

## Department 25-A – Foods and Nutrition Junior Division

Superintendents:



**Entry & Judging Day** – Tuesday of the fair

**Entry & Judging Time** – 1 p.m. - 8 p.m., Face to face judging only

**Location** – Exhibit Building

**Check Out** – Exhibits will be released between 4:30 p.m. to 6 p.m. on Sunday of the fair

### ADDITIONAL RULES OF ENTRY

- Youth eligible to exhibit in this department are those enrolled in a 4H, FFA, or other approved youth group carrying a similar supervised program in Foods & Nutrition, Candy Making or Food Decorating. Project enrollment requirements are listed under each class.
- All exhibits must be the result of this year's project by the exhibitor.
- Only one exhibit may be entered under each lot number.
- All entries not entered correctly will be judged and placed in the pink ribbon group.

<b><u>PREMIUMS:</u></b>	<b><u>1st</u></b>	<b><u>2nd</u></b>	<b><u>3rd</u></b>	<b><u>4th</u></b>
	3.00	2.75	2.50	2.25

### REQUIREMENTS:

- All perishable food becomes the property of the fair and will not be returned
- All entries not entered correctly will be judged but will be placed in the pink ribbon group
- The fair provides exhibit plates. Please do not bring your own plates/dishware (unless specifically noted) to be left with your display as they will be disposed of after the fair
- Exhibit the number of cookies, muffins, etc. indicated by the number noted in each lot number
- All entries must be made from scratch, except for Class F - Cake Decorating. No purchased dough, commercial mixes, etc. are allowed
- Frostings cannot be used, except for Class F - Cake Decorating
- Products frozen for storage and thawed for exhibit are acceptable

### CLASS A – QUICK BREADS & BISCUITS

Open to all exhibitors enrolled in a Foods & Nutrition project.

### REQUIREMENTS:

- Bring the whole loaf or pan of bread, the item will be cut into the size needed for judging, remainder will be returned to the exhibitor on entry day
- Muffins cannot have paper liners on them

### Lot Numbers:

1. (3) Muffins, whole grain
2. (3) Muffins, cornmeal
3. (3) Muffins, oatmeal
4. (3) Muffins, fruit
5. (3) Muffins, bran
6. (3) Muffins, any other
7. Bread, zucchini
8. Bread, pumpkin
9. Bread, cranberry

10. Bread, banana
11. Bread, date
12. Bread, any other quick bread made with fruit
13. Bread, any other quick bread made with vegetables
14. (1) Waffle
15. (3) Pancakes
16. (3) Baking powder biscuits
17. Coffee Cake
18. (3) Crackers
19. (3) Cake donuts

## **CLASS B – YEAST BREAD AND ROLLS**

**Open to all exhibitors enrolled in a Foods & Nutrition project.**

### **REQUIREMENTS:**

- Bring the whole loaf or pan of bread, the item will be cut into the size needed for judging, remainder will be returned to the exhibitor on entry day

### **Lot Numbers:**

1. Bread, white
2. Bread, whole wheat
3. Bread, rye
4. Bread, any other yeast bread (identify)
5. (3) Cloverleaf rolls
6. (3) Dinner rolls
7. (2) Croissants
8. (2) Bagels
9. (3) Bread sticks
10. (2) Pretzels
11. (3) Raised doughnuts
12. Bread, Nationality, include name and history of bread on a 3" x 5" index card
13. (3) Cinnamon rolls
14. Danish kringle (Bring whole, 1/4 will be cut)
15. Bread, focaccia or flat
16. Bread, any other pull apart
17. (3) Any other yeast roll

## **CLASS C – BREAD MACHINE BREADS**

**Open to all exhibitors enrolled in a Foods & Nutrition project.**

### **REQUIREMENTS:**

- Bread must be made and baked in bread machine OR the dough is made in bread machine using dough cycle, shaped by exhibitor and baked in conventional oven
- Bring the whole loaf or pan of bread, the item will be cut into the size needed for judging, remainder will be returned to the exhibitor on entry day

### **Lot Numbers:**

1. Bread, white
2. Bread, wheat
3. Bread, whole grain
4. Bread, fruit
5. Bread, any other
6. (3) Cinnamon rolls

7. Bread, pull-apart
8. Bread, focaccia or flat
9. Coffee cake
10. (3) Danish pastry
11. (3) Breadsticks
12. (3) Rolls-shaped
13. (3) Croissants
14. Bread, Nationality, include name and history of bread on a 3" x 5" index card

## **CLASS D – COOKIES AND BARS**

**Open to all exhibitors enrolled in a Foods & Nutrition project.**

### **Lot Numbers:**

1. (3) Cookie, molasses, drop
2. (3) Cookie, chocolate chip, drop
3. (3) Cookie, oatmeal, drop
4. (3) Cookie, white, rolled, cutout
5. (3) Cookie, molasses, rolled, cutout
6. (3) Cookie, refrigerator, shaped in roll and sliced
7. (3) Cookie, peanut butter, molded
8. (3) Cookie, pressed
9. (3) Cookie, gingersnaps
10. (3) Cookie, Nationality, include name and history of bread on a 3" x 5" index card
11. (3) Cookie, any other, rolled
12. (3) Cookie, any other, drop
13. (3) Cookie, any other, molded
14. (3) Bars, date
15. (3) Bars, brownies
16. (3) Bars, any other not listed

## **CLASS E – CAKES**

**Open to all exhibitors enrolled in a Foods & Nutrition project.**

### **REQUIREMENTS:**

- Bring the whole pan of cake, the item will be cut into the size needed for judging, remainder will be returned to the exhibitor on entry day
- All sponge or angel food cakes must be made in a tube pan

### **Lot Numbers:**

1. Cake, devil's food
2. Cake, angel food
3. Cake, sponge
4. Cake, white
5. Cake, yellow
6. Cake, applesauce
7. Cake, spice
8. Cake, vegetable (pumpkin, zucchini. etc.)
9. Cake, pound
10. Cake, any other

## **CLASS F – CAKE DECORATING**

**Open to all exhibitors enrolled in a Foods & Nutrition or Food Decorating project.**

### **REQUIREMENTS:**

- Decorating tools are to be used for entries in this class
- A Styrofoam or other dummy form may be used in place of cake for entries in this class
- Cakes should be on a base no larger than 10 inches and not exceed more than 2 tiers

### **Lot Numbers:**

1. (3) Decorated cookies
2. (3) Decorated cupcakes or mini pan
3. Decorated cake (simple or from a molded pan)
4. Decorated cake with color flow
5. Two (2) tiered cake with separator, no larger than a 10" base
6. Decorated cake with rolled fondant icing

## **CLASS G – CANDY**

**Open to all exhibitors enrolled in a Foods & Nutrition or Candy Making project.**

### **Lot Numbers:**

1. (3) Angel food
2. (3) Fudge, 1" x 1" pieces
3. (3) Molded chocolate, dark/milk
4. (3) Sea foam
5. (3) Peanut brittle
6. (3) Caramels
7. (3) Hard candies
8. (3) Any other candy
9. Candy collection, 4 different types

## **CLASS H – PIES**

**Open to all exhibitors enrolled in a Foods & Nutrition project.**

### **REQUIREMENTS:**

- Bring one whole pie in the pan, one quarter will be taken out, remainder will be sent home with the exhibitor
- Pies must be made with a homemade filling

### **Lot Numbers:**

1. Apple
2. Pumpkin
3. Blueberry
4. Cherry
5. Raspberry
6. Peach
7. Nationality pie, include name and history of bread on a 3" x 5" index card
8. Any other pie

## **CLASS I – BEGINNER CHEF**

**Open to exhibitors enrolled in a Foods & Nutrition project in Grades 3-5 as of January 1<sup>st</sup>.**

**REQUIREMENTS:** Recipe must be written on a 3" x 5" index card and included with each entry

**Lot Numbers:**

1. Individual pizza
2. Fruit snack, 3-5 fruits arranged on a disposable plate
3. (3) Ants on a log snack
4. (3) Pancakes, from scratch (no mix)
5. Homemade dip, served with dipping items, 1 serving
6. 'Sack lunch', choosing items and portions that are well balanced and nutritious
7. International food
8. Any other item

**CLASS J – SOUS CHEF**

**Open to exhibitors enrolled in a Foods & Nutrition project in Grades 6-8 as of January 1<sup>st</sup>.**

**REQUIREMENTS:** Recipe must be written on a 3" x 5" index card and included with each entry

**Lot Numbers:**

1. Edible fruit or vegetable display or arrangement, smaller than 12" in size
2. Salad, 1 serving, includes ALL salads (pasta, fruit or vegetable)
3. Homemade salad dressing in a small jar, ¼ cup
4. Homemade dip, served with dipping items, 1 serving
5. 'Lunch on the Go', choosing items and portions that are well balanced and nutritious
6. Frozen TV dinner made from leftovers
7. Trail mix, 1 serving, packaged in appropriate size to-go container
8. Shepard's pie, individual size or ¼ slice of whole Shepard's pie
9. Charcuterie board arrangement, must be on a disposable serving tray no larger than 9" x 14"
10. International food
11. Any other item

**CLASS K – MASTER CHEF**

**Open to exhibitors enrolled in a Foods & Nutrition project in Grade 9 or older as of January 1<sup>st</sup>.**

**REQUIREMENTS:** Recipe must be written on a 3" x 5" index card and included with each entry

**Lot Numbers:**

1. Edible fruit or vegetable display or arrangement, smaller than 12" in size
2. Casserole, 1 serving
3. Granola bar, 1 serving
4. Granola, 1 serving, packaged in appropriate size to-go container
5. Bean or meat burrito
6. Lasagna, one (1) 4" x 4" slice
7. Recipe improvised for better health, include old and new recipes on a 3" x 5" index card, explain how new recipe has a better impact on health
8. 'Meal Prep' lunch, must be in a disposable meal prep container, include full batch recipe(s) on a 3" x 5" index card and note how many lunches you were able to prep for the week from the recipe used
9. Pot pie, individual size or ¼ slice of whole pot pie
10. Charcuterie board arrangement, must be on a disposable tray no larger than 9" x 14"
11. 'Car snacks', put together an assortment of snacks for a road trip or to keep on hand in a car
  - a. If all items in this entry are non-perishable, the container and items can be returned to the exhibitor
  - b. *If you want your entry returned, you must make an easily visible note on your entry tag. Failing to do so may result in disposal of your entry.*

12. International food
13. Any other item

## **CLASS L - SELF-DETERMINED - FOODS AND NUTRITION**

**Open to all exhibitors enrolled in a Foods & Nutrition, Candy Making or Food Decorating project.**

Self-determined project exhibits are records of projects not listed in the premium list or an expansion of a traditional project beyond limits of the project or in greater depth than the project outlines.

**REQUIREMENTS:** Posters, scrapbooks and displays must conform to all requirements listed in 'General Rules for Junior Division Exhibitors'

### **Lot Numbers:**

1. A poster promoting your self-determined project
2. An article made during current year with a 3" x 5" index card attached identifying resources. The article should be of reasonable size to exhibit in the Expo building
3. A collection made during current year with a 3" x 5" index card identifying work done
4. A scrapbook with story or essay, drawings, and photos of project work done during the current enrollment year
5. Any other self-determined project not listed above