

## 4-H FOODS

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1. All rules (pages 10-11) apply.
2. Depending on which project you are exhibiting in, you may be able to enter multiple exhibits in your project. Be sure to accurately record your class choices on your exhibit form.
3. Use recipes from project book when indicated. If you find that you need to make adjustments in the ingredient amounts be prepared to share that information with the judge.
4. Include a menu for one meal or day as indicated in class with project item included. Menu should be on a note card or piece of paper no larger than 4"X6".
5. Display food on plain white disposable plate inside a clear self-sealing plastic bag. Please write exhibitors name on bottom of plate.
6. Staple exhibitor tag to top of baggie. Staple menu and recipe (if required) to inside of bag so food product can be clearly seen. **NO PLASTIC WRAP**
7. Only the top two (2) Tea Rings, Loaves of Bread, Champion Cake Decorating II, III & Advanced and Apple Pies will be auctioned on Friday night. They must have received a Blue rating.
8. Table displays are limited to 2' wide and 15" deep (science display board size). Poster size maximum is 22" x 30".
9. All Educational Nutritional Displays must relate to the project area in which the member is enrolled and exhibiting. Perishable foods may not be included in the display. 4-Hers may use food models (commercially purchased or home made), pictures from magazines, etc. Non-perishable items such as sealed canned products may be used.
10. Requirements for State Fair may be different than for county.

### **STATE FAIR DELEGATES MAY BE SELECTED FROM (\* / ) CLASSES**

Ten State Fair delegates may be chosen from this department.

#### Class Name

#### **\*4-H Cooking 101 - (You may exhibit up to 3 of the following sub-classes)**

**Cereal Bars** -Prepare an exhibit of 3 cereal marshmallow bars 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. **AND/OR**

**Coffeecake** - Prepare an exhibit of 1/4 of 8" square or round coffeecake 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. **AND/OR**

**Cookies** -Prepare an exhibit of 3 cookies 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.

#### **\*4-H Cooking 201 - (You may exhibit up to 3 of the following sub-classes)**

**Cheese Muffins** -Prepare an exhibit of 3 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. **AND/OR**

**Scones** -3 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. **AND/OR**

**Nut Bread** - 1 loaf (9"X5") of basic nut bread (NO variations) 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.

#### **\*Breads and Cereals –**

**Dinner Rolls** -Exhibit 3 dinner rolls. Include a copy of the recipe used for exhibited item and menu for one day. The menu should include the exhibited item. **AND/OR**

**Tea Ring** - Exhibit a tea ring. Place on cardboard inside a clear 2 gallon sized self-sealing bag OR on a disposable covered deli tray. Include menu for one day including the yeast bread. Include a copy of the recipe used for exhibited item and menu for one day. Menu should include the exhibited item. **AND/OR**

**Loaf** – Exhibit a loaf of yeast bread, no fillings. The loaf of bread may be prepared in a bread machine; however, prepared mixes are not allowed. Write a menu for one day including the yeast bread. Include the recipe used to make the product. Top 2 breads will be sold at auction Friday night providing they have received a Blue rating. This project may be exhibited in a clear plastic self-sealing bag. **NO EXTRA DISPLAY PROPS - example (baskets or colored plates)**

- \***Breads and Cereals – Pastry, Beginning** – Exhibit a whole, unfilled, baked pastry shell in a pie pan. Write a menu for one day including the a pastry. Include a copy of the pastry recipe used. **OR**
- \***Breads and Cereals – Pastry, Advanced** – Exhibit a two-crust pie using a fresh apple filling. Place in a large zip-lock baggie. Include the recipe used and write a menu for one day including the pie. Top 2 pies will be sold at auction providing they have received a Blue rating.
- \***Food Preservations** —**All food preservation exhibits must be labeled with the name of the food, the date preserved, and the method of preservation. All preserved products should be prepared and processed according to the current USDA/Extension information. USDA information on preserving foods, including recipes, can be found at: [www.homefoodpreservation.com](http://www.homefoodpreservation.com)**
- Preservation – Freezing** – Exhibit a nutrition education display. There is NOT a food exhibit option.
- Preservation – Canning** – The exhibit should include appropriate-sized 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, juice, etc.) or a combination of food types. Label jars with date of preservation, include a 3”X5” card(s) with a description of preservation process, recipe used and source of recipe. Put name and club on bottom of container. Only standard canning jars sealed with standard canning lids and rings are acceptable.
- Preservation – Jellies, Jams & 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. Only standard canning jars sealed with standard canning lids and rings, not paraffin are acceptable. No freezer jelly.
- Preservation – Pickles & 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. Only standard canning jars sealed with standard canning lids and rings are acceptable. Label jars and describe preservation process on a 3” x 5” card. Put name and club on bottom of container.
- Preservation–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.
- \***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 note card.
- \***Sports Nutrition** – Exhibit 3 no-bake cookies from the of project manual and a menu for one meal including the cookies.
- \***Exploring Our Food Heritage** – Exhibit 3 cookies from a specific ethnic group, including a copy of recipe used. The specific ethnic group or culture should be identified with the recipe. Provide a menu for one meal including the food item.
- \***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 one meal including the food item.
- \***Microwave Magic B, Micro Magicians** - Prepare an exhibit of 3 apple brownies using the recipe in the project. Include a menu for one meal including the brownies.
- \***Microwave Magic C, Amazing Rays** - Prepare an exhibit of 1/4 of the coffee cake, including the outer edge, using the recipe from the project manual. Include a menu for one meal including the food item.
- \***Microwave Magic D, Presto Meals** - Prepare an exhibit of 1/4 of the carrot cake, including the outer edge and without frosting, using the recipe from the project manual. Include a menu for one meal using the food item.
- \***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.
- \***Fruits & Vegetables** – 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. A bread machine may NOT be used for this exhibit.
- \***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.
- \***Foods with an International Flavor** – Exhibit 3 cookies or a loaf of bread typical of another country, including a copy of the recipe, country of origin and a menu for one day that includes the cookies or bread.

**Candy Making** – Exhibit six pieces of any type of homemade candy on small plain-white paper plate in a clear self-sealing plastic bag. Attach recipe to inside bag.

**Cake Decorating I** – Exhibit one 8-inch, two-layer cake, displayed on a ten inch, plain round cardboard base. Must have a top and bottom basic shell border. Flowers and leaves must be included in the decoration. Indicate the frosting recipe and decorating tips used.

**Cake Decorating II** – Exhibit one 8-inch, two-layer cake, displayed on a ten inch, round plain cardboard base. Decorate the sides of the cake. A border other than the basic shell must be used for both the top and bottom border. Leaves should be included with all flowers. Writing must be used on the cake. Indicate the frosting recipe and decorating tips used.

**Cake Decorating III** – Exhibit a cake any shape, any design. Indicate the frosting recipe and decorating tips used.

**Cake Decorating –Advanced** –Exhibit a cake of any shape, design and multiple layers. This class is for exhibitors who have been in cake decorating for 5 years of more.

**The Champion of Cake Decorating II, III and Advanced Cake Decorating will be sold at the auction. Cake must have been baked by exhibitor; it can be from a mix.**

**\*Clover Challenge** – Exhibit a display illustrating the Clover Challenge area explored. The completed 4-H Clover Challenge Agreement must be presented with the exhibit.

**\*Foods Demonstrations** - See description in the Public Presentations department.

Trophies may be presented in this department.