

## FOODS AND NUTRITION & HOME AND FAMILY SHOW

Thursday, July 9, 2009 from 8:30 am to 3:30 pm  
University of Illinois Extension – Logan County Unit, 980 N. Postville Dr., Lincoln

### Foods and Nutrition Show Schedule (8:30 – 12:00 pm)

(Scheduled times for State Fair announcements are approximate as it depends on number of class entries)

#### Schedule

8:30 – 9:00	Registration for Foods and Nutrition Show <b>Atlanta Ag, Atlanta Town &amp; Country, Beason Ag, Chester, Cloverdale, Enthusiastic Achievers, Four Leafs, Hartem Achievers, &amp; Hartem Clovers clubs</b>
8:30 – 9:30	Judging of Foods Projects (Atlanta Ag through Hartem Clovers clubs)
9:30 – 10:00	Registration for Foods and Nutrition Show <b>Hilltoppers 4-H, Hollanders, Middletown, Millennium Clovers, The 4 Corner Clovers, The Pioneers, Topper 4-H, &amp; Wide-A-Wake clubs</b>
10:00 – 11:15	Judging of Foods Projects (Hilltoppers through Wide-A-Wake clubs)
11:15 – 11:45	State Fair Judging Selection
11:45 – 12:00	Delegates for State Fair selection will be announced

**ALL FOOD DEMONSTRATION JUDGING WILL TAKE PLACE ON Tuesday, July 7, 2009 beginning at 1:00 pm**

**LUNCH BREAK – 12:00 PM – 1:00 PM**

### Home and Family Show Schedule (1:00 – 3:30 pm)

(Scheduled times for State Fair announcements are approximate as it depends on number of class entries)

#### Conference Room Schedule

1:00 – 2:00	Registration and Judging of Human Development/Interior Design/Cons. Ed
2:00 – 2:15	State Fair selection

#### Meeting Room Schedule

1:30 – 2:00	Registration for Clothing & Textile Projects
1:30 – 3:00	Judging of Clothing & Textile Projects
3:00 -- 3:30	State Fair Judging Selection for Clothing & Textiles & Fashion Revue
3:30	Delegates for State Fair and Award Winners will be announced

Entry deadline for all 4-H Shows is **TUESDAY, JUNE 30, 2009!!**

## FOODS AND NUTRITION SHOW

**Thursday, July 9, 2009** – See schedule for times (page 5)

University of Illinois Extension – Logan County Unit Office

Superintendent: Stacie Skelton, Middletown

General Rules:

**YOU MUST make a fair entry in person at the Extension Office between June 11, 2009 and June 30, 2009.**

1. If you do not follow the instructions in the Show Book, your rating will be dropped one rating and you will not be able to compete for State Fair selection or other awards.
2. A Recipe Card and a Menu **MUST** accompany ALL food project items. The recipe card and menu may be written or typed on note cards or a piece of paper.
3. The food product needs to be displayed on a **DISPOSABLE PLATE** that will be provided by the Extension office at the time of registration, and placed in a self-sealing plastic bag.
4. Judging area will be restricted to 4-H'ers only. Only 4-H members will be allowed to approach the judging table in all areas during the judging process.
5. Members must show at the 4-H Food, Nutrition & Health Show to receive premium money. Premiums will be distributed by the end of August.
6. **TEN food entries may be selected for State Fair and an additional 2 food and nutrition presentations or demonstrations may be selected for State Fair.** All Foods Projects are eligible for the State Fair if you are 10 years old or older as of September 1, 2008. We may choose our best items for State. All members receiving a "blue" rating may choose to leave their projects to have them judged for state fair exhibition. The score sheet must accompany the project or it will be disqualified. (**State Fair delegates** should check in on **Monday, Aug 3 from 3 – 4 pm in the Dept. W Flower Building** or at the **4-H office from 10 – 12 Noon, Tuesday, Aug 4**) (**Alternates** to State Fair should check in at the **4-H Office from 12 Noon – 1 pm on Tuesday, Aug 4** to see if they are able to go on to state.) **LOGAN COUNTY DAY AT STATE FAIR WILL BE SUNDAY, AUGUST 16<sup>TH</sup>, 2009.**
7. Members must be present at the 4-H Food, Nutrition and Health Show to be eligible for State Fair consideration unless attending a pre-approved 4-H activity.

## **NUTRITION EDUCATION DISPLAY – GUIDELINES**

Table space for displays is limited to 24" wide x 15" deep and maximum poster size is 22" x 30". No additional space will be allowed. Perishable foods may not be included in the display. Displays should be free-standing. Wall space is not available. 4-H'ers may use food models (commercially purchased or made by the individual), pictures from magazines, etc. Non-perishable items, such as sealed canned products, may be used. Food displays should have no commercial names visible on products used.

**FOODS PROJECTS: Junior Judges will judge food projects if you are either 8 or 9 years of age.**

### **H01 -- 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 placed in a self-sealing plastic bag.

### **H02 -- 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

### **H03 – DAIRY FOODS (Display only)**

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. (See Display guidelines on top of page 7)

### **H04 – 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 placed in a self-sealing plastic bag.

### **H05 – 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.

#### **H06 – 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 on a piece of paper. Cookies should be displayed on a disposable plate placed in a self-sealing plastic bag

#### **H07 – 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 a disposable plate placed in a self-sealing plastic bag.

#### **H08 – 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.

#### **H09 – MICROWAVE MAGIC C, AMAZING RAYS**

Prepare an exhibit of  $\frac{1}{4}$  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.

#### **H10 – MICROWAVE MAGIC D, PRESTO MEALS**

Prepare an exhibit of  $\frac{1}{4}$  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.

#### **H11 – FOODS 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 recipe and menus may be written or typed on note cards or a piece of paper. Cookies or bread should be displayed on a disposable plate placed in a self-sealing plastic bag.

#### **H12 – BREADS AND CEREALS**

Prepare an exhibit of 3 dinner rolls **OR** a yeast bread product (product 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 exhibited item and menus for **one day**. The menus should include the exhibited item. The recipe and menus may be written or typed on note cards or a piece of paper. Rolls, bread, tea ring, or pie shells should be displayed on a disposable plate or pie tin and placed in a self-sealing plastic bag.

### H13 – 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 or pie tin and placed in a self-sealing plastic bag.

### H14 – MEAT AND OTHER PROTEIN SOURCES (Display only)

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. (See Display guidelines on top of page 7)

### H15 – 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](http://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. (See display guidelines at top of p. 7)

**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/packaging (drying). For example, exhibit 1 jar of tomatoes (Canning) and 1 half-pint of jelly (Jams, Jellies, and Preserves).

**H16– FOOD DEMONSTRATION (Will take place on TUESDAY, July 7<sup>th</sup> beginning 1 pm)**  
**Anyone enrolled in a food project may enter.** Food demonstrations should be 8 – 10 minutes in length. Demonstrations may be done by an individual or a 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 is enrolled. No commercial names should be visible on products used.

**H17 – CLOVER CHALLENGE – Food & Nutrition**

This class is limited to 15-18 year olds who are enrolled in Clover Challenge for this project area. Exhibit a display illustrating the Clover Challenge area explored. This could include anything NOT covered in the project books, including **but not limited to** career exploration, dietary plan for special audiences (diabetic, low cholesterol, elderly, etc.), an experiment related to foods, such as comparing leavening agents, etc. The completed Illinois 4-H Clover Challenge Agreement must be presented with the exhibit.

**HOME AND FAMILY SHOW**

**Thursday, July 9, 2009** – See schedule for times (page 5)  
University of Illinois Extension – Logan County Unit Office  
Superintendent: Stacie Skelton, Middletown

General Rules:

**YOU MUST make a fair entry in person at the Extension Office between June 11 and June 30, 2009.**

1. If you do not follow the instructions in the Show Book, your rating will be dropped one rating and you will not be able to compete for State Fair selection or other awards.
2. Judging area will be restricted to 4-H'ers only. Only 4-H members will be allowed to approach the judging table in all areas during the judging process.
3. Member must show at the 4-H Home and Family Show to receive premium money. Premiums will be distributed by the end of August.
4. We may choose our best items for State Fair. All members receiving a "blue" rating in their projects may choose to leave them to be considered for state fair exhibition. The score sheet must accompany the project or it will be disqualified.

## **INTERIOR DESIGN**

**(Two entries may be selected for State Fair)**

Table-top displays should fit into an area no larger than 2' wide x 15" deep. Posters should be no larger than 22" x 30"

**H18 – DESIGN DECISIONS – BEGINNING** – (Recommended for members with 1-3 years in project). Entry can be from any one of the following groups:

1. Wall Treatment – Poster showing the application of a decorative treatment for a wall (stenciling, rag rolling, etc.) used by exhibitor. Treatment should cover approximately ½ of the board. Remaining area of the board should include before/after photos, a picture story of the application, cost comparison, etc.
2. Three dimensional surface accessory that will set on a table, dresser, or floor. Item must be made by the exhibitor. Include before and after photos of the space where the item is used in the room.
3. An item that has been recycled (significantly altered) by the member. Include before and after photos of the recycled item and where it is used in the room.
4. Wall hanging (2 or 3- dimensional), made by exhibitor. Include before and after photos of the space where the item is used in the room.

**H19 --- DESIGN DECISIONS – INTERMEDIATE** – (Recommended for members with 3-5 years in project). Entry can be from any one of the following groups:

1. Comparison shopping study of at least two items showing wants and needs, costs, use in overall design plan, quality comparison, etc. and final selection made. May be displayed via poster or notebook.
2. Bedcover – May include a quilt, comforter, bedspread, dust ruffle, pillow sham, canopy, etc. made by exhibitor. Include before and after photos of the space where the item is used in the room.
3. Window Treatment – May include curtains, draperies, shades, shutters, etc. made by exhibitor. Include before and after photos of the space where the item is used in the room.

**H20 – DESIGN DECISIONS – ADVANCED** – (Recommended for members with over 5 years in project.) Entry should be one of the following groups:

1. Select a problem such as storage, unusual or odd-sized window, need for better lighting, privacy or an invention or idea that solves an energy or water problem. Show the steps used to solve the problem and the final product. Use pictures, samples, drawings, etc. to tell the story. Display in a notebook or on poster board. If an item was made by the exhibitor to solve the problem, include that item in the display. Include before and after photos in display. **Displays illustrating a general “redecorating” of a room are NOT appropriate for this exhibit.**
2. Exhibit one item of refinished furniture and before and after photos of the item. Photos should be mounted. Include a description of the steps taken to refinish the item.

### **H21 – CLOVER CHALLENGE – INTERIOR DESIGN**

This class is limited to 15-18 year olds who are enrolled in Clover Challenge for this project area. Exhibit a display illustrating the Clover Challenge area explored. This could include anything NOT covered in the project book, including **but not limited to** career exploration, a major “before and after” room redecorating project, drafting skills, interior design models, etc. The completed Illinois 4-H Clover Challenge Agreement must be presented with the exhibit.

## **HUMAN DEVELOPMENT**

### **CHILD DEVELOPMENT**

**(Two entries in Child Development may be selected for State Fair)**  
**All Child Development exhibits are limited to a 2’ wide x 15” deep space**

### **H22 – CHILD DEVELOPMENT II**

Include the following THREE items that would be appropriate for a child of a specific age selected by the 4-H'er:

1. A toy made by the 4-H'er.
2. A song or game.
3. 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-H'er should be prepared to explain this at the time of conference judging.

### **H23 – CHILD DEVELOPMENT II – Toys and Activities**

Prepare a display of 6 toys and/or activities (at least one being made by the 4-H'er). Include two items for **each** of the following three age groups:

1. Infant/Toddler
2. Pre-School
3. 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-H'er should be prepared to discuss this information at the time of conference judging.

### **H24 – CHILD DEVELOPMENT III – ADVANCED**

Exhibit one or more of the following items developed by the member from the Level 3 project book, Growing in Communities: 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); OR a plan for a neighborhood Olympics activity. The member should provide a thorough explanation of their exhibit during conference judging.

### **H25 – CLOVER CHALLENGE – CHILD DEVELOPMENT**

This class is limited to 15 – 18 year olds who are enrolled in Clover Challenge for this project area. Exhibit a display illustrating the Clover Challenge area explored. This could include anything NOT covered in the project books, including **but not limited to** career exploration, a daycare building design, developing or leading a county/community children's activity or event, etc. The completed 4-H Clover Challenge Agreement must be presented with the exhibit.

## **HEALTH**

**(Two entries may be selected for State Fair)**

**H26 KEEPING FIT & HEALTHY I (FIRST AID IN ACTION)** – Exhibit a family First Aid Kit and cards prepared by exhibitor.

**H27 KEEPING FIT & HEALTHY II (STAYING HEALTHY)** – Exhibit a “smarts” project as explained in the project manual. Project should be designed/prepared by exhibitor.

**H28 KEEPING FIT & HEALTHY III (KEEPING FIT)** – Exhibit a Fitness File OR make a display on credible information about supplements and performance enhancers.

## CONSUMER EDUCATION

(Two entries may be selected for State Fair – to be judged on Saturday, Aug. 15th)

(All displays should fit into an area no larger than 2' wide x 15" deep. Posters no larger than 22" x 30")

**H29 FINANCIAL CHAMPIONS I – II** – Exhibit any product or display made to illustrate a completed activity from the project book. Activity should relate to the member's age and experience. Photocopies of the completed activities from the book (or the actual book) should be included in the display.

**H30 BE THE E!** – Exhibit a binder portfolio or display that includes the results of at least two completed activities from each year the exhibitor has been enrolled in the project. Completed activities from the previous years should be included. Use of page protectors is recommended.

**H31 CONSUMER SAVVY I** – Exhibit a display based on a purchase made this year. Incorporate at least two activities from the project manual that illustrate that your purchase was well planned and researched.

**H32 CONSUMER SAVVY II** – Exhibit a display illustrating use of the six-step decision-making process in making a wise purchase. Incorporate at least two other learning activities from the project manual used to help you make a wise decision.

**H33 CONSUMER SAVVY III** – Exhibit a display based on what you learned from at least one activity from the project manual.

## INTERGENERATIONAL

(One entry may be selected for State Fair)

(All displays should fit into an area no larger than 2' wide x 15" deep. Posters no larger than 22" x 30")

**H34 WALK IN MY SHOES – Individual** – Present a display relating to an activity completed in the project. Be prepared to discuss the activity and the results of the activity.

**H35 CLOVER CHALLENGE: WALK IN MY SHOES (indiv. only)** – This class is limited to 15-18 year olds who are enrolled in Clover Challenge for this project area. Exhibit a display illustrating the Clover Challenge area explored. This could include anything NOT covered in the project books, including **but not limited to** career exploration, a weekly activity plan for elder care, giving leadership to a major intergenerational activity or event, etc. The completed Illinois 4-H Clover Challenge must be presented with the exhibit.

## CLOTHING & TEXTILES

Please note: In all classes, both purchased and constructed garments will be evaluated on the member, in addition to the conference with the judge. Construction and appearance will both be considered. Garments constructed for another person are eligible for exhibiting in classes Sewing & Textiles I, II and III; however, the individual for which the garment was constructed MUST be present for judging and will need to wear the garment.

### SEWING & TEXTILES

**If a pattern was used to make the garment, the pattern instructions are to be included with the exhibit.**

**H36 SEWING & TEXTILES I** – Exhibit any of the following:

- A. Non-clothing, constructed articles (sew and/or serge)  
One of the following items made by the member: 9-patch pillow or square pillow OR a tote bag OR a shopping bag.  
-- OR --
- B. Constructed garment -- a simple article of clothing

**H37 SEWING & TEXTILES II** – Exhibit either of the following

- A. Non clothing, constructed articles (sew and/or serge) – Any non-wearable item made by member.  
-- OR --
- B. Constructed garment – Any garment with facings or curves

**H38 SEWING & TEXTILES III** – Exhibit either of the following:

- A. Construction – Garment constructed by the member which is appropriate for age and experience of member. (Possible examples are: wool garment, polar fleece garment, dress or jacket with set in sleeves and zipper or buttons and button holes, suits, evening wear, or sport outfit.)  
-- OR --
- B. Recycled garment – A modified/redesigned/recycled garment purchased in the past and “salvaged” by significantly altering the original design. A 3” x 5” minimum size photo of the original garment (before recycling) should be included.

**H39 FASHION REVUE** – **Three entries may be selected to model at the State Fair.**

Modeled items must be garments constructed or purchased by the exhibitor and must be worn by exhibitor (pillows or other non-garment items are not appropriate for Fashion Revue). Exhibitors in this class may be enrolled in any of the following projects: Sewing & Textiles; Clothing Decisions; and/or Clover Challenge – Clothing & Textiles. **FASHION REVUE PARTICIPANTS MUST FILL OUT INFORMATION CARD TO BE TURNED IN PRIOR TO HOME & FAMILY SHOW DAY.** The models will be ranked in order so that alternate

delegates for State Fair may be selected. No PREMIUMS will be awarded for this class. **Fashion Revue at State Fair for Logan Co. will be on Sunday, Aug. 16.** Exhibitors will model a minimum of one time on assigned day and MAY be requested to model at a 2<sup>nd</sup> location on the fairgrounds. **IF SELECTED FOR STATE FAIR, THE INFORMATION CARD MUST BE SENT TO STATE FAIR BY AUGUST 1.**

### CLOTHING DECISIONS

**H40 CLOTHING DECISIONS I** – Exhibit a display of one completed activity from the project book. Inclusion of an actual purchased item is optional. If purchased garment/item is exhibited, it will need to be worn for the judge.

**H41 CLOTHING DECISIONS II** – Exhibit a display of one completed activity from the project book. Inclusion of an actual purchased item is optional. If purchased garment/item is exhibited, it will need to be worn for the judge.

**H42 CLOVER CHALLENGE – CLOTHING & TEXTILES** – This class is limited to 15-18 year olds who are enrolled in Clover Challenge for this project area. Exhibit a display illustrating the Clover Challenge area explored. This could include anything NOT covered in the project books, including **but not limited to** career exploration, pattern-making, textile manufacturing, fashion design, etc. The completed Illinois 4-H Clover Challenge must be presented with the exhibit.

#### To Be Selected for Awards:

Logan County may select three Clothing & Textiles exhibit entries for State Fair chosen from H36-38 (maximum of two) and H40-42. **Special Clothing Awards** – will be given for 4-H'ers enrolled in Clothing. These awards are given at the discretion of the judges.

#### **Gift Certificates & Awards:**

Sewing & Textiles I Construction Plaque	Maxine Maxheimer Memorial by children
Sewing & Textiles II Construction Plaque	Hartem Achievers 4-H Club
Sewing & Textiles III Construction Plaque	Carla Ackerman
Purchased Garment Plaque (from Clothing Decisions I & II)	Sew Personal
4-H Fashion Revue Plaque	Sew Personal
Special Clothing Awards	Bill Hyde, Sewing Machine Repair