

DEPARTMENT 125 - FOODS AND NUTRITION

Face-to-face judging will be held as the exhibits are brought in on Tuesday, between 12:00 noon and 6:30 p.m. All Foods and Nutrition members should be present for this face-to-face judging.

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 14"x22" or 28"x22"

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

CLASS A - SIX EASY BITES

Open to 4-H Members in grades 3-4

Lot No.

1. 3 drop cookies or 3 molded cookies or 3 bar cookies with recipe
- *2. Mama Mia Pizza Pocket (p. 7)
- *3. Granola Bars (p. 10)
- *4. Homemade Brownies (p. 16)
- *5. Micro-Stuffed Potato (p. 19)
- *6. Colossal Chocolate Crunch Cookies (p. 20)
- *7. Mystery Muffin (p. 22)
8. Fruit plate, 5 kinds of fruit, 1 serving
9. Poster
10. Any experiment from the book
11. Dehydrated fruit, 7 slices or 1/4 cup
12. Dehydrated vegetable, 1/4 cup

CLASS B - TASTY TIDBITS

Open to 4-H Members in grades 5-6

21. Arrangement of an assortment of 5 different vegetables around a container of homemade low-fat dip. (bring recipe)
22. Marinated vegetable salad (p. 8) *23. Nachos (make your own tortilla chips) (p. 9)

- *24. Cocoa Mix (bring mix and make 1 serving) (p. 16)
- *25. Baking Better Batters-Cake Comparison (bring 4: corner square of each...one made with oil and one made with applesauce) (p. 19)
- *26. Twisty Pretzel (regular or cheese) (p. 20)
- *27. Baking Powder Biscuits (any variety) (p. 21)
- *28. Easy Cheesy Lasagna (1 serving) (p. 22)
- *29. It's So Easy...One dish meal (one serving) (p. 24)
- *30. Make Your Own Yogurt (p. 28)
- *31. Going Bananas (banana chips) (p. 40)
- 32. Learning game created by member
- 33. Poster depicting a life skill from the book
- 34. Any experiment from the book
- 35. Dehydrated fruit, 7 slices or 1/4 cup
- 36. Dehydrated vegetable, 1/4 cup

CLASS C - YOU'RE THE CHEF

Open to 4-H Members in grades 7-9

- 41. Quick Bread (1/2 loaf including heel-small or large)
- 42. Yeast Bread (1 loaf)
- 43. Dried Fruit
- 44. Dried Vegetable
- 45. Canned Fruit
- *46. Do A Stir Fry (p. 19)
- *47. Breadsticks For A Crowd (p. 22)
- *48. Roll-Up Fruit Leather (p. 36)
- *49. Jiffy Jam (p. 37)
- *50. Pucker-Up Pickles (p. 38)
- *51. Make-Your-Own Casserole (p. 12)
- 52. Poster depicting an activity or life skill from the book
- 53. Any experiment from the book

CLASS D - FOODWORKS

Open to 4-H Members in grades 10 and above

- 61. Any Yeast Bread (1 loaf)
- 62. Any Yeast Roll (3) (dinner or sweet)
- *63. Pie Crust (1 rolled crust) (p. 24)
- *64. Any Fruit Pie - page 19 (no canned pie filling) (p. 24)
- *65. Jelly Jamboree (without pectin) (p. 40)
- 66. International Food
- 67. Jerky
- 68. Canned Vegetable
- 69. Canned Fruit

70. Dehydrated Fruit, 7 slices or 1/4 cup
71. Dehydrated Vegetable, 1/4 cup
72. Fruit Leather
73. Poster depicting an activity or life skill from the book
74. Any experiment from the book

CLASS E - FOODS 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, 1/2 pint (recipes - Pub. B2909, p.11)
2. Canned fruit jelly, 1/2 pint (recipes - Pub. B2909, pp. 16-17)
3. Tomato taco sauce, 1 pint (recipe - Pub. B3570, p. 7)
4. Tomatillo salsa, 1 pint (recipe - Pub. B3570, p. 9)
5. Tomatoes, whole or halves, in water pack, 1 quart (recipe - Pub. B2605, p. 14)
6. Meatless spaghetti sauce, 1 quart (recipe - Pub. B2605, p. 20)
7. Dill pickles, fresh pack, 1 quart (recipe - Pub. B2267, p. 12)
8. Bread and butter pickles, 1 pint (recipe - Pub. B2267, p. 16)
9. Canned meat dish, 1 pint (recipes - Pub. B3345, pp. 5-6)
10. Canned meat, hot pack method, 1 quart (recipes - Pub. B3345, pp. 7-8)
11. Canned meat, raw pack method, 1 quart (recipes - Pub. B3345, pp 7-8)
12. Canned fruit, raw pack method, 1 pint (recipes - Pub. B0430, pp. 5-7)
13. Canned fruit, hot pack method, 1 pint (recipes - Pub. B0430, pp. 5-7)
14. Canned fruit pie filling, 1 quart (recipes - Pub. B0430, pp. 9-11)
15. Canned vegetables, hot pack method, 1 pint (recipes - Pub. B1159, pp. 15-21)
16. Canned vegetables, raw pack method, 1 pint (recipes - Pub. B1159, pp. 15-21)
17. Dehydrated fruit, 1/2 cup, (recipes - Pub. B3347, p. 17)
18. Dehydrated vegetable, 1/2 cup (recipes - Pub. B3347, pp. 18-20)

CLASS F - CAKE DECORATING

Open to members in grades 3-6 enrolled in Foods and Nutrition

1. Decorated cookie
2. Decorated cake (simple from molded pan)
3. Birthday cake
4. Tiered cake with separator no larger than 10" base

Open to members in grade 7 and up enrolled in Foods and Nutrition

- 10. Decorated cookie
- 11. Decorated cake (simple from molded pan)
- 12. Birthday cake
- 13. Tiered cake with separator no larger than 10" base

CLASS G - FOOD REVUE

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 each be written on a 4"x6" card.

Foods 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 |

Lot No.

- 1. Open to members enrolled in "Six Easy Bites" - Level A.
- 2. Open to members enrolled in "Tasty Tidbits" - Level B.
- 3. Open to members enrolled in "You're the Chef" - Level C.
- 4. Open to members enrolled in "Foodworks" - Level D.