

## FAMILY & CONSUMER SCIENCE EXHIBITS

### Sections 022 - 025

- 1 Read carefully directions for each class and section. Articles that are not carefully **labeled or do not meet the requirements outlined** in the premium list, **will not be judged**.  
Competition open only to regularly enrolled Delaware County 4-H members.  
Each article exhibited must have been made during the present club year as part of the 4-H Project.
- 2 Each article must bear a label showing the member's name, address and age on January 1, of current year, and year in 4-H Family & Cons. Science club work.
- 3 Age on January 1, of current year, will determine eligibility to classes which have age limits.
- 4 A member may enter 2 entries per class, unless otherwise specified. All exhibits will be judged on the Danish System.
- 5 Each excellent exhibit will receive a blue award. Each good exhibit will receive a red award. Each worthy exhibit will receive a white award.
- 6 All Family & Consumer Science exhibits will be judged on Monday as they are brought to the fair and BEFORE they are displayed. Each exhibitor is responsible for presenting his or her exhibit to the judge.

### SECTION 023 -- FOOD & NUTRITION

#### **\*PROJECT RECORD SHEETS REQUIRED FOR YOUTH BUILDING ENTRIES.**

A General Project Record or Cloverbud Project Record and an Exhibit Tag **must** accompany each exhibit entered in the Youth Building. A copy of the General Project Record is enclosed in the fair book. Additional copies of the Project Record Sheet can be found in past issues of the 4-H Leaders' Digest, our web site at [www.cce.cornell.edu/delaware/](http://www.cce.cornell.edu/delaware/) or by visiting or calling the 4-H office.

Fair book classes that required a 3" x 5" index card attached to an entry in the past is no longer required. The Project Record Sheet will take the index card's place.

Baked goods are to be cooled before packing for exhibit. Use plastic bags.

Baked goods will be exhibited in small packages after judging. Only one and one-half of a cookie, roll, etc., will be displayed. About a quarter of a cake or loaf of bread will be displayed.

If exhibits are prepared ahead and frozen be sure to completely defrost before judging. Indicate on recipe if

frozen before judging.

All baked entries must have been baked from scratch by the exhibitor. No refrigerated or frozen dough or box mixes are permitted. Use of bread machines is not allowed.

No exhibits requiring refrigeration (cream or custard based pies, cakes) are allowed.

Our goal is to encourage the mastery of skills. Fewer ingredients generally mean a simpler recipe. The more experienced 4-H member is encouraged to exhibit a more difficult recipe. Exhibitors are also encouraged to not exhibit in the same class year after year. Again, this is to demonstrate mastering of new skills.

Please do your best to demonstrate good nutritional choices in your recipe.

Remove all items from baking pans (except pies) and exhibit on paper plates or foil-wrapped cardboard. Do not bake muffins or cupcakes in paper liners.

Include recipe card (product name, ingredients, preparation steps, yield) with all baked entries. If recipe was modified, indicate how the recipe was modified to make it healthier.

An exhibit is 3 samples of small items (cookies, muffins, cupcakes, rolls, breadsticks, pretzels, or similar products); ½ of large item (loaf bread, cake, coffee cake, or similar products); whole item if needed to convey appearance of product (pie, turtle shaped bread, or similar products).

The complete recipe is to accompany each baking exhibit. No premium will be awarded if recipe and method are not also exhibited. (Suggest using a 3" x 5" card for the recipe.) Fasten recipe and tag to outside of bag.

#### **\*Not eligible for State Fair**

### COOKIES

#### **Class No.**

- 2601 Cookies, drop or hand-shaped. Examples: drop – chocolate chip, applesauce, oatmeal; hand-shapes – peanut butter, snicker doodles, crinkles. No frosting; hand-shaped cookies can be rolled in sugar.
- 2602 Cookies, pan-baked. Examples: date bar, pumpkin bar, brownies or other batter cookie (not layered pan cookies). No frosting or added decoration that are not part of the batter.

### MUFFINS

- 2603 Muffins. Plain, whole wheat, cornbread, bran, apple, or other. No toppings.

### BISCUITS OR SCONES

- 2604 Biscuits or Scones. Plain, whole grain, flavored, or other shaped (rolled & cut) biscuits or scones. No toppings.

### QUICK OR LOAF BREADS

- 2605 Loaf Bread (not yeast leavened). Banana, blueberry, apple, pumpkin, or other bread baked in 9x5 or 8x4-inch pan.

### YEAST BREADS AND ROLLS

- 2606 Yeast Rolls. Plain, whole grain, flavored, or other yeast rolls of any shape; does not include fancy rolls with fillings or frosting
- 2607 Yeast Bread. Plain, whole grain, flavored, or other baked in 9x5 or 8x4-inch loaf pan.
- 2608 Shaped Bread. An exhibit is any small (such as pretzels, breadsticks) or large (such as animal shaped) hand-shaped bread. Plain, whole grain, flavored, or other, does not include fancy yeast breads with fillings or frosting.

### BAKING LIGHT

- 2609 Baking Light. An exhibit is sample of any baked product that contains less fat and total calories by (1) modifying a recipe (include original and revised recipes); (2) using an already modified recipe; (3) making a traditionally low fat product such as angel food cake. The original recipe and explanation of why it is low in fat must be included. Cookies, loaf bread, cake, cupcake, coffee cake, muffins, pies, or other baked items.

### FOODS GROWN IN NEW YORK

- 2610 Grown in New York. An exhibit is sample of any baked product that contains a fruit or vegetable grown in New York State and must include: (a) recipe, (b) explanation of ingredient grown in New York, including where it was grown and purchased and if it was preserved for later use. Source of ingredient can be garden, U-pick or roadside stand, farmers market, or any market if source can be identified. Cookies, muffins, bread, cake, cupcakes, coffee cake, pie or other baked items.

### HERITAGE FOODS

- 2611 Heritage Foods. An exhibit is sample of any baked item associated with family traditions or history and must include: (a) recipe and (b) family history and traditions associated with the food. Cookies, muffins, bread, cake, cupcakes, coffee cake, pie, or other baked items.

### INTERNATIONAL FOODS

- 2612 International Foods. An exhibit is sample of any baked item associated with customs and traditions of a country or population of the world and must include: (a) recipe, (b) historical background or context, and (c) traditions associated with preparing, serving, and eating the food. Cookies, muffins, bread, cake, cupcake, coffee cake, pie, or other baked items.

### CAKE DECORATING

- \*2613 Cake decorated by a member 8-12 years of age.  
\*2614 Cake decorating by a member 13-19 years of age.

Cakes for decorating in classes \*2613 and \*2614 may be simulated by using cardboard, Styrofoam, etc.

### RECIPE COLLECTIONS

- 2615 Healthy Recipe Collection. An exhibit is at least 6 recipes (displayed in box, notebook, or file folder; can include photos or illustrations) that provide needed nutrients while limiting fat and total calories. For each recipe state: (1) relationship of key ingredients to Food Guide Pyramid; (2) nutritional benefit; (3) source of recipe; (4) how well it was liked; (5) any changes you would make in the recipe. All recipes must be collected and made during the current enrollment year.
- 2616 Heritage Recipe Collection. An exhibit is at least 10 recipes (displayed in box, notebook, or file folder; can include photos or illustrations) that depict family or local history. For each recipe state: (1) source of recipe; (2) history related to recipe; (3) traditions related to preparing, serving, and eating the food. For 4 of the 10 recipes, indicate how well it was liked after trying it. The collection should represent one or more generations older than yourself and can be collected from family, friends, or other community sources. All recipes must be collected and at least four prepared during the current enrollment year.

### FOODS POSTERS & EXHIBITS

- 2617 Educational Poster. An exhibit is single poster (14"x22", minimum size) on any aspect of foods or nutrition. Examples include messages that promote: Dietary Guidelines or Food Guide Pyramid; physical activity; food safety; reading labels and making ingredient choices; or other food and nutrition messages. Entries will be evaluated on the basis of content, composition, and effectiveness.
- 2618 Educational Exhibit. An exhibit is a series of 3 or more posters (14"x22", minimum size) or 3-dimensional display on any aspect of foods or nutrition. Examples include: science experiments; cultural aspects of food; food preparation skills; positive health practices; or any clearly defined food or nutrition message. The display can include photographs, drawings, food products, food models, equipment, or any materials that help convey the message. The exhibit should be limited to approximately card table size. Entries will be evaluated on the basis of content, composition, and effectiveness.

### HEALTHY LIVING

- 2619 **Healthy Snacks.** This may be an actual food

exhibit, poster, photos or may include faux food. The idea is to prepare an example of a healthy snack that you might have yourself or may prepare for friends. Actual food exhibits must be able to be presented without the need of refrigeration. Examples of Healthy Snacks: veggie platter, smoothie, cheese and crackers, fruit kabobs. Project Record should include serving size and info about the nutritional value of the snack.

- 2620 **Packed Lunch.** Entry is to be presented in a lunch bag or box (always good to think about how this will be displayed). Display may include photos or pretend food, if actual items will not hold up. Project Record should include the following: a) Dietary needs of individual that lunch is for (aka: a 3<sup>rd</sup> grader will require less food than a high school athlete); b) Facilities available for keeping lunch (aka: will this be used on a trail ride? Lunchroom? Do you need a microwave in order to prepare? Etc.); c) Nutritional value of the lunch packed (consider this when you decide what is going in the packed lunch).
- 2621 **Menu for a Day.** The menu should include complete listing of all meals and snacks that would be eaten over a one-day period. A description of individual or family for whom meals are intended must be included. Typed exhibit with photos is recommended, creativity is encouraged.

#### **ALCOHOL AWARENESS**

- 2622 Alcohol Awareness – An exhibit will consist of the following:
- 1 Poster (at least 14" x 22") or a poster series.
  - 2 Three-dimensional display (approx. card-table size).
  - 3 Photo series (at least 4 enlarged, mounted & individually captioned).
  - 4 Slide Series (at least 6 including at least one identifying and explanatory slide).

Topic illustrated should relate to alcohol or substance-abuse education. Entry should be self-explanatory through the use of appropriate signs or labels.

The exhibit will be judged on: the purpose or principal idea, effectiveness in illustrating the topic, appearance and arrangement, and accuracy of information.

- 2623 Class is an option for exhibits deemed by the county to be worthwhile, but fall outside the categories described above. The decision to bring such exhibits is left to the discretion of the Extension 4-H Educator who must be called for approval before bringing exhibit to fair. A recipe and written description of the process used for creating the item

must be included. Any processed food will be evaluated based on appearance and process used, not the taste. Process must be described.