

FOODS & NUTRITION

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1. Each county may submit one State Fair entry in each from classes 50200/50201/50202/50203/50204/ 50208/50210.
2. All Foods projects must be checked in at the county show no later than 1:30 p.m. to be considered for Champion, Reserve Champion, Trophy or State Fair delegate/alternate.
3. No one, except the exhibitor, will be allowed at the judging table while projects are judged.
4. No microwave ovens should be used to prepare food items unless the recipe calls for it.
5. **Recipes and menus are required for all classes** (including ALL the food groups) and may be written on a note card or typed on an 8.5" x 11" sheet of paper. Photocopies of recipes from the project manual are not acceptable.
6. If your food product has been frozen, make a note of it on your entry tag.
7. If you are exhibiting a food item AND demonstrating how to make the item at the Public Presentation Show, you need to be enrolled in BOTH classes (i.e. SF 50200 and CF 18002).
8. **NO FOOD ITEMS ARE TO BE LEFT IN THE CLUB BOOTHS.** Have the show photographer take a picture of you with your food item for display in a special booth in the 4-H Building during the week of the fair.

4-H Cooking 101 (SF 50200)

*Using only the recipes included in the project manual, prepare an exhibit of 3 cereal marshmallow bars; **OR** ¼ of 8" square or round coffeecake; **OR** 3 cookies. No icing should be on any products. 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 zip-sealing plastic bag.*

4-H Cooking 201: (SF 50201)

*Using the recipes included in the project manual, (NO variations from the core recipes), prepare an exhibit of 3 cheese muffins; **OR** 3 scones; **OR** 1 loaf (9" x 5") of basic nut bread). 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 zip-sealing plastic bag.*

4-H Cooking 301: (SF 50202)

*Using the recipes included in the project manual, prepare an exhibit of 3 dinner rolls; **OR** loaf of yeast bread; **OR** 1 tea ring; **OR** 3 sweet rolls; **OR** one layer of a Rich White Cake or Rich Chocolate Cake*, top side up (*without frosting*). If icing is used on the tea ring or sweet rolls, the recipe for the icing must also come from the book. The yeast bread/roll dough may be prepared in a bread-making machine; however, prepared mixes are not permitted. Include the recipe and a menu for a special occasion meal that includes the food item exhibited. The recipe and menu may be written or typed on a note card or piece of paper. Display exhibit on a disposable plate or pie tin and place in a zip-sealing plastic bag.*

**Judges are aware of the issues with the amount of chocolate squares used in this recipe. If you use the three (3) squares called for in the recipe, your cake will not taste good. If you double it and use six (6) squares (as it should be), your cake will taste good, but you will not be following the recipe. Points will not be deducted in either scenario as long as you tell the judge why you did/did not follow the recipe. The State 4-H Office is working to correct this issue*

with a new publication release soon.

4-H Cooking 401: (SF 50203)

*Using the recipes included in the project manual, prepare an exhibit of ¼ of a 15" x 10" loaf of focaccia bread (do not include dipping oil); **OR** one baked pie shell – traditional, oil, or whole wheat (no graham cracker); **OR** ¼ Golden Sponge Cake, top side up, without frosting; **OR** ½ loaf French Bread. Include the recipe and a menu for a special occasion meal that includes the food item exhibit. The recipe and menu may be written or typed on a note card or piece of paper. Display exhibit on a disposable plate and place in a zip-sealing plastic bag.*

Food Science: (SF 50204)

1 - The Secrets of Baking: Prepare a display, digital presentation, or poster on one of the food science experiments from the manual that you completed. Share 1) the food science question you investigated; 2) process used to conduct the experiment; 3) results and observations; 4) what you learned; and 5) how you have applied this information. You must furnish any equipment you need for the exhibit. Internet service is not provided. All exhibits must include something visual, such as a printed copy of a digital presentation. Electronic equipment will only be used during your judging time and will not remain on display during the exhibit period.

2 – The Power of Protein Chemistry: Prepare a display, digital presentation, or poster on one of the food science experiments from the manual that you completed. Share 1) the food science question you investigated; 2) process used to conduct the experiment; 3) results and observations; 4) what you learned; and 5) how you have applied this information. You must furnish any equipment you need for the exhibit. Internet service is not provided. All exhibits must include something visual, such as a printed copy of a digital presentation. Electronic equipment will only be used during your judging time and will not remain on display during the exhibit period.

3 – The Inner Mysteries of Fruits and Vegetables: Prepare a display, digital presentation, or poster on one of the food science experiments from the manual that you completed. Share 1) the food science question you investigated; 2) process used to conduct the experiment; 3) results and observations; 4) what you learned; and 5) how you have applied this information. You must furnish any equipment you need for the exhibit. Internet service is not provided. All exhibits must include something visual, such as a printed copy of a digital presentation. Electronic equipment will only be used during your judging time and will not remain on display during the exhibit period.

4 – Be a Food Scientist: Prepare a display, digital presentation, or poster on one of the food science experiments from the manual that you completed. Share 1) the food science question you investigated; 2) process used to conduct the experiment; 3) results and observations; 4) what you learned; and 5) how you have applied this information. You must furnish any equipment you need for the exhibit. Internet service is not provided. All exhibits must include something visual, such as a printed copy of a digital presentation. Electronic equipment will only be used during your judging time and will not remain on display during the exhibit period.

Food Preservation: (SF 50208)

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. **No freezer jam exhibits will be allowed for Freezing; Jams, Jellies, and Preserves; or for the Preservation Combination options.**

- **Canning** – The exhibit should include two 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. Choose from fruit, vegetable, fruit leather or meat jerky.
- **Pickles and Relishes** – Exhibit two pint jars of different recipes of pickles and/or relishes.
- **Jams, Jellies, and Preserves** – Exhibit half-pint jars of two different jams, jellies, and/or preserves.
- **Preservation Combination** – Exhibit two different preserved food products, excluding Freezing, in appropriate jars/packageaging (drying). For example, exhibit one (1) jar of tomatoes (Canning) and one (1) half-pint of jelly (Jams, Jellies, and Preserves).

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. Note that exhibits will not be judged on taste.

All food exhibits must be labeled with: 1) The name of the food; 2) The date preserved; 3) Appropriate method(s) of food preservation (For canned projects: boiling water bath or pressure canner; for drying projects: Specify equipment used (food dehydrator, oven, etc.))

Examples:

- Strawberry jam, boiling water bath. July 13, 2014.
- Green beans, pressure canner. July 13, 2014.
- Beef jerky, food dehydrator and oven. July 13, 2014.

All food exhibits must be accompanied with the recipe(s) – typed or written, with the source of the recipe(s) listed. **Required Recipes and Sources for Food Preservation Exhibits** – all food preservation recipes be from an approved source. Those sources are:

- *PUT IT UP! Food Preservation for Youth* manuals
- U.S. Department of Agriculture (USDA)
- National Center for Home Food Preservation
- Ball Canning

Canning Equipment Requirements: All canned products must be canned in clear, standard jars in good condition (no chips or cracks). Jars must be sealed using two-piece canning lids (flat lid and band). Must use a new, unused flat lid. Bands must not be rusty or severely worn.

Foods Nutrition Ready4Life Challenge: (50210)

See Ready4Life Challenge Guidelines on pg. 11. Open to 11- to 18-year-olds enrolled in any Foods project.