

FOOD and NUTRITION – All foods are to be left after judging and will be put on display in the General Projects building. Ribbons and entry tags can be picked up on Sunday, June 28, between 12:00 noon to 1:15 p.m.

SPECIAL NOTE: (for State Fair) All Education Displays and Food Demonstrations must relate to the project area in which the member is enrolled. Foods & Nutrition Education Displays must adhere to size restrictions listed in General Rule #16. Perishable foods may not be included in the display. 4-H'ers may use food models (commercially purchased or made by the individual), pictures from magazines, etc. Non-perishable items such as sealed or canned products may be used. All items must be labeled for the display and an inventory included with the project. For Education Displays and Demonstrations, no commercial names should be visible on products used. **Food products may still be exhibited at the Henry County 4-H Fair General Projects Show.**

DEPARTMENT RULES

1. Food projects are to be exhibited on a disposable plate unless otherwise stated and in a self-sealing plastic bag.
2. If product has been frozen prior to exhibiting, please inform judge of this at the time of judging.
3. Select only one exhibit from those suggested for the project unit.
4. NUTS AND FROSTING MUST BE OMITTED from entries even if recipe calls for them.
5. * Indicates that this project is eligible for State Fair, if exhibitor meets age requirements.
6. You may use your own recipe unless stated that it must come from your 4-H manual.
7. **Food Demonstration** – Food demonstrations should be 8 – 10 minutes in length. Demonstrations may be done by an individual or team of two members. Exhibitors are responsible for furnishing all equipment and supplies. A stove, refrigerator, and demonstration table will be available for demonstrator's use. No parents or supervising adults will be permitted in the actual demonstration space. Each exhibitor is responsible for setting up his/her own demonstration area. The food demonstration must relate to the state-offered project area in which the member(s) is/are enrolled. Date and time of the county Public Presentations/Foods Demonstration contest will be announced later. Watch the 4-H Insight newsletter for details.
8. **Nutritional Display** must relate to the project area in which you are enrolled. Nutrition Education Displays are limited in size and must fit into a space not larger than 24" wide x 15" deep, as noted in General Rule #16. Perishable foods may not be included in the display. 4-H'ers may use food models (commercially purchased or made by the individual), pictures from magazines, etc. Non-perishable items such as sealed or canned products may be used. All items must be labeled for the display and an inventory included on the one-page report. Videos are acceptable displays; however, no video equipment will be available at the time of judging. 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.

Choose one of the items listed in the project you are enrolled in to exhibit.

*** 4-H Cooking 101**

Prepare an exhibit of 3 cereal marshmallow bars **OR** ¼ of 8" square or round coffeecake **OR** 3 cookies using 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 on a piece of paper. Bars, coffeecake, or cookies should be displayed on a disposable plate and placed in a self-sealing plastic bag. – **OR** –
Nutrition Display – **OR** –
Food Demonstration

*** 4-H Cooking 201**

Prepare an exhibit of 3 cheese muffins **OR** 3 scones **OR** 1 loaf (9" x 5") of basic nut bread (NO variations) using 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 on a piece of paper. Bread, muffins, or scones should be displayed on a disposable plate placed in a self-sealing plastic bag. – **OR** –
Nutrition Display – **OR** –
Food Demonstration

*** Outdoor Meals (S'Mores and More)**

Prepare an exhibit of 3 Breakfast Cookies 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 in a self-sealing plastic bag. – **OR** –
Nutrition Display – **OR** –
Food Demonstration

* **Sports Nutrition**

Prepare an exhibit of 3 no-bake cookies using the recipe included in the project manual 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. – OR –
Nutrition Display – OR –
Food Demonstration

* **Exploring Our Food Heritage**

Prepare an exhibit of 3 cookies from some ethnic recipe, including a copy of the recipe used. The specific ethnic group or culture should be identified with the recipe. Provide a menu for **one meal** including the food item. Cookies should be displayed on a disposable plate placed in a self-sealing plastic bag. – OR –
Nutrition Display – OR –
Food Demonstration

* **Microwave Magic A – Bag of Tricks**

Prepare an exhibit of 4 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 disposable plate placed in a self-sealing plastic bag. – OR –
Nutrition Display – OR –
Food Demonstration

* **Microwave Magic B – Micro Magicians**

Prepare an exhibit of 3 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 placed in a self-sealing plastic bag. – OR –
Nutrition Display – OR –
Food Demonstration

* **Microwave Magic C – Amazing Rays**

Prepare an exhibit of ¼ of the coffee cake, including the outer edge, using the recipe from the project manual. Include a menu for **one meal** using the food item. Coffee cake should be displayed on a disposable plate placed in a self-sealing plastic bag. – OR –
Nutrition Display – OR –
Food Demonstration

* **Microwave Magic D – Presto Meals**

Prepare an exhibit of ¼ of the carrot cake, including the outer edge and without frosting, from 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 placed in a self-sealing plastic bag. – OR –
Nutrition Display – OR –
Food Demonstration

* **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 food exhibit option for this class.

* **Breads and Cereals**

Prepare an exhibit of 3 dinner rolls **OR** a yeast bread product (products must be food safe) **OR** tea ring **OR** pastry pie shell (empty). The loaf of bread may be prepared in a bread making machine; however prepared mixes are not allowed. Include a copy of the recipe used for the exhibited item and menus for **one day**. The menus should include the exhibited item. The recipe and menus can be written or typed on note cards or a piece of paper. Rolls, bread, tea rings, or pie shells should be displayed on a disposable plate or pie tin and placed in a self-sealing plastic bag. – OR –

Nutrition Display – **OR** –
Food Demonstration

* **Fruits and Vegetables**

Prepare an exhibit of a loaf of fruit or vegetable quick bread. A bread machine may NOT be used to make this exhibit. Include a copy of the recipe and a menu for **one day** including the food item. The recipe and menus may be written or typed on note cards or a piece of paper. The loaf of bread should be displayed on a disposable plate and placed in a self-sealing plastic bag. – **OR** –

Nutrition Display – **OR** –
Food Demonstration

* **Meat & Other Protein Sources**

Prepare a nutrition education display related to one of four topics from this 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.

* **Food Preservation**

Prepare an exhibit using ONE of the following food preservation methods: canning; freezing; drying; pickles/relishes; jams, jellies and preserves OR a combination of these (see Preservation Combination option below), excluding Freezing. **All exhibits must be labeled with the name of the food, the date preserved, and the method of food preservation. The entry should also be accompanied by the recipe(s), with the source of the recipe(s) listed.**

Examples:

Peaches, boiling water canner. July 13, 2008.

Recipe: (typed or written) AND Recipe Source...for example – USDA website, etc.)

All preserved products should be prepared and processed according to the current USDA/Extension information. USDA information on preserving food, including recipes, can be found at:
www.homefoodpreservation.com

All canned products must be canned in clear, standard jars in good condition using two-piece canning lids (flat lid and band). Must use a new, unused flat.

Canning – The exhibit should include two (2) different canned foods in appropriate jars for the products.

Food may be fruit, vegetable, or tomato product (i.e., salsa, juice, etc.).

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

Drying – Exhibit two (2) different dried foods packed in plastic food storage bags, include a brief written description of drying procedures used. Choose from fruit, vegetable, fruit leather, or meat jerky.

Pickles and Relishes – Exhibit two (2) pint jars of different recipes of pickles and/or relishes. Jars should be appropriate for the product.

Jams, Jellies, and Preserves – Exhibit half-pint jars of two (2) different jams, jellies, and/or preserves.

Preservation Combination – Exhibit two (2) different preserved food products, excluding Freezing, in appropriate jars/package (drying). For example, exhibit 1 jar of tomatoes (Canning) and 1 half-pint of jelly (Jams, Jellies, and Preserves). – **OR** –

Nutrition Display – **OR** –
Food Demonstration

* **Food with an International Flavor**

Prepare an exhibit of 3 cookies or a loaf of bread typical of another country, including a copy of the recipe used, country of origin, and menus for **one day**. The menus should include the cookies or bread. The recipes and menus may be written or typed on a note cards or a piece of paper. Cookies or bread should be displayed on a disposable plate placed in a self-sealing plastic bag. – **OR** –

Nutrition Display – **OR** –
Food Demonstration

* **CLOVER CHALLENGE: Food & Nutrition** – Exhibit an educational display illustrating the Clover Challenge

area explored. See General Rule #17 regarding Clover Challenge requirements. **The completed Illinois 4-H Clover Challenge Agreement must be presented with the exhibit.**