E0301 4-H Cooking 101 ☺

Exhibit Requirements:

- Exhibit one of the following:
 - 3 cereal marshmallow bars (**Iroquois County:** Exhibit an 8"x8" pan of cereal marshmallow bars)
 - ¼ of an 8" square or round coffeecake
 - 3 cookies using the recipes included in the project manual (**Iroquois County:** Exhibit 13 cookies)
 - Include the recipe and a menu for **one meal** including the food item.
 - Bars or cookies should be displayed on a disposable plate/pan placed in a self-sealing plastic bag.
-

E0302 4-H Cooking 201 ☺

- ◆ **Exhibit one of the following:**
 - 3 cheese muffins
 - 3 Scones
 - 1 loaf 9x5 of basic nut bread (no variations)
 - ◆ Include the recipe and menu for one meal including the food item. The recipe may be written or typed on a note card or on a piece of paper.
 - ◆ Bread, muffins or scones should be displayed on a disposable plate and placed in a self-sealing plastic bag.
-

E0356 Outdoor Meals: S'Mores and More ☺

Exhibit Requirements:

- Prepare an exhibit of 3 Breakfast Cookies from the project manual. (**Iroquois County:** Exhibit 13 cookies).
 - Include the recipe and a menu for **one meal** including the food item.
 - Cookies should be displayed on a disposable plate placed in a self-sealing plastic bag.
-

E0350 Sports Nutrition ☺

Exhibit Requirements:

- Prepare an exhibit of 3 no-bake cookies using the recipe included in the project manual. (**Iroquois County:** Exhibit 13 cookies).
- Include the recipe and a menu for **one meal** including the food item.
- Cookies should be displayed on a disposable plate placed in a self-sealing plastic bag.

E0365 Exploring Our Food Heritage ☺

Exhibit Requirements:

- Prepare an exhibit of 3 cookies from some ethnic recipe. (**Iroquois County**: 13 cookies)
 - Include the recipe used and a menu for **one meal** including the food item.
 - The specific ethnic group or culture should be identified with the recipe.
 - Cookies should be displayed on a disposable plate placed in a self-sealing plastic bag.
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E0325A Microwave Magic A: Bag of Tricks ☺

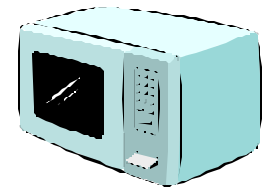
Exhibit Requirements:

- Prepare an exhibit of 4 pieces of fudge or peanut butter fudge using the recipes in the project manual (**Iroquois County**: 13 pieces of fudge)
 - Include the recipe and a menu for a **healthy lunch** using the food item.
 - Fudge should be displayed on a disposable plate placed in a self-sealing plastic bag.
-

E0325B Microwave Magic B: Micro Magicians ☺

Exhibit Requirements:

- Prepare an exhibit of 3 apple brownies using the recipe in the project manual. (**Iroquois County**: 13 brownies)
 - Include the recipe and a menu for **one meal** using the food item.
 - Brownies should be displayed on a disposable plate placed in a self-sealing plastic bag.
-



E0325C Microwave Magic C: Amazing Rays ☺

Exhibit Requirements:

- Prepare an exhibit of $\frac{1}{4}$ of the coffee cake, including the outer edge, using the recipe from the project manual (**Iroquois County**: the entire coffee cake)
 - Include the recipe and a menu for **one meal** using the food item.
 - Coffee cake should be displayed on a disposable plate/pan placed in a self-sealing plastic bag.
-

E0325D Microwave Magic D: Presto Meals ☺

Exhibit Requirements:

- Prepare and exhibit of $\frac{1}{4}$ of the carrot cake, including the outer edge and without frosting, from the recipe in the project manual. (**Iroquois County**: the entire carrot cake)
 - Include the recipe and a menu for **one meal** using the food item.
 - Carrot cake should be placed on a disposable plate/pan placed in a self-sealing plastic bag.
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E0348 Dairy Foods ☺

Exhibit Requirements:

- 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 food exhibit option for this class.
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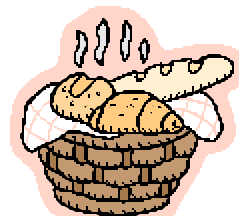


Foods & Nutrition Continued...

E0341 Breads & Cereals ☺

Exhibit Requirements:

- Prepare an exhibit of one of the following:
 - 3 dinner rolls (**Iroquois County:** 13 rolls)
 - A yeast bread product (product must be food safe). The loaf of bread may be prepared in a bread machine; however prepared mixes are not allowed.
 - 1 whole unfilled baked pastry shell in a pie pan (Iroquois County: 2 crust fruit filled pie)
 - Swedish Tea Ring, you may decorate it
- Those exhibiting a tea ring or a fruit filled pie and are selected for state fair must prepare rolls, yeast bread, or unfilled pastry shell for State Fair.
- Include a copy of the recipe used and menus for **one day** including the exhibited item.
- Items should be displayed on a disposable plate/pie tin and placed in a self-sealing plastic bag.



E0343 Fruits & Vegetables ☺

Exhibit Requirements:

- Prepare an exhibit of a loaf of fruit or vegetable quick bread.
- Include a copy of the recipe and a menu for **one day** including the food item.
- The loaf of bread should be displayed on a disposable plate and placed in a self-sealing plastic bag.



E0336 Meat & Other Protein Sources ☺

Exhibit Requirements:

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

E0375 Food Preservation ☺

Exhibit Requirements:

- Prepare an exhibit on one of the following food preservation methods: canning' freezing; drying; pickles/relishes; or jams, jellies & preserves or a combination of these (See Preservation Combination option below), excluding freezing.
- All food products should be labeled with the date, contents, and preservation method
- All entries should also be accompanied by the recipe with the source of the recipe listed.
- **Canning** – The exhibit should include pint jars of two 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.
- **Freezing** – Prepare a nutrition education display that illustrates a freezing



principle. There is NOT a food exhibit option for this preservation method.

Foods & Nutrition Continued...

- **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.
- **Pickles and relishes** – Prepare an exhibit of two pint jars of pickles or relishes and provide a copy of the recipe with the source of the recipe listed.
- **Jams, Jellies & Preserves** - Prepare an exhibit of half pint jars of two different jams, jellies, or preserves and a copy of the recipe used with the source of the recipe listed.
- **Preservation Combination- Exhibit two different preserved food products, excluding Freezing , in appropriate jars/packaging(drying). For example, exhibit 1 jar of tomatoes(canning) and 1 half pint of jelly (Jams, Jellies and Preserves)**

E0360 Foods with an International Flavor ☺

Exhibit Requirements:

- Prepare an exhibit of 3 cookies or a loaf of bread typical of another country. (**Iroquois County:** 13 cookies or a loaf of bread)
- Include a copy of the recipe used, country of origin and menus for **one day** that include the food product.
- Cookies or bread should be displayed on a disposable plate placed in self-sealing plastic bag.

E0337 Food Demonstration ☺

Exhibit Requirements:

- Demonstrations should be 8 - 10 minutes in length.
- Demonstrations may be an individual or team of two members.
- Exhibitors are responsible for furnishing all equipment and supplies.
- Judging is held in June with the public presentation contest.
- The food demonstration must relate to the project area in which the member is enrolled. If this is not the case, the member will be ineligible for State Fair selection.

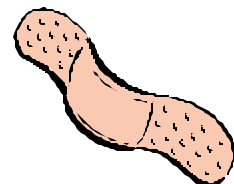
~ Health ~

E0390 Keeping Fit and Healthy I – First Aid In Action ☺

Project Requirements: Complete at least four activities in the project manual each year.

Exhibit Requirements:

- Exhibit a family First Aid Kit and cards prepared by the exhibitor.
- The project should be no larger than 2' wide x 15" deep. Tri-fold display boards are acceptable.
- **Bring the completed manual to the fair to show project requirements have been met for the current year.**



E0391 Keeping Fit and Healthy II – Staying Healthy ☺

Project Requirements: Complete at least four activities in the project manual each year.

Exhibit Requirements:

- Exhibit a “smarts” project as explained in the project manual. Projects should be designed/prepared by the exhibitor.
- The projects should be no larger than 2’ wide x 15” deep. Tri-fold display boards are acceptable.
- **Bring the completed manual to the fair to show project requirements have been met for the current year.**

E0392 Keeping Fit and Healthy III – Keeping Fit ☺

Project Requirements: Complete at least four activities in the project manual each year.

Exhibit Requirements:

- Exhibit a Fitness File or make a display on credible information about supplements and performance enhancers.
- The projects should be no larger than 2’ wide x 15” deep. Tri-fold display boards are acceptable.
- **Bring the completed manual to the fair to show project requirements have been met for the current year.**