

**Department 18Q
Foods & Nutrition**

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**Ionía Free Fair is not responsible for lost,
stolen or damaged articles prior to,
During, or after the Fair.**

FOOD PRESERVATION

1. Exhibits may be pint or quart containers but should be uniform in type and size.
2. All perishable food will be returned immediately after judging.
3. Product should include a label, giving date it was preserved and name of product.
4. To ensure a tight seal, canning should be completed at least one week prior to judging.

Cloverbud

5416 Cloverbud Foods & Nutrition project

Canning

- 5410** Fruit – 2 jars, each a different kind of fruit
5411 Cooked soft spread – 2 jars, each a different kind
5412 Vegetables – 2 jars, each a different kind
5413 Pickles/Relish – 2 jars, each a different kind
5414 Meat – 2 jars, each a different kind **5415** Educational canning project display, poster (not larger than 22"x28"), notebook, etc.

Freezing

- Packages must be labeled with contents, date, serving size,
5420 Fruit, 2 packages, each a different kind
5421 Jam, 2 packages, each a different kind
5422 Vegetables, 2 packages, each a different kind
5423 Packaged Dinner
5424 Packaged Desserts/Pastry
5425 Bread Product
5426 Packaged Party Foods

Drying/Dehydration

5427 Fruits – 2 packages, each a different kind

5428 Vegetables – 2 packages, each a different kind 1

5429 Herbs – 2 packages, each a different kind

5430 Food Specialties, fruit leathers, beef jerky, etc.

5431 Educational Project Display, poster (not larger than 22"x28"), notebook, etc.

Food Preparation

1. Bring a neatly written or typed copy of the recipe.

2. Exhibitors must bring the entire cake, pie, loaf, main dish, etc. unless otherwise specified. [The judge will cut a portion and the rest can be taken home after judging.]

3. The product can be made in the microwave.

4. Other items should be displayed on 6" white paper plates, sealed with a plastic bag, furnished by exhibitor.

5. Only 1 entry per class

6. Picture will be taken of member and food for display

Baked Goods – Beginner

5432 3 cookies (drop, bar, rolled, etc.)

5433 3 unfrosted cake squares

5434 1 loaf quick bread (nut, banana, oatmeal, etc.)

5435 3 muffins or biscuits

5436 Healthy Snack Food – Homemade (yogurt, trail mix, vegetable/fruit plate, etc)

5437 Any other not listed above

Baked Goods – Intermediate

5438 3 yeast rolls (sweet or regular), or a loaf of yeast bread or a yeast coffee cake.

5439 Pie with baked crust (must be 2 crust pie). No packaged crust.

5440 Casseroles – Made from scratch, (macaroni & cheese, noodle, vegetables, etc.). May use canned soups. Serve at proper temperature. Picture will be taken of you and your exhibit to leave on display.

5441 Heritage Baked Goods

5442 Healthy Main Dish – Low fat, low sugar, low salt, high fiber, etc.

5443 Any other not listed

Baked Goods – Advanced

5444 Gourmet Pastries or Fancy Dessert

5445 Baked product representative of project chosen

5446 Cheese Cake

5447 Any other not listed

5448 Club Exhibit

Candy

1. Each family member must use a different recipe.

2. Must exhibit 6 pieces of candy.

3. Recipe must be neatly written or typed.

5449 Beaten candy (fudge, divinity) **5450**

Brittle (peanut, toffee, almond) **5451** Molded chocolate (solid or filled centers) **5452** Pulled (salt water taffy)

5453 Hand Dipped

5454 Any Other

5455 Club Exhibit

Foodways – FOLKPATTERNS Projects

1. Traditions of obtaining, preparing, cooking, eating, storing and sharing foods. 3. Folk art using food, gardening techniques, food festivals, harvest celebrations, recipes, etc.

5456 Food Traditions: recipes, food preparation, meal presentation, food games, food folk tales, food marketing, and kitchen utensils.

5457 Food festivals, celebrations, special occasions, holidays, harvests, etc.

5458 Cultural Foods, religious beliefs, etc.

5459 Gardening techniques, food storage, food preservation, etc.

5460 Food other than a meal: health remedies, decorations, beauty care, cleaning remedies, etc.

Food and People

1. Select a country; exhibit baked goods made in that country.

2. Recipe card must accompany exhibit

5461 Individual exhibit:

5462 Club exhibit

5463 Any other not listed

Exploring Foods and Nutrition

5470 Exhibit food and educational

exhibit showing food management, consumer education, marketing or experimental foods. Exhibit must contain a food display poster or notebook. (example:

meal

planning, table setting and food exhibit)

5471 Convenience food vs.

homemade counterpart: Compare cost and quality of convenience food and its home-made counterpart. Include recipe for

homemade items.

5472 Convenience Foods: Entries use a mix as the base. Exhibitor must add at least 2 additional ingredients to mix. Exhibitors may prepare any type of recipe: main dish, casserole, dessert, breads, etc.

5473 Place setting for special occasion: Show an attractive, harmonious place setting for a special occasion meal (family celebration, picnic, barbecue, etc.) with an explanation for the choices of food and appointments. Please bring only minimum glassware and dinnerware to illustrate when necessary.

Example: placemat, napkin, knife, fork, spoon, plate, and glass. Include a menu card, explanation for your choices, and a sketch or photo showing how the place setting should appear.

Outdoor Meals

5474 Properly packed picnic basket or sack lunch (miniature basket or box with menu, omit food). Method of food storage must be explained.

5475 Two pieces of homemade equipment for use on campfire such as buddy burner, tin can, skewers, charcoal, stone, reflector oven)

5476 Meals in a backpack – must include menu.

5477 Outdoor grilled meal – must include menu

5478 Individual Exhibits. Miniature picnic area showing either equipment or safety features or types of cooking, with menu included.

5479 Innovative

5480 Any other

5481 Club exhibit

5482 Miniature picnic area showing either equipment and safety features or types of cooking done. Menu to be included, plus notebook done by each club member on their year in the 4-H outdoor meal project.

Cake Decoration – Real and Dummy

Cake 1. Cake will be judged on appearance only. 2. Cake must be color-coordinated and neatly done, with no more than 10% of plastic decoration used. 3. Cake must include one or more decorating techniques. 4. Exhibitor must do all work on each cake. 5. Members should increase difficulty of project each year. 6. 1st and 2nd year members must use two new techniques each year, such as border row, flowers, petals, leaves, lettering, etc.

Rosette to best overall cake.

Junior: ages 8 to 11

Intermediate: ages 12 to 14

Senior: ages 15+

Junior:

5484 . Decorated Shape Cake

5485 Decorated Single Layer Cake

Intermediate:

5486 Decorated Shape Cake

5487 Decorated Single Layer Cake

5488 Decorated Double Layer Cake

Senior:

5489 Decorated Multi Shape Cake

5490 Decorated Double Layer Cake

5491 Decorated Tiered Cake

Dairy Foods

Note: Eggs and Margarine are NOT dairy products.

5492 Food containing three dairy products with $\frac{1}{4}$ cup or more of each product.

5493 Dairy Beverage Example: Milk with another ingredient

5494 Dairy Dessert or snack made with milk, for example cheeses, yogurt, custards, pudding, ice cream or sandwiches.

5495 Dairy products educational project (poster, workbook) for example,

Vitamin D, protein, calcium, fat, low fat, cheese, etc.

5496 Anyother