

## Department E - Foods and Nutrition

### Classes:

#### Division 401 - Six Easy Bites

Pay Category #5

- E-401-001 **Cookies** (any recipe)-Four on a paper plate.
- E-401-002 **Muffins** (any recipe)-Four on a paper plate.
- \*E-401-003 **Simple Snack** (any recipe) – (granola, trail mix, cereal based snack recipes, etc.) two bars on small paper plate or at least ½ cup of snack product in self-sealing zip lock bag.
- \*E-401-004 **Brownie Cents** - four unfrosted brownies (2 made from scratch and 2 made from a mix). Exhibit with answers to questions on page 23 in manual under “Kitchen Talk”. Label brownies made from scratch.

#### Division 402 - Fast Foods!

Pay Category #5

- E-402-001 **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.
- E-402-002 **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-Her doesn't exhibit a food item in this Class, it will be lowered a ribbon placing
- E-402-003 **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 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-Her doesn't exhibit a food item in this class, it will be lowered a ribbon placing.
- E-402-004 **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 a 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.
- E-402-005 **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 project, with year clearly marked on recipes. Display in recipe file or in a binder. Be sure to include the number of servings or yield of each recipe.
- \*E-402-006 **Fast Food Baked Product** – Use five to seven ingredients to make a “quick” baked product. May be any recipe. Prepackaged products may be used in recipe, ex. Refrigerated dinner roll, pre-made bread dough, etc. Display proper amount of food item (4 on a plate or ¼ or more of baked item). Supporting information must include experiences in making a fast food baked product.

#### Division 300 - YOUTH in Motion

Pay Category #5

- E-300-001 **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.
- E-300-002 **Activity Bag** – A duffle 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 the 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.
- E-300-003 **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 sure to include the number of servings or yield of each recipe.
- E-300-004 **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 of an interview with someone who has an active exercise program. Consider creativity and neatness. Mount on colored paper or poster board, or display in 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.
- E-300-005 **Healthy Snack** – see ideas for non-perishable snacks on pg 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 recipe and snack menu, and why this snack menu might be considered a health snack.

#### Division 410 - Tasty Tidbits

Pay Category #5

- E-410-001 **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 an altered recipe in supporting information.
- E-410-002 **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.). Write what you learned about making this product using a mix instead of a homemade recipe or recipe “from scratch”. Does it make it better or easier to use a convenience product or mix?

- E-410-003 **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.
- E-410-004 **Foam Cake** – original recipe (no mixes) of at least ¾ 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.
- \*E-410-005 **Interview** a person who works in a food related job. Maximum of two pages, one sided neatly handwritten write up of an interview with a person who works in a food related job. Consider creativity and neatness. Mount on a 9"x12" colored paper or poster board. Include a picture of the person interviewed. (May be laminated to preserve exhibit.) Overall size of mounted exhibit should be no larger than 9x12 inches.

#### Division 411 - You're The Chef

#### Pay Category #4

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 of the food item.

- E-411-001 **Loaf Quick Bread** (any recipe) – At least ¾ 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 ½" x 4 ½" or 9" x 5".
- E-411-002 **White Bread** (any yeast recipe) - At least ¾ of a standard loaf displayed on a paper plate.
- E-411-003 **Whole Wheat or Mixed Grain Bread** (any yeast recipe) - At least ¾ of a standard loaf displayed on a paper plate.
- E-411-004 **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.
- E-411-005 **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.

#### Division 413 - Foodworks

#### Pay Category #4

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 of the food item.

- E-413-001 **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.
- E-413-002 **Cultural Foods Display Exhibit** - Baked product from another country or culture with at least one accessory typical of that 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. Write what you have 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.
- E-413-003 **Cultural Food Exhibit** (any recipe) - Four cookies, bars, muffins, etc., on a paper plate. The name of the country, culture or region should be included as part of the supporting information with the recipe.
- E-413-004 **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" X 12" 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.
- E-413-005 **Specialty Bread** (any recipe made with yeast) - Tea rings, braids, or any other specialty bread products must be exhibited whole.
- E-413-006 **Specialty Pastry** (any recipe) – pie tarts, puff pastry, phyllo doughs, scones, biscotti, choux, croissants, Danish, strudels. Four on a paper plate or at least ¾ of baked product. Phyllo dough may be pre-made or made from scratch. Pastries made with cream or egg based fillings will be disqualified. Four on a paper plate or least ¾ of baked product.