

FOODS AND NUTRITION

Department 25

Pre-Fair Event

Check-in

Monday, Exhibition Hall A,

All Classes: 2:30 p.m. - 5:45 p.m.

*****Entries arriving after the stated check-in times will NOT be allowed. No exceptions!*****

Judging:

Monday, Exhibition Hall A

Classes:

B, D, F, N (Posters/Gifts) 5:45 p.m., Danish Judging
A & C (Foods 1 & 2) 3:00 p.m., Conference Judging
E & G (Foods 3 & 4) 3:00 p.m., Individual Conf. Judging
I (Food Preservation) 3:00 p.m., Individual Conf. Judging
J (Cake Decorating) 3:00 p.m., Individual Conf. Judging

Department Chairpersons

Margaret Francois - (608) 513-6087

Monica Francois - (608) 513-0689

Superintendents

****Superintendents Needed. Please email the Fair Entries Department, entries.danecountyfair@gmail.com**

Eligible 4-H Project Area

Foods & Nutrition, Candy Making

Regulations

- Enter the class & lots for the area you are enrolled. Example, if you are enrolled in Foods 1, you must enter only in those lots. Grade levels are only a suggestion listed in the project guide. Check your 4-H Enrollment to determine the level of Foods in which you are enrolled.
- Entry Guidelines (numbers shown indicate maximum # of entries):
 - Foods 1 & 2:** 4 entries in corresponding food lots
1 entry in posters
5 entries in food preservation
 - Foods 3 & 4:** 6 entries in corresponding food lots
1 entry on posters
10 entries in food preservation
- The Fair reserves the right to dispose of all baked and perishable food entries displayed at the Fair.
- A serving of all baked goods and other non-perishable items must be displayed at the Fair.
- Judges are not required to taste any food exhibits.
- Recipes must be on a 3"x5" or 4"x6" card. Menus must be on a 4"x6" card. Recipes and menus may be handwritten or printed.**
- Conference judging for Foods 1 & 2 (with the exception of posters), requires that exhibitors be present. Please check in between 2:30 p.m. and 2:45 p.m. Judging will begin promptly at 3 p.m. Posters should be checked in no later than 5:45 p.m. **You do not need to be present for the judging of your posters/displays/gifts.**

Please read the following rules and lot descriptions carefully!

Definitions

Family size serving: Enough for 4 - 6 people, should not be an individual size portion.

Appropriate Plate/Dish: Suited to the food prepared and presented. For example, marinated vegetable salad would not be appropriate on a large dinner plate. It is more suited on a smaller size plate. Plates may be paper, glass, etc.

Heart Healthy* Recipe or Menu: One that uses naturally low fat ingredients, or that uses lower fat food substitutions to decrease the fat content of a recipe by at least one third and is also relatively low in sodium.

<u>Premiums</u>	<u>Blue</u>	<u>Red</u>	<u>White</u>	<u>Pink</u>
Classes A - J	\$2.50	\$2.25	\$2.00	\$1.75

CLASS A. Foods & Nutrition I (Grades 3 & 4)

Perishables

- **NEW THIS YEAR**** Fresh salsa - must be fresh, not canned. Family size serving. Include recipe.
- Fresh fruit plate - at least 5 different fresh fruits. Family size serving. May include a fresh fruit dip.
- Deviled eggs - 6 halves attractively displayed on an appropriate plate. Include recipe.
- **NEW THIS YEAR**** Hot or cold pasta salad - on/in an appropriate plate/dish. Include recipe.
- Stuffed baked potato - display 1 baked potato, with no more than 4 toppings, on appropriate size serving plate with garnish.
- Heart-Healthy* snack/appetizer - Single serving on/in an appropriate serving dish. Be prepared to discuss recipe and nutrition. Include recipe.
- Any item not listed above. Include recipe.

Baked Goods, including candy

- Drop Cookies - display 3 on a plate. Include recipe.
- Bar Cookie - leave in pan but cut into serving pieces. A commercial mix may be used as one ingredient. Include recipe.
- Coffee Cake - display entire cake on appropriate serving plate. Include recipe.
- Cupcakes - display 3 on a plate. Do not frost. Include recipe.
- Chocolate Brownies made from scratch - Commercial mix may not be used. Leave in pan but cut into serving pieces. Include recipe.
- Monkey Bread - Display entire recipe on appropriate serving plate. May use refrigerated biscuits as one ingredient.
- Muffins or Scones - display 2 muffins or scones on a plate. Include recipe.
- Candy - display 3 pieces on a plate. Include recipe.
- Gluten Free Baked Item - display as it relates to an above entry. Include recipe.
- Shaped cookies (rolled, molded or pressed) - Display three on a plate. Include recipe.
- Any baked good item not listed above. Include recipe.

CLASS B. Posters/Display (Foods 1)

Poster/Display size: 22"x28"

- Poster/Display relating food to health and/or fitness.
- Poster/Display detailing food or kitchen safety best practices.
- Poster/Display detailing principles of table setting.

CLASS C. Foods & Nutrition 2 (Grades 5 & 6)

Perishables

- Fruit or vegetable pizza - family size serving on appropriate serving dish.
- Lasagna - single serving on appropriate plate. Include recipe.
- Melon boat.
- Heart Healthy* snack or appetizer. Single serving on/in appropriate plate/dish. Be prepared to discuss recipe and nutrition. Include recipe.
- **NEW THIS YEAR**** Slow cooker main dish - single serving on/in an appropriate plate/dish. Include recipe.
- Fruit or vegetable salad - Single serving on/in an appropriate serving plate/dish.
- Stuffed baked potato - display 1 baked potato with no more than 4 toppings on appropriate plate with garnish.
- Lunch or dinner meal - display a single serving of the main entree on/in an appropriate plate/dish. Include recipe for main dish along with a separate list of all other menu items on a 4"x6" recipe card.
- Fruit crisp - leave in pan. Include recipe.
- Any perishable item not listed above. Include recipe.

Baked Goods, including candy

- 11) Baking powder biscuits - Display 3 on an appropriate plate.
- 12) Bar cookie - leave in pan, but cut into serving pieces. Include recipe.
- 13) Pretzels - display 3 on a small plate.
- 14) Drop cookies of choice - display 3 on a small plate. Include recipe.
- 15) Single layer cake from mix - leave in pan. **DO NOT FROST.** One ingredient may be a commercial mix.
- 16) Dinner rolls - display 3 rolls on a plate. You must use at least two ingredients not listed on the package if a commercial product is used as an ingredient. Include recipe.
- 17) Chocolate Brownies made from scratch (not commercial mix) - display 3 on plate; one must be edge piece. Include recipe.
- 18) Quick bread - display 1/2 loaf that was baked in a standard size pan (9"x5" or 8"x4"), on an appropriate plate. Include recipe.
- 19) Candy - display 3 pieces on a plate. Include recipe.
- 20) Gluten Free Baked Item - display as it relates to an above entry. Include recipe.
- 21) Any baked good item not listed above. Include recipe.

CLASS D. Posters/Displays/Gifts (Foods 2)

Poster/Display size: 22"x28"

- 1) Poster/Display relating food to health and/or fitness.
- 2) Poster/Display detailing food or kitchen safety best practices.
- 3) Poster/Display detailing the principles of table setting.
- 4) Recipe collection in box, binder or album. Minimum of 20 recipes
- 5) Food for Gifts: a basket or container containing no more than 2 different homemade food items and no more than 2 store-bought items (no alcoholic beverages, no cellophane). Must not require refrigeration. All food items must be food safe at room temperature

CLASS E. Foods and Nutrition 3 (Grades 7-9)

Perishables

- 1) Make your own casserole - leave in casserole dish. Include recipe.
- 2) Hot or cold pasta entree - single serving on/in an appropriate size plate/dish. Include recipe.
- 3) Stir Fry - single serving on an appropriate plate. Include recipe.
- 4) Dinner menu - single serving of each menu item on appropriate dinnerware. Include recipe for main dish along with a separate list of all other menu items on a 4"x6" recipe card. Be prepared to discuss food preparation.
- 5) Snack or Appetizer on an appropriate size plate/dish. Include recipe.
- 6) Soup - single serving in appropriate serving bowl. If Heart Healthy* be prepared to discuss recipe and nutrition.
- 7) Tacos - display 2 on appropriate serving plate with garnish.
- 8) Vegetarian casserole - leave in casserole dish. Include recipe.
- 9) Any perishable item not listed above. Include recipe.

Baked Goods, including candy

- 10) Breadsticks - display 8 in a basket. Include recipe.
- 11) Dinner rolls made from scratch - display 3 on an appropriate plate. Include recipe.
- 12) Bread made in a bread machine - display 1/2 loaf. Include recipe.
- 13) Banana bread - one loaf in a standard size pan. Remove bread from pan. Display on appropriate serving plate. Include recipe.
- 14) Other quick fruit or nut bread, not banana - one loaf baked in a standard size pan. Display on appropriate plate. Include recipe.
- 15) Bread made from sweet dough - may be rolls, buns, tea ring or loaf. One ingredient may be a mix. Include recipe. Display on appropriate serving plate.
- 16) Cake of your choice made from scratch - display whole cake on appropriate platter/pan. Include recipe.
- 17) One crust pie of choice - can be made in mini or standard size pie pan. Include recipe for filling and crust. Bring the whole pie. Include recipe. Crust must be homemade.

- 18) Baked cheesecake - display whole cake on appropriate serving platter. Include recipe.
- 19) Candy - display 3 pieces on a plate. Include recipe.
- 20) Gluten Free Baked Item - display as it relates to an above entry. Include recipe.
- 21) Any baked good item not listed above. Include recipe.

CLASS F. Posters/Displays/Gifts (Foods 3)

Poster/Display size: 22"x28"

- 1) Poster/Display relating food to health and/or fitness.
- 2) Poster/Display detailing food or kitchen safety best practices.
- 3) Recipe collection in box, binder or album. Minimum of 30 recipes
- 4) Food for Gifts: a basket or container containing no more than two different homemade food items and no more than 2 store-bought items (no alcoholic beverages, no cellophane). All food items must be food safe at room temperature

CLASS G. Foods and Nutrition 4 (Grades 10-12+)

Perishables

- 1) Burrito or wrap - single serving on appropriate size plate with appropriate accompaniment and garnish. Include recipe.
- 2) Make your own casserole - leave in dish. Include recipe.
- 3) Fresh fruit or vegetable salad or side dish - single serving on/in appropriate plate or bowl. Include recipe.
- 4) Heart healthy* snack or appetizer - single serving. Display on/in appropriate plate/bowl. Include recipe.
- 5) International/Ethnic/Regional dinner meal - exhibit one of each menu items on appropriate dinnerware. Include card (4"x6") with the complete menu (translation if necessary) and a separate recipe card for each of the foods on the menu. Be prepared to tell about the diet and cultural practice related to the foods presented.
- 6) Heart healthy* breakfast, lunch or dinner menu - exhibit one of each menu items on appropriate dinnerware. Include card (4"x6") with the complete menu and a separate recipe card for each of the foods on the menu. Be prepared to discuss the recipe and nutrition.
- 7) Twice baked potato - on appropriate plate with garnish. Include recipe.
- 8) Vegetarian casserole. Leave in dish. Be prepared to discuss recipe and nutrition.
- 9) Any item not listed above. Include recipe.

Baked Goods, including candy

- 10) International/Ethnic/Regional dessert - Display on/in appropriate serving plate/dish. Include recipe.
- 11) White or whole grain bread - display 1/2 loaf removed from pan. Include recipe.
- 12) Bread made in a bread machine - display 1/2 loaf. Include recipe.
- 13) Breads made from sweet dough - can be rolls, tea rings or loaves. Display on appropriate serving plate. Include recipe.
- 14) Two crust fruit pie - can be made in mini or standard size pie pan. Bring the whole pie. Include recipe. Crust must be homemade.
- 15) Cake made from scratch - display whole cake on appropriate serving plate. Include recipe.
- 16) Dessert of choice - display on appropriate serving dish/plate. Include recipe.
- 17) Candy - display 3 pieces on a plate. Include recipe.
- 18) Gluten Free Baked Item - display as it relates to an above entry. Include recipe.
- 19) ****NEW THIS YEAR**** Sourdough from starter. No commercial yeast. Display whole loaf. Include recipe.
- 20) Any baked good item not listed above. Include recipe.

