

# DEPARTMENT 25

## FOODS & NUTRITION

Baking exhibits are to be put in a zip-lock bag. Bring in a loaf of bread & the whole cake; food superintendent will cut out the piece for exhibit. Perishable food products become the property of the superintendent. Unless noted otherwise, all recipes must be made from scratch. Siblings must make a different recipe from each other, not from the same batch.

All posters shall be 14" x 22"

<u>Lot#</u>	<u>1st</u>	<u>2nd</u>	<u>3rd</u>	<u>4th</u>
	\$3	\$2.75	\$2.50	\$2.25

### NO MIXES

**Class A - Grade 3 - 5**

**Class B - Grade 6 - 8**

**Class C - Grade 9 - 12 and 1 yr. beyond**

- 1 Bars, fruit (3)
- 2 Biscuits, baking powder (3)
- 3 Biscuits, drop
- 4 Bread, banana quick
- 5 Bread, batter
- 6 Bread, cherry
- 7 Bread, cinnamon swirl white
- 8 Bread, cranberry
- 9 Bread, date
- 10 Bread, date, not batter
- 11 Bread, pumpkin
- 12 Bread, vegetable quick
- 13 Bread, white yeast
- 14 Bread, whole wheat yeast
- 15 Bread, zucchini
- 16 Bread, any other quick
- 17 Bread, any other yeast
- 18 Brownies, not from mix (plain/no nuts) (3)
- 19 Cake, butter, no mix, unfrosted
- 20 Cake, chiffon, with fat
- 22 Cake, chocolate, not from a mix
- 23 Cake, coffee quick
- 24 Cake, decorated
- 25 Cake, form, decorated
- 27 Cake, spice, not from a mix
- 28 Cake, sponge or foam, without fat
- 30 Cake, yellow, from a mix, unfrosted
- 30A Cake, white, not from a mix
- 31 Candy, divinity (3)
- 32 Candy, fudge (3)
- 33 Candy, peanut brittle (3)
- 34 Candy, any other (3)
- 35 Cookies, chocolate chip (3)
- 36 Cookies, ginger (3)
- 37 Cookies, molasses (3)
- 38 Cookies, oatmeal w/o raisins or nuts (3)
- 39 Cookies, peanut butter (3)
- 40 Cookies, refrigerator (3)

- 41 Cookies, rolled (3)
- 42 Cookies, snicker doodles (3)
- 43 Cookies, spritz (3)
- 44 Cookies, sugar (3)
- 45 Cookies, unbaked (3)
- No Cupcake Papers on Muffins
- 46 Muffins, bran (3)
- 47 Muffins, fruit – labeled what type (3)
- 48 Muffins, plain (3)
- 49 Muffins, any other – labeled what type (3)
- 50 Pie shell, graham cracker (1)
- 51 Pie shell, pastry plain (1)
- 52 Rolls, cinnamon (3)
- 53 Rolls, dinner yeast (3)
- 54 Relish tray, three or more vegetables
- 55 Menu plan for one day
- 56 Mobile of Vitamin A
- 57 Poster, food experiment
- 58 Poster, food pyramid
- 59 Scrapbook or file of recipes
- 60 Visual for teaching an idea
- 61 Bread Machine (white)
- 62 Bread Machine (wheat)
- 63 Bread Machine (rolls)
- 64 Bread Machine (any other)
- 65 Gingerbread house (kit), decorated
- 66 Gingerbread (original design), decorated
- 67 Bars, pumpkin
- 68 Bars, any other not listed – labeled what type
- 69 Scones

**Class D - International Foods**

Entry shall include recipe on standard recipe card with nationally designated.

- 1 Taco shells (3)
- 2 Pfeffernuse (3)
- 3 Libkuchen (3)
- 4 Berliner Kranze (3)
- 5 Other cookie (3)
- 6 Bread
- 7 Tortillas, no filling (3)
- 8 International cookbook, scrapbook, or file of recipes

**FOOD PRESERVATION**

Judging will be based on color, pack, method of canning, all non-acid vegetables and meats must be canned in a pressure canner. Boiling water bath treatment on tomatoes needs acid added. All canned products must be labeled with name of produce, method of processing and length of processing time. Approved methods should be used. Open kettle is not an approved method. Jelly must be in a standard jar with self sealing lid. No paraffin. **Entries will be judged using UW-Extension guidelines. These guidelines can be found at: [www.foodsafety.wisc.edu/preservation.html](http://www.foodsafety.wisc.edu/preservation.html) or call Marilyn at the UW-Extension office at 715-349-2151.**

ENTRIES MAY BE OPENED AT THE DISCRETION OF THE JUDGE

**Class E - Food Preservation, Grade 3 - 5**

**Class F - Food Preservation, Grade 6 - 8**

**Class G - Food Preservation, Grade 9 - 12 and 1 yr. beyond**

**Lot# 1st 2nd 3rd 4th**

\$3    \$2.75    \$2.50    \$2.25

- 1 Apples, quartered or halved
- 2 Applesauce
- 3 Apricots
- 4 Beans, green cut
- 5 Beans, yellow cut
- 6 Beets
- 7 Beet pickles
- 8 Berries, other
- 9 Blueberries
- 10 Carrots
- 11 Cherries, pitted
- 12 Corn, sweet off-cob
- 13 Greens
- 14 Jam, apple butter
- 15 Jam, blackberry
- 16 Jam, blueberry
- 17 Jam, combination of two or more fruits
- 18 Jam, peach
- 19 Jam, raspberry
- 20 Jam, rhubarb
- 21 Jam, strawberry
- 22 Jam, juneberry
- 23 Jam, any not listed above, labeled with name of jam
- 24 Jelly, apple
- 25 Jelly, blackberry
- 26 Jelly, chokecherry
- 27 Jelly, raspberry
- 28 Jelly, blueberry
- 29 Jelly, juneberry
- 30 Jelly, combination of two or more
- 31 Jelly, crabapple
- 32 Jelly, grape
- 33 Jelly, plum
- 34 Jelly, any other not listed above
- 35 Ketchup
- 36 Meats
- 37 Peaches
- 38 Pears
- 39 Pickles, bread & butter
- 40 Pickles, crabapple
- 41 Pickles, dill
- 42 Pickles, sweet
- 43 Pickles, any not listed above
- 44 Plums
- 45 Potatoes
- 46 Raspberries, black
- 47 Raspberries, red
- 48 Relish, sweet pickle
- 49 Relish, any other
- 50 Rhubarb
- 51 Salsa sauce

- 52 Spaghetti sauce
- 53 Strawberry
- 54 Syrups
- 55 Tomato juice
- 56 Tomatoes, whole or quartered
- 57 Poster, container selection
- 58 Poster, freezing
- 59 Poster, freezing baked goods
- 60 Poster, freezing berries
- 61 Poster, freezing fish
- 62 Poster, freezing fruit
- 63 Poster, freezing meat
- 64 Poster, freezing poultry
- 65 Poster, freezing vegetables

**Dried Foods**

**(must include ingredient list)**

- 66 Fruits
- 67 Vegetables
- 68 Jerky
- 69 Fruit leather
- 70 Any other food you have dried, not listed
- 71 Bananas

**Microwave Cooking**

- 72 Poster on the difference between a conventional & microwave oven
- 73 Poster on how to make your favorite microwave dish
- 74 Microwave snack
- 75 Microwave baked product

**Class H - Creative Food**

Use purchased food items to create other things. Such as cookie animals, graham cracker houses, etc.

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- 1 Grades 3 - 5
- 2 Grades 6 - 8
- 3 Grades 9 - 12 & 1 yr. beyond

**FOOD REVUE & FOOD ACTION EXHIBITS**

**Exhibitors are responsible for listing these entries on their entry sheets, otherwise, prizes will not be awarded.**

**All exhibitors entering these contests are required to display a poster at the fair about their contest entry in order to receive prize money.**

(Judged prior to Fair, or at Fair)

Open to Food & Nutrition & Food Preservation members. Date of judging will be announced to 4-H members.

Display an appropriate table cover of serving dishes with one place setting & one serving of the prepared product. Food Preservation members show a container of the preserved food. Food & Nutrition members choose a product appropriate to your food project.

Display a menu on poster paper including the food shown. Lot numbers 1 & 2, menu may be for one meal or one occasion. Lot number 3 menu must be for entire day. Judging will be based on:

- 1 Appropriate table setting
- 2 Menu including product shown
- 3 Quality of product
- 4 Appearance of member & their table
- 5 Oral presentation (to include name, age, project & information about your table setting, the food you prepared & your menu)

6 Ability to answer questions

**Class I - Food Revue**

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- 1 Food & Nutrition, Food Preservation, Grades 3 - 5
- 2 Food & Nutrition, Food Preservation, Grades 6 - 8
- 3 Food & Nutrition, Food Preservation, Grades 9 - 12 & 1 yr. beyond

**Class J - Food Action Exhibit**

Members enrolled in Food & Nutrition and Food Preparation. Members present, showing & telling (Food Science experiments, consumer concerns, or food standards)

- 1 Grades 3 - 5
- 2 Grades 6 - 8
- 3 Grades 9 - 12 & 1 yr. beyond

<b>Canning Label</b>
Name of Product _____
Date Canned _____
Method of Preparation _____
Or _____
Hot Pack or Cold Pack _____
Method of Processing _____
Hot Water Bath ___ Pressure _____
Cooker _____
Time of Processing _____
Ingredients _____
_____