

**HEALTHY LIFESTYLES
DEPARTMENT E
NUTRITION, FOODS AND
FOOD PRESERVATION**

Dress Code - 4-H'ers will wear blue jeans, white shirt, or blouse that is long enough to be tucked in with a 4-H emblem. A 4-H tee shirt with sleeves, a 4-H emblem on the pocket or blouse front or a 4-H arm band will be acceptable. Hard soled shoes or boots must be worn for all the 4-H livestock shows. No hats or other head gear except for western hats during the horse show.

This year this attire will be the policy for interview judging, livestock shows, livestock auction, and award ceremonies. Shooting Sports will wear their attire for their events and awards.

Failure to comply with this policy will result in loss of premium money and awards. Superintendents and fairboard members will enforce this policy.

Does Not Apply To Favorite Food Fare **Please dress appropriately for the event.**

RULES

B. GENERAL - Members may exhibit only in the project in which enrolled. Baked products entered in county fair cannot be entered at State Fair. Products should be baked the day before entry day.

C. ENTRIES PER INDIVIDUAL -

COUNTY FAIR - A 4-H'er may take one exhibit per class.

STATE FAIR - One entry per exhibitor per class. **Each 4-H'er is limited to a total of three (3) exhibits in the Foods and Nutrition Section.**

D. LABELS - For ALL FOOD PRODUCTS AND FOOD PRESERVATION ENTRIES - Each exhibit must include the recipe. Recipes may be handwritten, photocopied or typed. Place the food on the appropriate size plate. Put exhibit in a self sealing bag. Attach entry tag and recipe at the corner of the bag on the outside. FOR NON-FOOD ENTRIES - Please attach the entry tag to the upper right hand corner of the entry. GENERAL LABELING INFORMATION - All additional information pieces (recipes, special items) must be labeled with exhibitor's name and county.

E. CRITERIA FOR JUDGING - Exhibits will be judged according to score sheets available at your local extension office. Make sure to follow all entry instructions required for your exhibit.

Incomplete exhibits will be lowered one ribbon placement. **Commercially prepared mixes are allowed in the Tasty Tidbits Creative Mixes (Class 2) exhibit ONLY.** Prepared baking mixes, biscuit mixes, or other pre-made mixes entered in other categories will be lowered a ribbon placing. Recipes for processed foods used by 4-H members for fair exhibition (except salsa) may originate from any source. However, all processed/preserved food products MUST use UDSA approved processing methods.

F. ENTER FOOD PRODUCTS in disposable materials, i.e., paper plate and plastic self sealing bag. The Fair Board is not responsible for lost bread boards, china and glassware.

EXHIBITS ARE ON DISPLAY FOR SEVERAL DAYS - Please limit exhibits to products which hold up well. Items that require refrigeration will not be accepted, judged or displayed. Food products must be unquestionably safe to eat when they are entered, whether tasted or not. Egg glazes on yeast products before baking are allowed. Glazes, frostings, and other sugar based toppings are also considered safe due to the high sugar content. Eggs incorporated into baked goods or crusts and cheeses mixed into bread doughs are considered safe. Cream cheese filling or melted cheese toppings may result in an unsafe food product by the time the item is judged due to unpredictable heat/and or weather conditions and will be disqualified. Improperly canned or potentially hazardous food items will be disqualified.

NUTRITION, FOOD AND FOOD PRESERVATION

DIVISION 403 - ROAD TO GOOD COOKING

CLASSES

Class 900 (E 403 900) - Oatmeal Cookies

Class 901 (E 403 901) - Other

Class 902 (E 403 902) - Other

NUTRITION, FOOD AND FOOD PRESERVATION

DIVISION 401 - SIX EASY BITES

CLASSES

Class 1 (E 401 1) - Cookies (any recipe) - Four on a paper plate

Class 2 (E 401 2) - Muffins (any recipe) - Four on a paper plate.

Class 900 (E 401 900) - Other

Class 901 (E 401 901) - Other

PREMIUMS:

Purple - \$1.50

Blue - \$1.25

Red - \$1.00

White - \$.75

NUTRITION, FOODS AND FOOD PRESERVATION

DIVISION 402 - FAST FOODS

CLASSES

Class 1 (E 402 1) - Coffee Cake (any recipe or shape, non yeast product) - At least 3/4 of baked product. May be exhibited in a disposable pan. Include menu for a complete meal where this recipe is served.

Class 2 (E 402 2) - Cost Comparison Exhibit - Exhibit must include a food product made from scratch and a cost comparison to a similar commercial pre-made item (for example, homemade cinnamon rolls compared to a premade cinnamon roll purchased at the store). Supporting information needs to include the cost of the food item made compared to the commercial product and the recipe for the homemade food item. See pages 22-35 of Fast Foods Manual relating to the Grocery Store Tour and the Store Shopper Tip Sheet listed on page 31. If 4-H'er doesn't exhibit a food item in this class, it will be lowered a ribbon placing.

Class 3 (E 402 3) - Food Technology Exhibit - Exhibit must include a food product prepared using new technology or a non-traditional method (i.e. bread machine, cake baked in a convection oven, baked item made in microwave, etc.) Entry must include supporting information that discusses new method and how it compares with traditional method. If 4-H'er doesn't exhibit a food item in this class, it will be lowered a ribbon placing.

Class 4 (E 402 4) - Fast Foods Menu Planning - 4-H'er develops exhibits that aid in menu planning. May be a menu plan that is developed for at least five meals, a recipe file, or a poster that is related to what is learned in the Fast Foods project. Consider creativity and neatness. Menu plan may be mounted on colored paper or poster board, or display in clear plastic binder. Refer to pages 16-19 and 60-63 in the Fast Foods Manual. Attach an evaluation found on page 64 for two or more of the menus you have prepared.

Class 5 (E-402 5) - Fast Foods Recipe File - Collection of 10 recipes from any source. Each recipe must accompany a complete menu in which the recipe is used. An additional 10 recipes may be added each year 4-H'er is in the project, with year marked clearly on recipes. Display in recipe file or in a binder. Be sure to include the number of servings or yield of each recipe.

Class 900 (E 402 900) - Other

Class 901 (E 402 901) - Other

NUTRITION, FOODS AND FOOD PRESERVATION

NUTRITION, FOODS AND FOOD PRESERVATION

DIVISION 300 - YOUTH IN MOTION

CLASSES

Class 1 (E 300 1) - YOUth in Motion Poster, Scrapbook, or Photo Display about the 4-H'ers family or self-involved in a physical activity or concept/lesson involving this project. This might contain pictures, captions, and/or reports about the physical activity the individual or family did as a result of taking this project.

Class 2 (E 300 2) - Activity Bag - A duffel bag or backpack that the 4-H'er packs so that they are always prepared to be active and make healthy food choices. May include proper workout attire, a healthy beverage or snack, a notebook or goal sheet, etc. Make sure all items are clean, clearly labeled and an explanation of why it is included in this Activity Bag. DO NOT put valuable items (i.e. electronics) in Activity Bag, instead use a picture of the item or include in the listing of items.

Class 3 (E 300 3) - YOUth in Motion Healthy Snack Recipe File - Collection of 10 recipes from any source. Each recipe must accompany a complete snack menu in which the recipe is used, following the idea that a healthy snack includes foods from at least two different food groups. An additional 10 recipes may be added each year 4-H'er is in project with year clearly marked on recipes. Consider creativity and neatness. Display in recipe file or box, or in a binder. Be to include the number of servings for each recipe.

Class 4 (E 300 4) -Healthy Lifestyle Interview - Interview someone in your life that you admire that is physically active or has a healthy lifestyle. Why do they enjoy their exercise program or lifestyle choices? What are their goals? Why do you admire them? Maximum of two pages, one sided write up an interview with someone who has an active exercise program. Consider creativity and neatness. Mount on colored paper or poster board, or display in a binder. Include a picture of the person interviewed. (May be laminated to preserve exhibit). Overall size of mounted exhibit should be no larger than 9 x 12 inches.

Class 5 (E 300 5) - Healthy Snack - See ideas for non-perishable snacks on page 36. Four cookies, bars, muffins, etc., on a paper plate, or at least 1 cup of mix, (examples might include: granola bars, homemade crackers or chips.) Supporting information to include the recipe and snack menu, and why this snack menu might be considered a healthy snack.

Class 900 300 900) - Other

Class 901 (E 300 901) - Other

PREMIUMS:

Purple - \$1.50 Blue - \$1.25
Red - \$1.00 White - \$.75

NUTRITION, FOODS AND FOOD PRESERVATION

DIVISION 410 - TASTY TIDBITS

CLASSES

Class 1 (E 410 1) - Healthy Baked Product - Baked good must be made with less sugar, fat or salt, or altered using a sugar or fat substitute Exhibit must include 3/4 of baked product or 4 muffins or cookies on a paper plate. May be baked in a disposable pan. . *Include original recipe and altered recipe.* Tell what you learned about products made from a altered recipe in supporting information.

Class 2 (E 410 2) - Creative Mixes - (any recipe, at least 3/4 of baked product or 4 muffins or cookies on a paper plate. May be baked in a disposable pan). Baked item made from a mix (commercial or homemade mixes acceptable). Food product must have been modified to make a new or different baked item. (Ex. Poppyseed Quick Bread from a cake mix, cake mix cookies, sweet rolls made from ready made bread dough, monkey breads from biscuit doughs, Streusel Coffee Cake from a cake mix, etc.). **Tell what you learned about making this product using a pre-measured mix instead of a recipe from scratch. Does it make it better or easier to use a mix?**

Class 3 (E 410 3) - Biscuits - Four biscuits on a small paper plate. This may be any type of biscuit - rolled, dropped, any recipe. Recipe must be a non-yeast product baked from scratch.

Class 4 (E 410 4) - Foam Cake - original recipe (no mixes) of at least 3/4 of the cake. Foam cakes are cakes that have a high ratio of eggs to flour and fall into three categories: angel food cakes, or meringues; sponge or jelly roll cakes; and chiffon cakes.

Class 900 (E 410 900) - Other

Class 901 (E 410 901) - Other

PREMIUMS:

Purple - \$1.50 Blue - \$1.25
Red - \$1.00 White - \$.75

NUTRITION, FOODS AND FOOD PRESERVATION

DIVISION 411 - YOU'RE THE CHEF

Any bread item prepared or baked using a bread machine should be entered under the Fast Foods-Food Technology exhibit. All exhibits made in the You're The Chef and Foodworks Project Areas must have been prepared without the assistance of a bread machine for mixing, raising, or baking the food item.

CLASSES

Class 1 (E 411 1) - Loaf Quick Bread (any recipe) - At least 3/4 of a standard loaf displayed on a paper plate. Quick bread is any bread that does not require kneading or rising time and does NOT include yeast. A standard quick bread loaf measures approximately 8 1/2" x 4 1/2" or 9" x 5".

Class 2 (E 411 2) - White Bread (any yeast recipe) - At least 3/4 of a standard loaf displayed on a paper plate.

Class 3 (E 411 3) - Whole Wheat or Mixed Grain Bread (any yeast recipe) - At least 3/4 of a standard loaf displayed on a paper plate.

Class 4 (E 411 4) - Specialty Rolls - (any yeast recipe) -4 rolls on a paper plate. May be sweet rolls, English Muffins, Kolaches, Bagels, or any other sweet roll recipe.

Class 5 (E 411 5) - Dinner Rolls (any yeast recipe) - 4 rolls on a paper plate. May be Clover Leaf, Crescent, Knot, Bun, Bread Sticks, or any other type of dinner roll.

Class 900 (E 411 900) - Other

Class 901 (E 411 901) - Other

PREMIUMS:

Purple - \$1.50

Blue - \$1.25

Red - \$1.00

White - \$.75

NUTRITION, FOODS

PRESERVATION

DIVISION 413 - FOOD WORKS

Any bread item prepared or baked using a bread machine should be entered under the Fast Foods-Food Technology exhibit. All exhibits made in the You're The Chef and Foodworks Project Areas must have been prepared without the assistance of a bread machine for mixing, raising, or baking the food item.

CLASSES

Class 1 (E 413 1) - Double Crust Fruit Pie - Made with homemade fruit filling. No egg pastries or cream fillings. No canned fillings. May be a double crust, crumb, or lattice topping. Using an 8- or 9-inch disposable pie pan is recommended. This exhibit will be on display only briefly during the actual run of the State Fair. □(Extra pies can be taken into the Extension Fair Office for a taste test by the staff).

Class 2 (E 413 2) - Cultural Food Display Exhibit - Baked product from another country or culture with at least one accessory typical of the country or culture. The name of the country or culture should be a prominent part of the display. Include the recipe of the baked item. Explain what was learned about the country or culture, the food item, what makes this recipe unique, and when this recipe is served. Attach to the recipe card. Attach exhibitor's name and county/culture to the display, each accessory item and recipes cards. Display in a suitable container that allows for item to be transported and displayed. Should be displayed in an area no larger than 12" deep by 15" wide x 10" high. Accessory items should be securely attached. Exhibit will be judged on creativity and imagination. Consider accessories other than dolls. Baked item will be sampled by judges. So it should be bread, rolls, cookies, etc., not casseroles, cream pies, etc. State Fair Board is not responsible for lost or stolen accessories.

Class 3 (E 413 3) - Cultural Food Exhibit (any recipe) - Four cookies, bars, muffins, etc., on a paper plate. The name of the country or culture or region should be included as part of the supporting information with the recipe.

Class 4 (E 413 4) - Cooking Up A Career - Find someone you know who works in a catering business, local restaurant, health care food service, works as a Registered Dietitian, or any other food or nutrition related industry. What do they do? How much education do they need? Why did they choose this profession? What is the most enjoyable thing about their chosen profession? Maximum of two pages, one sided write up of an interview with a caterer. Consider creativity and neatness. Mount on a 9"x12" colored paper or poster board, or display in clear plastic binder. Include a picture of the person interviewed. (May be laminated to preserve exhibit.) Overall size of mounted exhibit should be no larger than 9 x 12 inches.

Class 5 (E 413 5) - Specialty Bread (any recipe made with yeast) - Tea rings, braids, or any other specialty bread products must be exhibited whole.

Class 6 (E 413 6) - Specialty Pastry (any recipe) - pie tarts, puff pastry, phyllo doughs, scones, biscotti, choux, croissants, Danish, strudels. Phyllo dough may be pre-made or from scratch. Four on a plate or at least 3/4 of baked product. Pastries made with cream or egg based fillings will be disqualified.

Class 900 (E 413 900) - Other

Class 901 (E 413 901) - Other

PREMIUMS:

Purple - \$1.50

Blue - \$1.25

Red - \$1.00

White - \$.75

**NUTRITION, FOODS AND FOOD
PRESERVATION - DIVISION 414 - NUTRITION/FITNESS & YOUTH
CLASSES**

Class 900 (E 414 900) - Nutritional Snack
Class 901 (E 414 901) - Poster on Nutrition
Class 902 (E 414 902) - Other
Class 903 (E 414 903) - Other

PREMIUMS:

Purple - \$1.50 Blue - \$1.25
Red - \$1.00 White - \$.75

**NUTRITION, FOODS AND FOOD PRESERVATION
DIVISION 415- CAKE DECORATING
CLASSES**

BEGINNING CLASSES

Class 900 (E 415 900) - Exhibit one layer cake decorated with techniques learned in the beginning project. The cake should be removed from the pan before it is decorated. The cake **MUST** be decorated with frosting only. **NO** artificial decorations (plastic, candles, etc.) may be used. Cakes will be judged on neatness and techniques.
Class 901 (E 415 901) - Set of 4 buttercream techniques such as borders, leaves, writing, stars, learned in the beginning project piped on a 8" x 10" covered cardboard.
Class 902 (E 415 902) - Three page folder containing descriptions of 3 cakes you have decorated during the current project year. Include a sketch or picture. One cake description and sketch per page.
Class 903 (E 415 903) - Other

ADVANCED CLASSES

Class 904 (E 415 904) - Exhibit one cake utilizing originality in design and advanced techniques. Decoration can be added to enhance the design of the cake (for example, wedding bells, doves, candles, etc.). Cake in this category will be judged on originality of design, techniques used, and neatness.
CLASS 905 (E 415 905) - Set of 4 buttercream techniques using a combination of two tips such as borders with 2 tips, flower with leaves and/or stems, figure piping, on a 8" x 10" covered cardboard.
CLASS 906 (E 415 906) - Five page folder containing descriptions of 5 cakes you have decorated during the current project year. Include a sketch or picture. One cake description and sketch per page.
CLASS 907 (E 415 907) - Other

PREMIUMS:

Purple - \$1.50 Blue - \$1.25
Red - \$1.00 White - \$.75

**NUTRITION, FOODS & FOOD PRESERVATION - DIVISION 407 – FOOD PRESERVATION
FOOD PRESERVATION RULES**

B. ENTRIES PER INDIVIDUAL - the 4-H'er must be enrolled in the project to be able to exhibit.
 COUNTY FAIR - 4-H'er may take one exhibit per class.
 STATE FAIR - One entry per exhibitor per class. Each 4-H'er is limited to a total of three (3) exhibits in Food Preservation.
C. PROCESSING METHOD - Current USDA processing methods must be followed for all food preservation. Jam, preserves and marmalades, fruit, tomatoes and pickled products must be processed in a boiling water bath. (Tomatoes may be processed in a pressure canner). All non-acid vegetables and meats must be processed in a pressure canner. Spoilage or open container disqualifies entry.
D. UNIFORMITY - Jars and type of lid should be the same size, all small or large, not necessarily the same brand. Half pint jars may be used for jellies and preserves. The jars are not to be decorated by the exhibitor in any way. Canning jars must be used - others will be disqualified. No one-fourth pint jars allowed. Leave jar rings on for fair display. It helps protect the seal. No zinc lids. Improperly canned or potentially hazardous food items will be disqualified.

E. LABELING - Label jars with name of product, type of pack (hot or cold), processing method and time, pounds of pressure (low acid food), altitude where product was processed, name and county of exhibitor. Write plainly on a label and paste or tape securely on jar bottom. Specialized sticky labels not required. Label dried food articles with recipe and method of pretreatment, drying method and drying time. Write plainly on label and paste or tape securely to back of a self sealing bag. Securely attach official entry card to exhibit. Multiple jar exhibits should be contained in a small undercoated box. Use a rubber band or 'twisty' to keep exhibit containing 3 self sealing bags together. Be sure to adjust time and pressure for county altitude. F. RECIPE - All food preservation entries must include recipe and source of recipe. G. CURRENT PROJECT - All canning must be the result of this year's 4-H project, since September 1, 2009.

H. CRITERIA FOR JUDGING - Exhibits will be judged according to score sheets available at your local extension office. Incomplete exhibits will be lowered a ribbon class. Canned food items not processed according to altitude in the county will be lowered one class ribbon. Check with your local extension office for your county's altitude and how that affects food processing times and pounds of pressure

I. The State Fair Board is not responsible for lost, damaged or broken exhibits.

CLASSES

Class 1 (E 407 1) - Dried Fruit - Exhibit 3 different examples of dried fruit. Place each dried fruit food (6-10 pieces of fruit, minimum 1/4 cup) in separate self sealing bags. Use a rubberband or "twisty" to keep exhibit together. See Rule E for special labeling instruction

Class 2 (E 407 2) - Fruit Leather - Exhibit 3 different examples of 3 different fruit leathers. Place a 3-4" sample of each fruit together in separate self sealing bags. Use a rubberband or "twisty" to keep exhibit together. See Rule E for special labeling instructions.

Class 10 (E 407 10) - Dried Vegetables - Exhibit 3 samples of dried vegetables. Place each food (1/4 cup of each vegetable) in a separate self sealing bag. Use a "twisty" to keep exhibit together. See Rule E for special labeling instructions.

Class 11 (E 407 11) - Dried Herbs - Exhibit 3 samples of dried herbs. Place each food (1/4 cup of each herb) in a separate self sealing bag. Use a "twisty" to keep exhibit together. See Rule E. for special labeling instructions.

Class 12 (E 407 12) - 1 Jar Fruit Exhibit - One jar of a canned fruit. See Rule E. for special labeling instructions.

Class 13 (E 407 13) - 3 Jar Exhibit - 3 jars of different canned fruits. May be three different techniques for same type of product. Ex. Applesauce, canned apples, apple pie filling, etc. See Rule E for special labeling instructions.

Class 14 (E 407 14) - 1 Jar Tomato Exhibit - One jar of a canned tomato product. See Rule E for special labeling instruction.

Class 15 (E 407 15) - 3 Jar Tomato Exhibit - Exhibit 3 different canned tomato products (salsa, sauces without meats, juice, stewed, etc.) - See Rule E for special labeling instructions.

Class 20 (E 407 20) - 1 Jar Vegetable or Meat Exhibit - One jar of a canned vegetable or meat. Include only vegetables canned in a pressure canner. See Rule E. for special labeling instructions.

Class 21 (E 407 21) - 3 Jar Exhibit - Three jars of different kinds of canned vegetables. Include only vegetables canned in a pressure canner. See Rule E. for special labeling instructions.

Class 22 (E 407 22) - Quick Dinner - Exhibit a minimum of 3 jars to a maximum of 5 jars (all the same size) plus menu. Meal should include 3 canned foods that can be prepared within an hour. List complete menu on a 3" x 5" file card and attach to one of the jars. See Rule E. for special labeling instructions.

Class 30 (E 407 30) - 1 Jar Pickled Exhibit - One jar of a pickled and/or fermented product. See Rule E. for special labeling instructions.

Class 31 (E 407 31) - 3 Jar Exhibit - Three jars of different kinds of canned pickled and/or fermented products. See Rule E. for special labeling.

Class 40 (E 407 40) - 1 Jar Jelled Exhibit - One jar of a jam, jelly or marmalade. See Rule E. for special labeling instructions.

Class 41 (E 407 41) - 3 Jar Jelled Exhibit - Three different kinds of jelled products. Entry may be made up of either pints or half pints (but all jars must be the same size). Entry must be processed in the boiling water bath according to current USDA recommendations. See Rule E. for special labeling instructions.

Class 900 (E 407 900) - Other

PREMIUMS:

Purple - \$2.00

Blue - \$1.75

Red - \$1.50

White - \$1.25

DIVISION 416 - FAVORITE FOOD FARE

If your Favorite Food Exhibit receives Champion or Reserve Champion you will need a name tag and photo (if available) on your table display at the Holt County Fair.

CLASSES:

Class 900 (E 416 900) - Junior Division - Ages 8 - 10

Class 901 (E 416 901) - Intermediate Division - Ages 11 - 13

Class 902 (E 416 902) - Senior Division - Ages 14 & Up

PREMIUMS:

Purple: \$1.50

Blue: \$1.00

Red: \$.75

White: \$.50