

## Food, Nutrition, Health

Director ..... Cathy Otto

### Plaques donated by:

Best 4-H Cooking 101-Carol L. Johnson & Sara Johnson Williams

Best Cake Decorating Exhibit-Jill Scholl

Best Candy Exhibit-The Otto Family

Best Food Preservation Exhibit-Regina Furry

Best Teens Entertain Exhibit-Blue Ribbon Kids 4-H

Best Yeast Breads Exhibit-Elizabeth Ireland Memorial Fund

Top Food Demonstration-In Honor of Evelyn Schwoerer

Superintendents ..... Regina Furry, Sylvia Gibson, Diana Green, Pat Huth, Mary Kerber,  
Beth Laakman-Schaumburg, Cathy Lowery, Martina Melvin,  
Wonder Monson, Janet Moser, Julie Nikolanci, Kailey Parks,  
Barb Poppe, Stacy Spaulding, Jen Wyant, Karen Wyant

Premiums: Classes 2501-2504 ..... A-\$4      B-\$3      C-\$2

Premiums: Classes 2506-2544 ..... A-\$5      B-\$4      C-\$3

Premiums: Class 2550-2551 ..... A-\$9      B-\$7      C-\$5

## Section EA—Foods

See Individual Classes for Check in Times/Locations

Judged at 9 a.m., Wednesday, July 29, Displayed Cloverleaf Hall

*Due to spoilage of some products, food exhibits may be discarded before the fair is over. Comment sheets and ribbons will remain on display for the duration of the fair.*

### Rules:

1. No prepared mixes allowed.
2. All recipes are from the project book, unless otherwise noted.
3. Menu guide available at the Extension Office or online at [www.mcleanextension.org](http://www.mcleanextension.org).  
Go to McLean County Fair/Forms & Downloads.
4. Menus may be typed or written on a 3x5 note card(s) and should include food exhibited.
5. *Failure to meet requirements will result in lowering of placing by one grade.*
6. For educational displays and demonstrations, no commercial names should be visible or mentioned.

**Fair entries must be postmarked by Wednesday, July 1 or delivered to the Extension Office by 5 p.m. July 1.**

Please see pages 15-17 for showcase details.

**Cooking 101** *Check-in Wednesday, July 29, 7-8:30 a.m.*

**Member will be present for judging - all classes.**

Prepare an exhibit for ONE of the following three classes. Include the recipe and a menu for **one meal** including the food item. The menu may be written or typed on 3x5 cards. All exhibits should be displayed on a white 6" disposable plate placed in a clear self-sealing plastic bag.

2501. Three, 2 inch square cereal marshmallow bars from page 34 of project book, (no add-ins)

2502. 1/4 of 8" square or round coffeecake from page 59 of project book

2503. Three cookies using any recipe included in the project book pages 68-71

*Consider* class numbers 2550 & 2551 Food Demonstrations, see page 104 for details.

**New!!! Cooking 201** *Check-in Wednesday, July 29, 7-8:30 a.m.*

**Member will be present for judging.**

2504. Exhibit 3 cheese muffins from page 49 of the project book. Include the recipe and a menu for **one meal** including the food item. The recipe and menu may be written or typed on 3x5 cards. Display on a white disposable plate placed in a clear self-sealing plastic bag.

*Consider* class numbers 2550 & 2551 Food Demonstrations, see page 104 for details.

**Microwave Magic (4H20/10)** *Check-in Wednesday, July 29, 7-8:30 a.m.*

**Member will be present for judging - all classes.**

**Member may exhibit only one Microwave class.**

For all microwave classes: Include a menu, written or typed on 3x5 card(s), for **one meal** using food item.

2506. **Microwave A-Bag of Tricks:** Exhibit four, 1 inch square pieces of peanut butter fudge using recipe in project book. Display on white 6" disposable plate placed in clear self-sealing plastic bag.

2507. **Microwave B-Micro Magicians:** Exhibit three, 2 inch square apple brownies using recipe in project book. Display on white 6" disposable plate placed in clear self-sealing plastic bag.

2508. **Microwave C-Amazing Rays:** Exhibit 1/4 coffee cake, including an outer edge, using recipe in project book. Display on white disposable plate placed in clear self-sealing plastic bag.

2509. **Microwave D-Presto Meals:** Exhibit 1/4 carrot cake, including an outer edge and without frosting, using recipe in project book. Display on white disposable plate placed in clear self-sealing plastic bag.

*Consider* class numbers 2550 & 2551 Food Demonstrations, see page 104 for details.

**Fruits & Vegetables**     *Check-in Wednesday, July 29, 7-8:30 a.m.*

Member will be present for judging.

2510. Exhibit one WHOLE loaf of any fruit or vegetable quick bread displayed on disposable plate and placed in a self-sealing plastic bag. Include copy of recipe and a menu for **one day** including food item, written or typed on 3x5 cards. Use a recipe from any cookbook. No prepared mixes. Bake in a 5"x9" loaf pan.

*Consider* class numbers 2550 & 2551 Food Demonstrations, see page 104 for details.

**Outdoor Meals (4H20/10)**     *Check-in Wednesday, July 29, 7-8:30 a.m.*

Member will be present for judging.

2511. **Outdoor Meals I:** Exhibit Three Breakfast Cookies from page 32 of the project book. Include the recipe and a menu for **one meal** including the food item on 3x5 cards. Display on white 6" disposable plate placed in clear self-sealing plastic bag.

*Consider* class numbers 2550 & 2551 Food Demonstrations, see page 104 for details.

**Exploring Our Food Heritage**     *Check-in Wednesday, July 29, 7-8:30 a.m.*

2512. Exhibit three cookies from an ethnic recipe. Include the recipe and also identify the specific ethnic group or culture. Provide a menu for **one meal** typical of the culture selected including cookies exhibited. Display on white 6" disposable plate placed in clear self-sealing plastic bag.

*Consider* class numbers 2550 & 2551 Food Demonstrations, see page 104 for details.

**Foods With An International Flavor**     *Check-in Wed., July 29, 7-8:30 a.m.*

Member will be present for judging.

2513. Exhibit a table setting and prepare 3 cookies or loaf of bread typical of another country. Arrange on a flat surface placemat or cardboard not to exceed 18"x 24". Include recipe used, country of origin, and menus for **one day**. Menu should include exhibited item and may be typed or written on 3x5 cards. Cookies or bread should be placed in a self-sealing plastic bag.

*Consider* class numbers 2550 & 2551 Food Demonstrations, see page 104 for details.

**Sports Nutrition**     *Check-in Wednesday, July 29, 7-8:30 a.m.*

Member will be present for judging.

2514. Exhibit three no-bake cookies, pg. 17 of project book (may adjust amount of water as needed). Include menu for **one meal** which includes exhibited item on 3x5 card. Display on white 6" disposable plate placed in clear self-sealing plastic bag.

*Consider* class numbers 2550 & 2551 Food Demonstrations, see page 104 for details.

**Dairy Foods**     *Check-in Tuesday, July 28, 5-8 p.m.*

2515. Exhibit 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 on 3x5 card. Exhibit must not exceed 18"x 24" in size. There is NOT a food exhibit option for this class.

**Teens Entertain**      *Check-in Tuesday, July 28, 5-8 p.m.*

2516. Exhibit completed project book (attach additional pages, if necessary) and two cups of your favorite baked snack mix recipe displayed in an original theme setting. If not exhibiting Nuts and Bolts (page 2 of the project book), include recipe for snack mix on a 3x5 card. Exhibit cannot exceed 18"x 24" and must not include any perishable foods.

*Consider* class numbers 2550 & 2551 Food Demonstrations, see page 104 for details.

**Meat & Other Protein Sources**      *Check-in Tuesday, July 28, 5-8 p.m.*

2517. Prepare a nutrition education display related to one of four topics from the project book: nutritional value, food safety, food preparation, or food buying of meat and other protein sources. Exhibit must not exceed 18"x 24" in size. There is NOT a food exhibit option for this class.

*Consider* class numbers 2550 & 2551 Food Demonstrations, see page 104 for details.

**Preservation Of Foods (4H20/10)**      *Check-in Tuesday, July 28, 5-8 p.m.*

**Member will be present for judging - all classes.** Jars may be opened during judging. Label the side of each jar with the type of product, method used, and date.

2518. **Jams/Preserves/Butters:** Exhibit two pints or half-pints of different type.

Include a recipe for each on 3x5 card(s). *Jar rings must be removed.*

2519. **Jellies/Marmalades:** Exhibit two pints or half-pints: one of each product.

Include a recipe for each on 3x5 card(s). *Jar rings must be removed.*

2520. **Fruits/Vegetables:** Exhibit two pints or two quarts of fruits and/or vegetables.

*Jar rings must be removed.*

2521. **Pickles/Relishes/Salsas:** Exhibit two pints or half-pints of two of the three choices. Include recipe for each on 3x5 card(s). *Jar rings must be removed.*

2522. **Drying Fruits:** Exhibit one of the following in a small ziploc bag. Include a 3x5 card describing step-by-step how you dried each food, include jerky recipe.

½ cup dried fruit and ½ cup dried vegetable, **or**

½ cup dried fruit and three pieces of dried jerky, **or**

½ cup dried vegetable and three pieces of dried jerky.

*Consider* class numbers 2550 & 2551 Food Demonstrations, see page 104 for details.

**Keeping Fit and Healthy**      *Check-in Tuesday, July 28, 5-8 p.m.*

**Member will be present for judging - all classes.**

**Member may exhibit only one Keeping Fit and Healthy class.**

2523. **First Aid In Action:** Exhibit a Family First Aid Kit and cards. Should be designed and prepared by exhibitor.

2524. **Staying Healthy:** Exhibit a "smarts" project as explained in the project book.

Should be designed and prepared by exhibitor.

2525. **Keeping Fit:** Exhibit a Fitness File **OR** make a display on credible information about supplements and performance enhancers. Should be designed and prepared by exhibitor. Display must not exceed 18"x 24" in size.

*Consider* class numbers 2550 & 2551 Food Demonstrations, see page 104 for details.

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Please see pages 15-17 for showcase details.

**Yeast Breads (4H20/10)**

*Check-in Wednesday, July 29, 7-8:30 a.m., Cloverleaf Auditorium*

**Member will be present for judging - all classes.**

**Member may exhibit only one Yeast Breads class.**

For all yeast bread classes - include menus for **one day** typed or written on 3x5 cards. One meal should include exhibited item.

2526. **Yeast Breads I:** Exhibit three cloverleaf rolls, made from the Basic Dinner Roll Dough recipe on page 27 of the project book. Display on a white 6" disposable plate and place in a self-sealing plastic bag.
2527. **Yeast Breads II:** Sweet Yeast Dough Coffee Cake, pg. 28 (½ recipe basic sweet dough). Exhibit coffee cake, (no frosting), shaped as desired, on aluminum foil covered cardboard cut to not exceed 2" beyond the border of coffee cake, covered in clear plastic wrap.
2528. **Yeast Breads III:** Exhibit one loaf of choice. **(NOT to be prepared in bread-making machine)** Display loaf on disposable plate and place in a self-sealing plastic bag. Include a copy of the recipe used, typed or written on a 3x5 card.
2529. **Yeast Breads IV:** Yeast product of choice. Exhibit on aluminum foil covered cardboard cut to not exceed more than 2" beyond the border of product, covered in clear plastic wrap. May be decorated. Include a copy of the recipe used, typed or written on a 3x5 card.

**Consider** class numbers 2550 & 2551 Food Demonstrations, see page 104 for details.

**Pastry (4H20/10)**

*Check-in Wednesday, July 29, 7-8:30 a.m., Cloverleaf Auditorium*

**Member will be present for judging - all classes.**

**Member may exhibit only one Pastry class.**

For all pastry classes include a copy of the recipe used and menus for **one day** typed or written on 3x5 cards. Menu should include exhibited item.

2530. Exhibit whole unfilled baked pastry shell in an 8" or 9" disposable pie pan, covered in clear plastic wrap.
2531. Exhibit two-crust apple pie in an 8" or 9" disposable pie pan, covered in clear plastic wrap. Recipe card should indicate the type of apples used.
2532. Exhibit pie of your choice. Be creative: try different crusts and fillings. Use new flavors and combinations of fruits and nuts. No cream, custard or meringue pies that require refrigeration. Use an 8" or 9" disposable pie pan, covered in clear plastic wrap.

**Consider** class numbers 2550 & 2551 Food Demonstrations, see page 104 for details.

**All exhibits selected for State Fair must participate in one of the State Fair Question & Answer Sessions.**

**Cake Decorating (4H20/10)**

*Check-in Wednesday, July 29, 7-8:30 a.m., Cloverleaf Auditorium*

**Member will be present for judging - all classes.**

**Member MAY be asked to demonstrate decorating technique used.**

All exhibits must include a 3x5 card indicating the frosting recipe and tip numbers used. All frosting must be handmade by the exhibitor. No prepared or store bought frosting is allowed.

2533. **Cake Decorating-Beginners:** One plain round decorated sugar cookie, no smaller than 3" and no larger than 6", own piped design, displayed on 8-inch, round, aluminum foil covered cardboard base
2534. **Cake Decorating-First Year:** Eight-inch, round, real one-layer cake, displayed on a 10-inch, round, aluminum foil covered cardboard base. Must have a top and bottom piped basic shell border. Piped flowers and leaves must be included in the decoration.
2535. **Cake Decorating-Second Year:** Eight-inch, round, real cake, two layers, displayed on a 10-inch, round, aluminum foil covered cardboard base. Decorate the sides of the cake. A basic piped shell border, with a variation in it, must be used for both the top and bottom border. The cake must be decorated using two types of piped flowers; one type must be a rose. Piped leaves should be included with all flowers. Writing must be used on the cake.
2536. **Cake Decorating-Third Year:** Eight-inch, round, real cake, two layers or 9"x13"x2" real cake, displayed on 10-inch, round, or 10x14 inch aluminum foil covered cardboard base. Decorate with piped figures, such as cartoon figures, or filled in drawings, such as wheeled vehicles, animals, people or cartoons and a top and bottom border of your choice.
2537. **Cake Decorating-Fourth Year, Challenge Cake:** A real cake, not to exceed a 16x16 aluminum foil covered cardboard base. On a 3x5 card explain the challenge, what it was and why.
2538. **Cake Decorating-Fifth Year, Wedding Cake:** Must be a real two-layer, three-tiered cake. Dividers optional. A top must be used. Can be frosting flowers, etc., or a purchased top. Size of layers is up to individual. Cake displayed on a suitable aluminum foil covered cardboard base of own choosing. Decorations must be exhibitors' own design and color choice. A 3x5 card must accompany the entry and include the frosting recipe, tip numbers used, how it was constructed, and how many the cake will serve. Exhibitor will bring their own card table, tablecloth, and any accessories needed to display their cake.
2539. **Cake Decorating-Advanced, 6th year and up:** Real cake of your choice (other than wedding cake) displayed on an aluminum foil covered cardboard base. Use different techniques such as fondant, sugar molding, royal frosting, gum paste and piping gel. Must include a 3x5 card with the frosting recipe, tip numbers used and type of techniques used. Exhibitor will bring their own card table, tablecloth, and any accessories needed to display their cake.

**Candy Making (4H20/10)**

*Check-in Wednesday, July 29, 7-8:30 a.m., Cloverleaf Auditorium*

Member will be present for judging - all classes.

Exhibitor may enter up to two divisions.

All candy classes display exhibit on white 6" disposable plate placed in clear quart size self-sealing plastic bag.

2540. **Division I:** Exhibit six, 1-inch pieces of Best Ever Chocolate Fudge I, pg. 9 of project book. **Omit nuts - use unsalted butter.**

2541. **Division II:** Exhibit six vanilla caramels from p.10 of project book, individually wrapped in waxed paper. **Omit nuts - use unsalted butter.**

2542. **Division III:** Exhibit six small pieces of peanut brittle, pg. 12 of project book.

2543. **Division IV:** Exhibit six pieces of divinity, pg. 6 of project book.

2544. **Division V:** Exhibit two pieces each of three types of candy not from recipes in project book. Include recipes on 3x5 cards.

**Food Demonstrations**

**Check In and Judging Saturday, August 1, 10 am, Lobby I 74 Room**

Demonstrations should be eight to ten minutes and may be done by an individual or team of two members. Exhibitors are responsible for furnishing all equipment and supplies. A demonstration table will be available for use. Each exhibitor is responsible for setting up his/her own demonstration area. No parents or supervising adults permitted in actual demonstration space. Two food demonstration winners will be selected to demonstrate at the State Fair. Exhibitors may attend State Fair every other year in food demonstrations.

The food demonstration must relate to the project area in which the member(s) is/are enrolled. If this is not the case, the member(s) will be ineligible for a Top Food Demonstration Award.

2550. Food Demonstrations Age 8-12

2551. Food Demonstrations Age 13+

**4-H Exhibit Release  
4:30-6:00 p.m. Sunday, August 2**

**Attention State Fair Delegates  
State Fair eligible youth must attend ONE Question & Answer Session or contact the 4-H Fair Office before Sunday, Aug. 2, 2009 in order to meet project eligibility.**

Please see pages 15-17 for showcase details.