

Food and Nutrition Division

Food and Nutrition Rules and Regulations

1. In order to exhibit in the Food and Nutrition Division, the 4-H member must be enrolled in:
 - 4-H Cooking 101**
 - 4-H Cooking 201**
 - Outdoor Meals**
 - Sports Nutrition**
 - Exploring our Food Heritage**
 - Microwave Magic A**
 - Microwave Magic B**
 - Microwave Magic C**
 - Microwave Magic D**
 - Dairy Foods**
 - Breads and Cereals**
 - Fruits and Vegetables**
 - Meats and other Protein Sources**
 - Food Preservation**
 - Food with an International Flavor**
 - Cake Decorating (County Project)**
 - Candymaking (County Project)**
2. See General Project Guidelines
3. Each county may submit 10 entries from this section for the state fair.

Cooking 101

Class 01 – 3 Marshmallow cereal bars –(state fair eligible) –

Prepare an exhibit of 3 marshmallow bars made from the recipe in the project manual. Include the recipe and a menu for one meal including the food item. This should be placed in a self sealing bag on a disposable plate.

Class 02 -1/4 of 8”square or round coffeecake – (state fair eligible) –

Prepare an exhibit of coffeecake made from the recipe in the project manual. Include the recipe and a menu for one meal including the food item. This should be placed in a self sealing bag on a disposable plate.

Class 03- 3 Cookies – (state fair eligible) –

Prepare an exhibit of 3 cookies made from the recipe in the project manual. Include the recipe and a menu for one meal including the food item. This should be placed in a self sealing bag on a disposable plate.

Cooking 201

Class 04- muffins – (State Fair eligible)-

Exhibit 3 cheese muffins 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. Items should be placed on a disposable plate and in a self sealing plastic bag.

Class 05- 3 scones (state fair eligible)-

Exhibit 3 scones 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. Items should be placed on a disposable plate and in a self sealing plastic bag.

Class 06 – 1 loaf bread (state fair eligible)-

Exhibit 1 loaf (9' x 5") 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. Items should be placed on a disposable plate and in a self sealing plastic bag.

Breads and Cereals

Class 07 -Dinner Rolls –(state fair eligible)

Exhibit 3 dinner rolls on a disposable plate placed in a plastic bag. Include a copy of the recipe used and menu for one day.

Class 08-Loaf of Yeast Bread –(state fair eligible)

Exhibit a loaf of yeast bread on a disposable plate and sealed in a bag. A bread machine may be used, however prepared mixes are not allowed. Include a copy of the recipe used and menus for one day.

Class 09 -Pie crust –(state fair eligible)

Exhibit one pastry pie shell. This should be placed in a disposable container and in a sealed bag. Include a copy of the recipe used and menus for one day.

Class 10 – Tea Ring – (state fair eligible) –

Exhibit one tea ring, one fruit braid, or 6 cinnamon rolls. Include a copy of the recipe used and menus for the day. Exhibit on a disposable plate and sealed in a plastic bag.

Class 11 Sweet Doughs –(non-state fair eligible)-

Exhibit one fruit braid or 6 cinnamon rolls. Include a copy of the recipe used and menus for the day. Exhibit on a disposable plate and sealed in a plastic bag.

Class 12- Cake Decorating –(County project, no 4-H publication) –

Judged on appearance only. Exhibit one cake or cake form using 2 or more tips.

Class 13-Candy Making –(County Project, no 4-H publication) –

Exhibit an arrangement of 6 pieces of candy. Include a copy of the recipe or recipes used. Exhibit on a disposable plate and sealed in a bag.

Class 14-Dairy Foods (state fair eligible)

Prepare a nutrition education exhibit 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. This is NOT a food exhibit option for this class.

Class 15 - Exploring our Food Heritage –(state fair eligible)

Prepare an exhibit of 3 cookies from some ethnic recipe, including the 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.

Food Preservation- Prepare an exhibit on one of the following food preservation methods: canning, freezing, drying; pickles/relishes; or jams, jellies, or preserves. All food products should be labeled with the date, contents, and preservation method. All entries should be accompanied by the recipe with the source of the recipe listed.

Class 16-Canning –

This exhibit should include pint jars of 2 different canned foods, and a brief description of the canning method used in preparing the products. Foods may be fruit, vegetable, tomato product (salsa), or a combination of food types.

Class 17- Freezing –

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

Class 18 - Drying –

Prepare an exhibit of 2 different dried foods packed in plastic bags and a brief written description of the drying procedures used.

Choose from a fruit, vegetable, fruit leather, or meat jerky.

Class 19 – Pickles and Relishes –

Prepare an exhibit of 2 pint jars or relishes and provide a copy of the recipe with the source of the recipe listed.

Class 20 – Jams, Jellies, and Preserves –

Prepare an exhibit of half-pint jars of 2 different jams, jellies, or preserves and a copy of the recipe used with the source of the recipe.

Class 21 – Preservation Combination –

Exhibit 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).

Class 22- 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 should be on a disposable plate and placed in a self-sealing plastic bag.

Class 23 – 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 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 bag.

Class 24- Meat and other Protein Sources

Prepare a nutrition education display related to one of the four topics from this project manual: nutritional value, food safety, food preparation, or food buying of meat or other protein sources. There is NOT a food exhibit option for this project.

Class 25 – Microwave Magic A –

Prepare an exhibit of 4 pieces of fudge or peanut butter fudge using the recipe 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 bag.

Class 26 – Microwave Magic B –

Prepare an exhibit of 3 apple brownies using the recipe in the project manual. Include a menu for one meal using the food item. The brownies should be displayed on a disposable plate and in a self sealing bag.

Class 27 – Microwave Magic C –

Prepare an exhibit of ¼ of the coffee 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. Coffee cakes should be displayed on a disposable plate and in a self sealing plastic bag.

Class 28 – Microwave Magic D-

Prepare an exhibit of ¼ 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. Carrot cakes should be displayed on a disposable plate and in a self sealing plastic bag.

Class 29 – Sports Nutrition –

Prepare an exhibit of 3 no-bake cookies using the recipe included in the project manual and a menu for one meal using the food item. The recipe and menu may be written or typed on a note card or piece of paper. Cookies should be displayed on a disposable paper plate and in a self-sealing plastic bag.

Class 30- Outdoor Meals-

Prepare an exhibit of 3 breakfast cookies from the project manual. Include the recipe and menu for one meal including the food item. The recipe and menu may be typed or written on a note card or piece of paper. Cookies should be displayed on a disposable plate and in a self sealing bag.