

# 4-H FOODS & NUTRITION

\*\*\*NEW Place and Time\*\*\*

Judging to take place @ Stafford Recreation Annex, Stafford beginning at 9:00 a.m. Wednesday, July 15, 2020. A judging schedule will be sent out in 2020 with additional instructions.

1. READ GENERAL RULES & REGULATIONS.
2. Class 41750-417504 Place Setting are open to ALL phases and are NOT required for completion of a project.
3. A member may make 1 entry per class. Pre-entry is required for all exhibits.
4. Recipes in the foods' project books are only guidelines. Comparable recipes from other sources may be used.
5. **Copies of recipes are required to be with the exhibit or the product will not be judged.** Secure recipe to bag with tape or twist tie. Recipes can be handwritten or computer generated.

**NOTE: NO MIXES IN RECIPES** except in the Beginner Division. Beginners must indicate "mix" on entry card. (EG. Cake mixes, cookie mixes) **All products for Intermediate and Senior levels must be made from scratch.**

6. For food safety purposes, any food with custard and dairy-based fillings and frostings (ex. Cream cheese), raw eggs, flavored oils, "canned" bread or cakes in a jar, cut fresh fruit or any food requiring refrigeration (ex. Bacon), or unbaked exhibit with raw flour (ex. No-Bake Cookies) will be disqualified and not judged. Refer to K-State Research and Extension publication, 4-H888, Judge's Guide for Food and Nutrition Exhibits for more information to help you make informed, safe food decisions.
7. Alcohol (ex. Wine, beer, and hard liquor) is not allowed as an ingredient in food entries. Entries with alcohol in the recipe will be disqualified and not be judged.
8. All baked goods must be left whole and uncut. Small items, such as cookies or rolls, should be the same shape and from the same recipe.
9. All unfrosted cakes shall be exhibited in upright position with top crust showing except for those cakes made with special designs such as Bundt cakes. They should have top crust side down.
10. All exhibits are to be labeled when entered. Labels are available from the Extension Office and should be pasted on the bottom side of the plate or cardboard.

**NOTE:** The product should also be labeled with the name of the product, being specific. This is for the Food sale ONLY. (Example: Banana Nut Bread, Whole Wheat Raisin Bread)

11. Any baked product that can be removed from the pan should be placed on a desirable size disposable plate, covered cardboard cut to fit the size of the product, or disposable container of appropriate size for the exhibit.
12. Pies & Coffee Cakes are required to be in disposable pans.
13. Exhibits should be in food grade plastic bags, disposable plastic container or boxes of appropriate size for the exhibit. The container is not judged.
14. All champion and reserve champion products are eligible to be sold during the Premium Auction. Refer to Premium Auction General Rules & Regulations for details.
15. Educational Exhibits in Foods & Nutrition division can be a poster, notebook, or display showing and describing something learned, a project activity done, a food-nutrition community service program, etc., should relate to things done in the project in which member is enrolled. Please see Notebooks, Posters & Self Determined Department for classes.

## AWARDS:

Overall Grand Champion Trophy

Overall Reserve Grand Champion Trophy

# BEGINNING FOODS (7-9 yrs)

## CLASS:

- 417001—Cookies/Brownies in a Jar:** Made from one recipe  
**417002—No Bake Cookies, 3 Samples:** Made from one recipe (no raw flour)  
**417003—Cookies, 3 Samples:** Made from one recipe, mix or scratch  
**417004—Muffins, 3 Samples:** Made from one recipe, mix or scratch  
**417005—Cake - Single Layer, Batter:** 1 whole product 8" or 9" round or square, unfrosted - NO TOPPINGS, from a mix or from scratch  
**417006—Snack Mix/Granola:** 1 cup  
**417007—Cupcake, 3 Samples:** Frosted with liner, from mix or scratch  
**417008—Food Flop:** Just for fun! Bread not rise, cake fell, yeast rolls resemble door stops? If so, bring it in to be evaluated! This could be your most educational exhibit—learn from your mistakes. No ribbons or premiums will be awarded.

\*Notebook, Poster, Educational Display - Any Individual Project

# INTERMEDIATE FOODS (10-13 yrs)

## CLASS:

- 417101—Cookies, 3 Samples:** Made from one recipe  
**417102—Quick Bread, 1 Loaf:** Fruit or nuts may be added  
**417103—Muffins, 3 Samples:** Made from one recipe, fruits or nuts may be used  
**417104—Decorated Cupcake:** Frosted with liner, 3 samples  
**417105—Cake - Single Layer Batter:** 8" or 9" Round or square, frosted or unfrosted - NO TOPPINGS  
**417106—Bundt Cake:** 1 whole product  
**417107—Specialty Bread:** 1 whole product (tea ring, 3 sweet rolls, cinnamon bread, Sourdough, 3 pretzels, 3 bread sticks, etc.)  
**417108—Coffee Cake:** 1 whole product, NO YEAST  
**417109—1 Loaf or 3 Rolls Yeast Bread:** White  
**417110—1 Loaf or 3 Rolls Yeast Bread:** Any grain  
**417111—Food Flop,** Just for fun! Bread not rise, cake fell, yeast rolls resemble door stops? If so, bring it in to be evaluated! This could be your most educational exhibit—learn from your mistakes. No ribbons or premiums will be awarded.

\*Notebook, Poster, Educational Display - Any Individual Project

# ADVANCED FOODS (14+ yrs)

## CLASS:

- 417201—Cookies, 3 Samples:** Made from one recipe  
**417202—Muffins, 3 Samples:** Made from one recipe, fruits or nuts may be used  
**417203—Quick Bread:** 1 loaf, fruit or nuts may be added  
**417204—Cake:** Two layer batter, frosted, 8" or 9" round or square  
**417205—Coffee Cake:** 1 whole product, NO YEAST  
**417206—1 Loaf or 3 Rolls Yeast Bread:** White  
**417207—1 Loaf or 3 Rolls Yeast Bread:** Any grain  
**417208—Specialty Bread:** 1 whole product (tea ring, 3 sweet rolls, cinnamon bread, Sourdough, 3 pretzels, 3 bread sticks, etc.)  
**417209—Angel Food Cake:** 1 whole product  
**417210—Yellow Sponge Cake:** 1 whole product  
**417211—Chiffon Type Cake:** 1 whole product  
**417212—Bundt Cake:** 1 whole product  
**217213—Fruit Pie:** 2 crust, 1 whole product, NO CREAM PIES OR CANNED FILLINGS ACCEPTED  
**217214—Food Flop:** Just for fun! Bread not rise, cake fell, yeast rolls resemble door stops? If so, bring it in to be evaluated! This could be your most educational exhibit—learn from your mistakes. No ribbons or premiums will be awarded.

\*Notebook, Poster, Educational Display - Any Individual Project

## SENIOR ADVANCED FOODS

### CLASS:

**417301—Quick Bread:** 1 loaf

**417302—Cake:** 2 layer batter, 1 whole product, 8" or 9" round or square, frosted

**417303—White Yeast Bread:** 1 loaf or 3 rolls, made from one recipe

**417304—Yeast Bread:** 1 loaf or 3 rolls, made from one recipe, any grain

**417305—Specialty Bread:** 1 whole product (tea ring, 3 sweet rolls, cinnamon bread, Sourdough, 3 pretzels, 3 bread sticks, etc.)

**417306—Angel Food Cake:** 1 whole product

**417307—Yellow Sponge Cake:** 1 whole product

**417308—Chiffon Type Cake:** 1 whole product

**417309—Bundt Cake:** 1 whole product

**417310—Fruit Pie:** 2 crust, 1 whole product, NO CREAM PIES OR CANNED FILLINGS ACCEPTED

**417311—Food Flop:** Just for fun! Bread not rise, cake fell, yeast rolls resemble door stops? If so, bring it in to be evaluated! This could be your most educational exhibit—learn from your mistakes. No ribbons or premiums will be awarded.

\***Notebook, Poster, Educational Display** - Any Individual Project

### CLASS:

**417501—Junior:** Snack Menu included on a 3 x 5 card

### INTERMEDIATE, SENIOR & SENIOR ADVANCED

Plan a menu chosen appropriate for Intermediate, Senior, or Senior Advanced 4-H member in the foods project. Plan the menu for a meal of your choice. Menu should focus on the new *My Plate* guide for a nutritious diet, showing moderate use of fats, sodium and sugar. Menu should be placed on a 8 1/2 x 11 sheet of paper and should correlate with centerpiece and decorations used. Computer generated graphics and pre-printed paper are suitable for use.

### JUDGING GUIDE FOR PLACE SETTINGS FOR LEVELS INTERMEDIATE, SENIOR & SENIOR ADVANCED 100 POINTS POSSIBLE

- 20 - Menu
- 20 - Correlation of appointments
- 20 - Placement of appointments
- 20 - Centerpiece
- 20 - Originality

### CLASS:

**417502—Intermediate**

**417503—Senior**

**417504—Senior Advanced**

## FOOD GIFT PACKAGE

A food gift package MUST contain at least 3 different food items (prepared for human consumption), made by the 4-H member, in a suitable container no larger than 18" x 18" x 18". Prepared food items must have recipes attached with the entry. Additional home-made food items beyond the 3 minimum, or purchased items may also be included in the gift basket. On the back of a 3" x 5" card, answer these questions: a) What is the intended use; b) What food safety precautions were taken during and after preparation? This entry will count as a non-perishable food product, not as an educational exhibit. Home canned foods must follow Food Preservation rules. Canning jars should not be used for baking per manufacturer's instructions—they could break during baking. A decorated food item MUST BE a food item, not a decorated box. No alcoholic beverages are allowed in the exhibit.

### CLASS:

**417401—Intermediate:** Food Gift Package

**417402—Advanced:** Food Gift Package

**417403—Sr. Advanced:** Food Gift Package

## PLACE SETTING

### JUNIOR

Plan a menu chosen appropriate for a Junior member in the foods project. Plan the menu for a snack of your choice. Menu should focus on the new *My Plate* guide for a nutritious diet, showing moderate use of fats, sodium and sugar. Menu should be placed on a 3 x 5 card and should correlate with decorations used. No centerpiece is required. Computer generated graphics and pre-printed paper are suitable for use.

### JUDGING GUIDE FOR PLACE SETTINGS FOR JUNIOR LEVEL 100 POINTS POSSIBLE

- 25 - Menu
- 25 - Correlation of appointments
- 25 - Placement of appointments
- 25 - Originality

