

Department 21: 4-H Food & Nutrition Projects

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1. See exhibitor rules at the front of the Fair book.
2. All posters must be 14"X 22" in size. All others will be disqualified. Each entry that is a display type exhibit shall be similar in size, unless otherwise stated in the project book. All others will be displayed on a space available basis only. Posters will be judged on the basis of visual impact, creativity, neatness, accuracy and appropriateness of information.
3. With permission, baked goods will be sold at auction on Saturday at 5:30 PM. Exhibit your items in a container that you do not need returned. Proceeds from the auction are used to make improvements to the exhibit buildings.

Premiums \$5, 4, 3

Dept 21 Section 1 - Food and Nutrition Project Area

Beginner 4-H Foods Projects:

Division 1 - Snack Attack

1. Popcorn trail mix (one-cup) in a clear glass food container
2. Three (3) peanut butter cookies
3. Three (3) oatmeal muffins
4. Poster on one of the following topics: nutrient dense foods, choosing fruits & vegetables, reading a nutrition label, or snack selection
5. Poster with a record of your physical activity for a week, including time spent and type of activity

Division 2 - 4-H Cooking 101

1. Three (3) granola bars
2. One coffee cake or a one-layer quick mix yellow cake
3. Two (2) brownies
4. Three (3) peanut butter cookies
5. Three (3) oatmeal drop cookies
6. Poster on one of the following topics: MyPlate, sugar in soft drinks, using & cleaning electrical equipment, microwave safety, setting the table, or salad preparation

Division 3 - Science Fun with Kitchen Chemistry

1. Poster on one (1) of the eleven food experiments in the project book. Include observations and results of experiments on the poster.

Intermediate 4-H Foods Projects:

Division 4 - 4-H Cooking 201

1. One (1) any-size loaf or one of the following variations of a basic quick bread in the project book: apple bread, banana bread, carrot-orange bread, orange nut bread, or whole grain bread
2. Three (3) cheese muffins without bacon
3. Two (2) biscuits
4. One 9" X 9" banana snack cake (may exhibit an 8" X 8" banana snack cake)
5. One 8" X 8" funny cake or wacky cake
6. Four (4) snickerdoodle cookies
7. Poster on one of the following topics: meal planning, cooking with ground beef, buying fruits and vegetables, or reading a food label

Division 5 - Grill Master

1. Foil pouch made as illustrated on page 42 of the project book
2. Poster providing organizational plan for grilling off-site (See page 37 of project book for example)
3. Charcoal grill made by member (instructions on page 14 of project book)

Division 6 - Beyond the Grill

1. Poster on one of the following topics: how to pack a cooler OR outdoor food safety
2. Notebook or collection of 5-10 recipes you have prepared in your project, include one Dutch-oven recipe
3. Poster with outdoor party preparation timeline

Division 7 - 4-H Cooking 301

1. Three (3) of one type of shaped roll, such as bowknots, cloverleaf rolls, coils, crescents, fan-tans, figure-eight, horseshoes, lucky clover, Parker house rolls, pinwheels, twin rolls, or twists using the basic dinner rolls or whole wheat roll recipe
2. Two (2) soft pretzels
3. One loaf of basic yeast bread (any variety)
4. One loaf of white batter bread
5. One round (or square) of cinnamon rolls (8- or 9-inch round or square pan size) with icing

6. One loaf (any type) of bread made in a bread machine
7. One layer of one of the following unfrosted cakes: white cake, chocolate cake, oatmeal cake, or carrot cake
8. Poster on one of the following topics: outdoor cooking, slow-cooking, yeast breads, types of flour, types of grains, making butter, kitchen equipment (large) OR kitchen gadgets

Advanced 4-H Foods Projects:

Div. 8 - 4-H Cooking 401

1. One loaf of one of the following: German dark rye, French bread, OR other yeast bread
2. Four (4) pieces of one type of candy: peanut or cashew brittle, microwave peanut or pecan brittle caramels, marshmallow fudge or toffee
3. One pastry tart (without filling) or four strips of baked pastry (exhibited on a salad size paper plate)
4. One angel food cake, any flavor, without frosting or icing
5. Poster on one of the following topics: cooking with a double boiler, cooking beans and peas, moist heat cooking methods, dry heat cooking methods, stir-frying, OR fruit selection

Division 9 Breads Around the World

1. One loaf or round bread made from a recipe that originates outside the U.S. - **Must attach recipe**
2. Three (3) of the same type of one of the following: pretzels, tortillas, or other bread product from a recipe that originates from another country or culture. Indicate country or culture.
3. Poster on a specific bread with information about the country or culture the bread represents. Include a recipe or recipes on poster.

4-H Opportunities Projects

Must provide a 4"x6" photo of entry(s) for the cake decorating project entries. They will be sold in auction.

Division 10 - Cake Decorating

1. Decorated cookie by 8 – 12 year old
2. Sugar mold decoration by 8 – 12 year old
3. Decorated single layer sheet cake or round - use real cake not a form, 8 - 12 year old
4. Decorated stacked or tiered cake - use real cake that can be sliced, 8 – 12 year old
5. Poster sharing a technique or skill learned in your project - 8 –12 year old
6. Decorated cookie - 13 – 18 year old
7. Sugar mold decoration - 13 – 18 year old
8. Decorated single layer sheet cake or round - use real cake not a form, 13 - 18 year old
9. Decorated stacked or tiered cake (use real cake that can be sliced, 13 – 18 year old
10. Poster sharing a technique or skill learned in your project - 13 – 18 year old

Division 11 - Self-Determined Foods & Nutrition - Do not exhibit entries that require refrigeration

1. Food product display; label contents of each item.
2. Poster or small display showing something the 4-H'er has learned completing this project.

Best of Show Awards

Champion Food & Nutrition Entry sponsored by Little Farmers 4-H Club..... Rosette and Trophy
Reserve Champion Food & Nutrition Entry sponsored by Tarot Bean Roasting Company..... Rosette and Trophy