

## DEPARTMENT 125 – FOODS AND NUTRITION

Face-to-face judging will be held as the exhibits are brought in on Tuesday between 12 noon and 6:00 PM. All foods and nutrition exhibitors should be present for face-to-face judging to maximize the 4-H project experience.

Select three items for face-to-face judging (members are advised to select entries that require immediate judging because of food safety or texture for face-to-face judging).

\*Recipe must come from project materials. Entries not from project materials must include recipe.

All perishable food will not be returned to the exhibitor. All posters and charts are 14x22 or 28x22.

Group "A"	Group "B"	Group "C"	Group "D"
\$1.75	\$1.50	\$1.25	\$1.00

### CLASS A – SIX EASY BITES - Open to members in grade 3-4

1. 3 drop cookies or 3 molded cookies or 3 bar cookies with recipe
2. Mama Mia Pizza Pocket (pg 7)
3. Granola bars (pg 10)
4. Homemade brownies (pg 16)
5. Micro-stuffed potato (pg 19)
6. Colossal chocolate crunch cookies (pg 20)
7. Mystery muffin (pg 22)
8. Fruit plate, 5 kinds of fruit, 1 serving
9. Poster
10. Any experiment from the book
11. Dehydrated fruit, 7 slices or ¼ cup
12. Dehydrated vegetable, ¼ cup

### CLASS B – TASTY TIDBITS - Open to members in grade 5-6

13. Arrangement of an assortment of 5 different vegetables around a container of homemade low-fat dip. (Include recipe)
14. Marinated vegetable salad (pg 8)
15. Nachos - make your own tortilla chips (pg 9)
16. Cocoa mix – bring mix and make 1 serving (pg 16)
17. Baking better batters – cake comparison – bring 4, corner square of each, one made with oil, one made with applesauce (pg 19)
18. Twisty pretzel – regular or cheese (pg 20)
19. Baking powder biscuits – any variety (pg 21)
20. Easy cheesy lasagna – 1 serving (pg 22)
21. It's So Easy ... one dish meal – 1 serving (pg 24)
22. Make your own yogurt (pg 28)
23. Going bananas – banana chips (pg 40)
24. Learning game created by member
25. Poster depicting a life skill from the book
26. Any experiment from the book
27. Dehydrated fruit, 7 slices or ¼ cup
28. Dehydrated vegetable, ¼ cup

### **CLASS C – YOU'RE THE CHEF - Open to members in grade 7-9**

29. Quick bread – ½ of a loaf including heel
30. Yeast bread – 1 loaf
31. Dried fruit
32. Dried vegetable
33. Canned fruit
34. Do a stir fry (pg 19)
35. Breadsticks for a crowd (pg 22)
36. Roll-up fruit leather (pg 36)
37. Jiffy jam (pg 37)
38. Pucker-up pickles (pg 38)
39. Make your own casserole (pg 12)
40. Poster depicting an activity or a life skill from the book
41. Any experiment from the book

### **CLASS D – FOODWORKS - Open to members in grade 10 and above**

42. Any yeast bread (1 loaf)
43. Any yeast roll – dinner or sweet (3 rolls)
44. Pie crust - 1 rolled crust (pg 24)
45. Any fruit pie – no canned pie filling (pg 24)
46. Jelly jamboree – without pectin (pg 40)
47. International food
48. Jerky
49. Canned vegetable
50. Canned fruit
51. Dehydrated fruit, 7 slices or ¼ cup
52. Dehydrated vegetable, ¼ cup
53. Fruit leather
54. Poster depicting an activity or a life skill from the book
55. Any experiment from the book

### **CLASS E – FOOD PRESERVATION – Open to members enrolled in the foods preservation project**

UW-Extension Safe Food Preservation publications must be used for the following entries.

1. Canned fruit jam, ½ pint (recipes – PUB B2909 pg 11)
2. Canned fruit jelly, ½ pint (recipes – PUB B2909 pg 16-17)
3. Tomato taco sauce, 1 pint (recipe – PUB B3570 pg 7)
4. Tomatillo salsa, 1 pint (recipe – PUB B3570 pg 9)
5. Tomatoes, whole or halves, in water pack, 1 quart (recipe – PUB B2605 pg 14)
6. Meatless spaghetti sauce, 1 quart (recipe – PUB B2605 pg 20)
7. Dill pickles, fresh pack, 1 quart (recipe – PUB B2267 pg 12)
8. Bread and butter pickles, 1 pint (recipe – PUB B2267 pg 16)
9. Canned meat dish, 1 pint (recipe – PUB B3345 pg 5-6)
10. Canned meat, hot pack method, 1 quart (recipe – PUB B3345 pg 7-8)
11. Canned meat, raw pack method, 1 quart (recipe – PUB B3345 pg 7-8)
12. Canned fruit, raw pack method, 1 pint (recipe – PUB B0430 pg 5-7)
13. Canned fruit, hot pack method, 1 pint (recipe – PUB B0430 pg 5-7)
14. Canned fruit pie filling, 1 quart (recipe – PUB B0430 pg 9-11)
15. Canned vegetables, hot pack method, 1 pint (recipe – PUB B1159 pg 15-21)
16. Canned vegetables, raw pack method, 1 pint (recipe – PUB B1159 pg 15-21)
17. Dehydrated fruit, ½ cup (recipe – PUB B3347 pg 17)

- Dehydrated vegetable, ½ cup (recipe – PUB B3347 pg 18-20)

**CLASS F – CAKE DECORATING**

**Open to members in grades 3-6 enrolled in Food & Nutrition**

- Decorated cake
- Decorated cake (simple from molded pan)
- Birthday cake
- Tiered cake with separator no larger than 10" base

**Open to members in grades 7 and up enrolled in Food & Nutrition**

- Decorated cake
- Decorated cake (simple from molded pan)
- Birthday cake
- Tiered cake with separator no larger than 10" base

**CLASS G – FOODS REVUE**

Please see the judging schedule for the date and time for the Foods Revue Judging.

The members will exhibit a favorite food item, as it would be served using place setting, centerpiece, and placemat or tablecloth. A recipe and menu card must be written on a 4x6 card.

Food Revue Score Card – Points:

The food – appetite appeal .....	25
The menu – balanced, suitable for occasion.....	20
The service – overall effect, suitable, attractive .....	20
The participant – appearance, ability to answer questions relating to understanding of preparation, meal planning, daily .....	35
Total .....	100

Group "A"	Group "B"	Group "C"	Group "D"
\$3.00	\$2.50	\$2.25	\$2.00

- Open to members enrolled in Class A – Six Easy Bites
- Open to members enrolled in Class B – Tasty Tidbits
- Open to members enrolled in Class C – You're the Chef
- Open to members enrolled in Class D – Foodworks