

4-H AND FFA HOME PRODUCED PRODUCTS

1. Each article must have been made or grown by a 4-H or FFA member within the current year.
2. Each article should be part of the specific project(s) in which the member is enrolled within the current 4-H year.
3. Exhibitors can only enter one item in each class.
4. All posters must be 14x22", horizontal or vertical, and will be judged on the basis of visual impact, creativity, neatness and accuracy, and appropriateness of information. Please include member's name in top left corner on the back of the poster.
5. Reasonable care will be taken to protect all exhibits on display from all injury and damage. The fair is not responsible for accidents, loss or damage by water, fire, theft or otherwise, whatever may be the cause or extent of the damage or loss.

Section 15.1 - Foods and Nutrition

All food entries should be on paper plates or other disposable plates and covered with plastic wrap or Ziploc-style plastic bag.

	<i>1st</i>	<i>2nd</i>	<i>3rd</i>	<i>4th</i>
<u>CLASS</u>	\$3	\$2	\$1.50	\$1

CANNING - process and seal with recommended methods, two part lid. Exhibit one jar per class.

01. Fruit, Peaches
02. Fruit, Pears
03. Fruit, Cherries
04. Fruit, Other
05. Vegetables, Tomatoes
06. Vegetables, Tomato Juice
07. Vegetables, Green Beans
08. Vegetables, Pickles
09. Vegetables, Other
10. Jam
11. Jelly
12. Butter

YEAST BREADS ON THE RISE

13. Pretzels (4)
14. Yeast rolls (4)
15. Loaf or round of yeast bread (1)
16. Bread machine loaf (1) or rolls made in bread machine (4)
17. Poster showing ways to shape rolls

GLOBAL GOURMET

18. A dessert cake or bread from another country or culture (indicate country or culture and provide recipe with exhibit)
19. Poster giving information about foods from a country or culture outside the U.S.

Beginner 4-H Foods Project

SNACK ATTACK

20. Three oatmeal muffins
21. Popcorn trail mix (one cup) in a clear glass covered food container
22. Three peanut butter cookies
23. Poster on one of these topics: nutrient dense foods, choosing fruits and vegetables, reading nutrition labels, or snack selection.
24. Poster with record of your physical activity for a week, including time spent and type of activity.

4-H COOKING 101

25. Three granola bars
26. One coffee cake or one-layer quick mix yellow cake
27. Two brownies
28. Three bar cookies
29. Three drop cookies
30. Three no bake cookies
31. Poster on one of the following topics: MyPlate, sugar in soft drinks, using and cleaning electrical equipment, microwave safety, setting the table, or salad preparation.

SCIENCE FUN WITH KITCHEN CHEMISTRY

32. Poster on one of 11 food experiments in the project book. Include observations and/or results on the poster.

Intermediate 4-H Foods Project

4-H COOKING 201

33. One any-size loaf of one of the following basic quick bread variations: apple bread, banana bread, carrot-orange bread, orange nut bread, or whole grain bread. (The breads do not need to contain nuts.)
34. Three muffins
35. Three biscuits
36. One 9x9" snack cake
37. One 8x8x2" wacky (eggless) cake
38. Four bar cookies
39. Four drop cookies
40. Four filled cookies
41. Four no bake cookies
42. Four gobs

43. Poster on one of the following topics: Meal planning, cooking with ground beef, buying fruits and vegetables, or reading a food label.

GRILL MASTER

44. Poster on one of these topics: starting a charcoal or gas grill, using a meat thermometer, sauces and marinades, packing tips for grilling off-site, preparing a meal on a grill.
45. Foil pouch made as illustrated on page 42 in project book.
46. Charcoal grill (page 14 of project book) made by member.

BEYOND THE GRILL

47. Poster on one of the following topics: how to pack a cooler or an outdoor foods safety topic.
48. Notebook or collection of 5-10 recipes you have prepared in your project. Include one dutch-oven recipe.
49. Poster with outdoor party preparation timeline.

4-H COOKING 301

50. Three of one type of shaped roll, such as: bowknots, clover-leaf rolls, coils, crescents, fantans, figure-eights, horseshoes, lucky clover, Parkerhouse rolls, pinwheels, twin rolls, or twists using the basic dinner roll or whole wheat roll recipe.
51. Two soft pretzels
52. One loaf of basic yeast bread (white or other variety) or white batter bread
53. One round (or square) of cinnamon rolls (8" or 9" round or square cake pan size) with icing
54. One loaf (any type) of bread made in a bread machine.
55. One layer of one of the following cakes (not frosted): white cake, chocolate cake, oatmeal cake, or carrot cake.
56. Poster on one of the following topics: outdoor cooking, slow-cooking, yeast breads, types of flour, types of grain, making butter, or kitchen equipment.

Advanced 4-H Foods Project

4-H COOKING 401

57. One loaf of one of the following: German dark rye, French bread, or other yeast bread
58. Four pieces of one type of candy: cashew brittle, microwave peanut or pecan brittle caramels, marshmallow fudge, or toffee.
59. One small pastry tart (without filling) or four strips of baked pastry exhibited on a salad size paper plate.
60. One angel food cake, any flavor, without frosting or icing.
61. Poster on one of these topics: Cooking with a double boiler, cooking beans and peas, moist heat cooking methods, dry heat cooking methods, stir-frying, or fruit selection.

BREADS AROUND THE WORLD

62. One loaf or round bread made from a recipe that originates outside the U.S. (attach recipe).
63. Three of the same type of one of the following from a recipe that originates from another country or culture: pretzels, tortillas or other bread product. Indicate country of culture.
64. Poster on a specific bread and information about the country or culture the bread represents. Include recipe(s) on poster.

Section 15.2 - Cake Decorating

	<i>1st</i>	<i>2nd</i>	<i>3rd</i>	<i>4th</i>
CLASS	\$2	\$1.50	\$1.25	\$1
CAKE DECORATING - Unit I				
8" round "Dummy" cake with a rose bud, writing, and a border				
01. Beginner (ages 8-10)				
02. Intermediate (ages 11-14)				
03. Senior (ages 15 and over)				
CAKE DECORATING - Unit II				
"Dummy" cake of any shape with basket or lattice work and mixed borders				
04. Beginner (ages 8-10)				
05. Intermediate (ages 11-14)				
06. Senior (ages 15 and over)				
CAKE DECORATING - Unit III				
"Dummy" cake of any shape with apple blossoms and string work				
07. Beginner (ages 8-10)				
08. Intermediate (ages 11-14)				
09. Senior (ages 15 and over)				

10. CAKE DECORATING - Advanced

CUPCAKES - County Project

4 decorated cupcakes that represent a theme of your choice. Exhibit must include a card with the theme written on it. Judged on decorations only.

11. Beginner (ages 8-10)

12. Intermediate (ages 11-14)

13. Senior (ages 15 and over)

COOKIES - County Project

4 iced cookies that represent a theme of your choice. Exhibit must include a card with the theme written on it. Judged on decorations only.

DECORATED ICED COOKIES

14. Beginner (ages 8-10)

15. Intermediate (ages 11-14)

16. Senior (ages 15 and over)

