

Section 14

Fruit

Class	PREMIUMS	\$3.00	\$2.50	\$2.00	\$1.50	\$1.00
Melon (1 spec.)	Watermelons (1)					
151 - Cantaloupe - large types	155 - Oval shape					
152 - Cantaloupe - small, midget type	156 - Round shape - red					
153 - Honeydew	157 - Round shape - yellow					
154 - Strawberries (1 plant in soil)	158 - Oblong shape - red					
	159 - Oblong shape - yellow					
	160 - Midget types - red					
	161 - Midget types - yellow					



Section 15 - Foods

1. Each item must have been made by a 4-H member who is enrolled in 4-H foods projects within the current year.
2. Entry should portray basic requirements as outlined in specific 4-H project.
3. Members should exhibit the items of their choice in the appropriate class below.
 - a - Canned foods to be judged on quality, general appearance, and container.
 - b - Use standard Mason-type, clean quart-pint glass jars for preserving and exhibiting fruits, vegetables, and meats.
 - c - Use two-piece self-sealing lids (flat discs and metal screw bands) for sealing all jars of food.
 - d - Metal screw bands should be loosely applied.
 - e - All food not in standard jars or not sealed with self-sealing lids will be disqualified by the judge.
 - f - Plates covered with large, plastic bag with twist tie or zip lock.
4. Posters will be judged on visual impact, creativity, neatness, accuracy and appropriateness of information.

Section A - Foods & Nutrition

PREMIUMS	\$5.00	\$4.00	\$3.00	\$2.00	\$1.00
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Note: No more than five entries per Food and Nutrition project

Breads Around the World (Indicate country and attach recipe. Do not exhibit breads with fillings that require refrigeration.)

- 1200 - A loaf or round of bread from another country or culture outside the U.S.
- 1205 - A plate of 4 rolls, pretzels, tortillas or smaller breads from another country or culture.
- 1210 - Italian Easter Dove
- 1215 - Viennese Striesel
- 1220 - A poster on a specific bread and information about the country or culture the bread represents. Include a recipe or recipes on the poster

Beyond the Grill

- 1400 - Menus and a diagram showing how you would pack a cooler for a cookout or road trip
- 1405 - Notebook or collection of 5 to 10 recipes you have prepared in your project. Include at least one Dutch oven recipe
- 1410 - One of the following: Photography/drawing of yourself giving a demonstration about outdoor cookery, showing you making an outdoor site safe, or preparing a recipe outdoors
- 1415 - Poster showing some food safety aspect of outdoor cookery

4-H Cooking 101

- 1500 - Three granola bars
- 1505 - Three oatmeal muffins
- 1510 - Two pieces of cornbread
- 1515 - Two brownies
- 1520 - Four of 1 type of the following: oatmeal drop, peanut butter, jackpot drop, or chocolate crinkle cookies
- 1525 - One layer quick mix yellow cake
- 1530 - A poster (14x22) based on 1 of the following topics: MyPlate; sugar in soft drinks; using & cleaning electrical equipment; microwave safety; setting the table; salad preparation

4-H Cooking 201

- 1600 - One loaf of 1 of the following variations of basic nut bread: apple bread, banana bread, OR carrot-orange bread, orange nut bread, whole grain bread
- 1605 - Three cheese muffins without bacon
- 1610 - Two rolled biscuits
- 1615 - One 9"x9" banana snack cake
- 1620 - One 8"x8"x2" funny cake
- 1625 - Four snickerdoodle cookies
- 1630 - A poster (14x22) based on 1 of the following topics: meal planning; cooking with ground beef; buying fruits & vegetables; reading a food label

4-H Cooking 301

- 1700 - Three of 1 type of shaped roll: bowknots, cloverleaf rolls, coils, crescents, fantans, figure-eight, horseshoes, lucky clover, parkhouse rolls, pinwheels, twin rolls, or twists - using the basic dinner roll or whole wheat roll recipe
- 1705 - Two soft pretzels
- 1710 - One loaf of basic bread or white batter bread
- 1715 - One round (or square) of cinnamon rolls (8" or 9" round or square cake pan size) with icing.
- 1720 - One cinnamon twist or Swedish tea ring
- 1725 - One loaf (any type) of bread made in a bread machine
- 1730 - One layer of 1 of the following cakes: white cake (not frosted), chocolate cake (not frosted), oatmeal cake (not frosted), or carrot cake (not frosted).
- 1735 - A poster (14x22) based on 1 of the following topics: outdoor cooking; slow cooking; yeast breads; types of flour; types of grain; making butter, or kitchen equipment

4-H Cooking 401

- 1800 - A completed party planning checklist and party time -line on poster size poster board (14x22)
- 1805 - One loaf of 1 of the following breads: German dark rye, French bread, oatmeal bread
- 1810 - Four pieces of one type of candy: cashew brittle, microwave peanut or pecan brittle caramels, marshmallow fudge, or toffee
- 1815 - One small pastry tart (without filling) or four strips of baked pastry exhibited on a salad size paper plate
- 1820 - One angle food cake, any flavor, without frosting or icing
- 1825 - A poster (14x22) based on 1 of the following topics: cooking with a double boiler: cooking beans and peas; moist heat cooking methods; dry heat cooking method stir-frying; fruit selection

Kitchen Chemistry

- 1900 - Poster on one experiment from project book
- 1905 - Display of one experiment from project book
- 1910 - Project Book

Cake Decorating

- 2000 - Decorated cookie (1)
- 2005 - Decorated single layer sheet cake or round (use real cake, not a form)
- 2010 - Decorated stacked or tiered cake (use real cake that can be sliced)
- 2015 - Poster- sharing a technique or skill learned in the project