

## **DEPARTMENT 61 FOOD & NUTRITION**

Monday, August 23, 2010 9:00 a.m. – 12:00 p.m.  
Superintendents Pat McLaren (989) 635-2142 &  
Deyanne Price (810) 657-9352

### **4-H FOOD AND NUTRITION EXHIBITS FOOD SAFETY GUIDELINES**

The State 4-H Food and Nutrition Developmental Committee encourages exhibits which feature food products with higher nutritional value. However, in so doing, it has become a concern that the efforts to increase this type of exhibit have resulted in potential food safety problems.

Exhibits needing refrigeration and those needing to be kept hot can quickly become unsafe for the food judge to taste. The casserole category is one that has become increasingly visible as an unsafe food because there is no certainty that the food was cooked thoroughly to the proper temperature and kept hot during transportation time. Food poisoning grows rapidly when food is between 40 degrees and 140 degrees Fahrenheit. Food products must be unquestionably safe to eat when they are judged.

Casseroles will continue to be a popular project. Judges are never expected to taste these casseroles if they so decline. The exhibit may be judged on characteristics such as appearance, texture, information regarding the assembling of the exhibit, and a main idea learned from preparing the exhibit.

The State 4-H Food Department suggests perishable foods should be left no longer than 24 hours. In Sanilac County, the food projects remain on the shelves for 6 days. While the Sanilac County 4-H Foods Committee is aware that spoilage is imminent for many exhibits, there is a hard call to make between sending all perishable home after judging or leaving them there in the Round Roof Building for friends, family, and all visitors to view throughout the week.

Common sense will tell a judge to be very careful about tasting custards, puddings, creamed dishes, seafood, cold cuts or egg salad just to name a few perilous foods. An alternate route to exhibiting a perishable food is to make an education poster emphasizing the nutritional value of the food, the recipe used, the steps necessary to complete, some history behind the exhibit, or method of serving.

While some counties do not allow the 4-H member to pick up the exhibit on release day, tradition has it in Sanilac County that the 4-Her has the option to take the food or to dispose of it. Members of the Food Committee are present to oversee the release of exhibits. After a food exhibit has been on display 6 hot summer days, there is very little chance that it will be consumed. Again, common sense would deem that the

responsibility then shifts to the discretion of the exhibitor.

Once again, judges have every opportunity to refuse to taste certain or all foods. There can be no certainty that sanitary methods were used during home preparation. However, most judges are comfortable tasting most foods.

### **EXHIBITOR GUIDELINES**

1. Exhibitor may exhibit one food item in each section as a result of carrying the Foods and Nutrition project.
2. Exhibits must be placed on a **SMALL PAPER PLATE AND ENCLOSED IN ZIP-LOCK BAG.** (A plate and bag can be purchased for 25 cents.)
3. **Complete a 3"x 5" recipe card and attach it to the exhibit, it MUST BE CLEAR AND COMPLETE! EXHIBITORS are responsible for clearly written, easily understood, completely explained directions written on a 3"x 5" recipe card, which MUST contain your name and club. DO NOT FORGET that the clarity and completeness of the recipe card is an essential part of your project and will influence the judge's final decision.**
4. Exhibitors may do a Dairy Foods Demonstration and/or an Educational exhibit showing what the member has learned in the Foods and Nutrition project, in addition to exhibiting a food item.
5. No group exhibits permitted.

### **SECTION 206**

#### **4-H FOOD PREPARATION**

##### **Be sure to read the "4-H Food and Nutrition Exhibits Food Safety Guidelines".**

1. Exhibits must be placed on a **SMALL PAPER PLATE AND ENCLOSED IN ZIP-LOCK BAG.** (A plate and bag can be purchased for 25 cents.)

### **FOODS FOR FUN- 9- 12 YEARS OLD**

#### **Class**

- 1130 3 muffins (no mix) can have muffin papers
- 1131 3 baked cookies, any kind
- 1132 3 baked cookies, any kind, frosted and/or decorated
- 1133 3 brownies or 3 bar cookies
- 1134 3 biscuits (no mix)
- 1135 3 unfrosted cake squares, any kind (2" squares)
- 1136 3 unfrosted cake mix squares (2" squares)
- 1137 ½ loaf **quick** bread– (pumpkin, date, banana, zucchini, etc.– BREAD MIXES ARE NOT ALLOWED)
- 1138 Fruit or Cream Pie (no canned filling and no box pastry), bring whole pie, only 1 slice will be kept for exhibit.

### **ALL AMERICAN FOODS- 13- 14 YEARS OLD**

#### **Class**

**Class**

- 1141 3 cake squares, any kind, frosted or unfrosted (2" squares) no mix
- 1142 3 slices of pound cake
- 1143 3 slices of sponge cake or angel food cake
- 1144 3 yeast rolls
- 1145 1/2 loaf yeast bread
- 1146 Bread machine bread, 1/2 loaf
- 1147 Fruit or Cream Pie (no canned filling and no box pastry), bring whole pie, only 1 slice will be kept for exhibit.
- 1148 Coffee cake (without yeast) Bring whole coffee cake; only 1 slice will be kept for exhibit.
- 1149 Coffee cake (with yeast) Bring whole coffee cake; only 1 slice will be kept for exhibit.
- 1150 3 pieces of homemade candy (any kind)
- 1151 Custard (serving for one)

**EXPLORING FOODS AND NUTRITION  
15- 19 YEARS OLD**

**Class**

- 1154 Homemade candy, 2 pieces each of 3 different kinds
- 1155 1 loaf yeast bread (fruit, grain or spice, other than white)
- 1156 Coffee cake (with yeast)
- 1157 Frosted cake (no mixes, layer or loaf, sides must be frosted)
- 1158 Specialty cakes: fruits, whipped cream, cream cheese, nuts, etc.
- 1159 3 Fancy rolls (cinnamon, caramel, etc.)
- 1160 Pizza, homemade crust (1 serving)
- 1161 Dessert Pizza, homemade crust (1 serving)
- 1162 Fruit or Cream Pie (no canned filling and no box pastry). Bring whole pie, only 1 slice will be kept for exhibit.

**SECTION 207  
4-H ETHNIC FOODS**

**AGES 9- 19 YEARS OLD**

**Be sure to read the "4-H Food and Nutrition Exhibits Food Safety Guidelines".**

1. Exhibits must be placed on a **SMALL PAPER PLATE AND ENCLOSED IN ZIP-LOCK BAG.** (A plate and bag can be purchased for 25 cents.)

**Class**

- 1165 Ethnic breads or rolls-yeast or otherwise (bring 1/2 loaf or 3 rolls)
- 1166 Ethnic cookies (bring 3)
- 1167 Ethnic pastry (pie, cake, sweet roll, etc.) Bring whole pie or cake; only 1 slice will be kept.
- 1168 Ethnic main dish (soup, etc.)
- 1169 Ethnic other

**SECTION 208**

**4-H DAIRY FOODS**

**AGES 9- 19 YEARS OLD**

**Be sure to read the "4-H Food and Nutrition Exhibits Food Safety Guidelines".**

1. Exhibits must be placed on a **SMALL PAPER PLATE AND ENCLOSED IN ZIP-LOCK BAG.** (A plate and bag can be purchased for 25 cents.)

**Class**

- 1172 Cheese, any kind (small ball-1 cup cottage, etc.)
- 1173 Food-Use at least 3 dairy products in foods, such as lasagna, quiche (Bring the whole project and a piece will be displayed). Dairy foods should contain no dairy substitutes such as oleo, cool whip, etc.

**SECTION 209  
4-H MISCELLANEOUS**

**AGES 9- 19 YEARS OLD**

**Be sure to read the "4-H Food and Nutrition Exhibits Food Safety Guidelines".**

1. Exhibits must be placed on a **SMALL PAPER PLATE AND ENCLOSED IN ZIP-LOCK BAG.** (A plate and bag can be purchased for 25 cents.)

**Class**

- 1176 Specialty baked pastry product
- 1177 3 tarts (no cream filling)
- 1178 3 turnovers (fruit filled-no can filling)
- 1179 3 donuts, fritters or other deep-fried or baked pastry product, any kind
- 1180 Cream puffs
- 1181 Meat pies
- 1182 Pretzels
- 1183 Casseroles
- 1184 Other food, but only exhibits not appearing elsewhere in Dept 61.

**SECTION 210  
4-H HOMEMADE MIXES**

**Directions for Homemade mixes** in a jar: Ingredients must be layered very neatly for appearance and must fill a quart jar. The jar must have, attached a 3"x5" card, indicating a list of ingredients appearing in the jar. Also, attached on a 3"x5" card, must be a detailed recipe including how to finish making the product, remainder of ingredients needed (if any), the cooking or baking instructions, and the quantity or yield of recipe.

**Class**

- 1187 Cookie/Brownie Mix
- 1188 Cake Mix
- 1189 Bread Mix
- 1190 Soup Mix
- 1191 Miscellaneous Mix

**SECTION 211  
4-H EDUCATIONAL EXHIBIT**

## AGES 9- 19 YEARS OLD

### **Be sure to read the “4-H Food and Nutrition Exhibits Food Safety Guidelines”**

**Learning Objective:** Participants need to show what they have learned in the way of nutritional food value, special diet needs, and combinations of food and condiments that work together to improve the food value. Trying new foods and what your reaction would be whether you would add them to your meal plans.

#### **Class**

- 1194 Experimental foods, display of standard and two variations of one recipe (such as standard French dressing made with corn oil, peanut oil and olive oil).
- 1195 Baked product suitable for any type special diet, including recipe on 3 x 5 inch card and menu including product.
- 1196 Educational exhibit
- 1197 Traditional family food with recipe and history on separate 3 x 5 inch card.
- 1198 Actual table setting for one including display card with appropriate menu.
- 1199 Educational exhibit using new 4-H food curriculum “Six Easy Bites”. Should be a poster, notebooks, report, but not an exhibit of food.
- 1200 Education exhibit using new 4-H food curriculum “Tasty Tidbits”. Should be a poster, notebooks, report, but not an exhibit of food.

### **SECTION 212**

#### **4-H MICROWAVE COOKING**

### **Be sure to read the “4-H Food and Nutrition Exhibits Food Safety Guidelines”.**

1. Exhibits must be placed on a **SMALL PAPER PLATE AND ENCLOSED IN ZIP-LOCK BAG.** (A plate and bag can be purchased for 25 cents.)

#### **Class**

- 1203 Candy, 3 pieces of one kind (9- 12 yrs old)
- 1204 Candy, 2 pieces each of 3 different kinds (13- 19 yrs old)
- 1205 Breads, cakes, cookies, and pies (9- 19 yrs old)
- 1206 Main dishes (9- 19 yrs old)
- 1207 Other food (9- 19 yrs old)

### **SECTION 213**

#### **4-H DECORATED CAKE**

### **EXHIBIT REQUIREMENTS**

### **Be sure to read the “4-H Food and Nutrition Exhibits Food Safety Guidelines”.**

1. Cake to be judged 15% and 85% decoration.
2. **DECORATED CAKE MUST BE EXHIBITED ON WOODEN BOARD OR CAKE BOARD AND MUST BE COVERED WITH FREEZER, WAX OR FOIL PAPER. NO PLASTIC WARE. BOARD EXHIBIT MUST BE NO MORE THAN 1½” LARGER THAN CAKE.**

3. Use homemade frosting or prepared frostings. Gels are accepted. Boarders are suggested. Ages 15- 19 years must use homemade frosting.

4. Must use cake recipe or cake mix.

5. Tiered cake may be of Styrofoam except for top cake.

6. **AS 4-HER ADVANCES IN AGE, PROJECTS SHOULD REFLECT A HIGHER LEVEL OF DIFFICULTY.** Example: type of frosting, rosettes, daisies, etc.

## AGES 9- 12 YEARS OLD

#### **Class**

- 1210 3 decorated cupcakes (suggest using cupcake papers)
- 1211 Decorated cake with frosting only, after 1st year, cupcakes should not be entered. Suggestion a single layer square or round decorated. Something other than cupcakes after first year.
- 1212 Decorated cake with synthetic trim.
- 1213 Decorated character cake.
- 1214 Decorated gingerbread house.

## AGES 13- 14 YEARS OLD

#### **Class**

- 1217 Decorated cake with frosting only.
- 1218 Decorated cake with synthetic trim.
- 1219 Decorated cake with frosting & edible decorations.
- 1220 Decorated character cake.
- 1221 Decorated gingerbread house.

## AGES 15- 19 YEARS OLD

#### **Class**

- 1224 Cake decorated with frosting only. Must use homemade frosting.
- 1225 Decorated cake with synthetic trim
- 1226 Decorated cake with frosting & edible decorations
- 1227 Decorated character cake
- 1228 Decorated gingerbread house

### **SECTION 214**

#### **4-H OUTDOOR MEALS**

### **Be sure to read the “4-H Food and Nutrition Exhibits Food Safety Guidelines”.**

**Learning Objective:** Participants can show how to pack a safe meal for outdoor eating. What to take and what is not safe in the conditions. Compartments for carrying food in different climates.

## AGES 9- 19 YEARS OLD

#### **Class**

- 1331 Packed picnic basket or box. Include 1) the menu; 2) the complete table service; 3) the appropriate empty containers for each item on menu (be sure to label carefully; 4) appropriate containers or devices to keep perishable foods safe.
- 1332 One piece of homemade equipment for use on a

**Class**

- campfire. Explain its use and list some foods prepared with this equipment.
- 1333 Reflector oven for camping
- 1334 Campfire cooking methods (such as stick, ember, foil, one pot, rotisserie cooking and grilling) and recipes for 1 breakfast, 1 lunch, and 1 dinner using a variety of these cooking methods.

**SECTION 215**  
**4-H FREEZING**

**AGES 9- 19 YEARS OLD**

**Be sure to read the "4-H Food and Nutrition Exhibits Food Safety Guidelines".**

1. All foods must be 1) neatly dated (with processing date) and labeled, on container; 2) correctly wrapped; 3) properly packaged in stackable containers; 4) accompanied by exact method of preparation for freezer including proper freezing techniques explained neatly on 3"x 5" cards; 5) frozen upon arrival. After judging, food will be released and the project tag, ribbons and instruction will be kept for display.

**FOODS FOR FUN- 9- 12 YEARS OLD**

**Class**

- 1338 3 packages, 3 different kinds of fruit
- 1339 3 packages, 3 different sandwiches
- 1340 3 packages, 3 of cookies, or 2 of cookies and ½ loaf of quick bread

**TODAY'S YOUTH- YOUNG CHEF**  
**13- 14 YEARS OLD**

**Class**

- 1343 3 packages, 3 different vegetables
- 1344 3 packages, 3 different baked products
- 1345 Frozen salad
- 1346 3 frozen jams, 3 varieties

**EXPLORING FOOD & NUTRITION**  
**15- 19 YEARS OLD**

**Class**

- 1349 3 different frozen foods used in planned menu (3"x 5" card)
- 1350 3 desserts
- 1351 3 salads
- 1352 Frozen TV dinner (you have created yourself)
- 1353 Other

**SECTION 216**

**4-H CANNING/PRESERVATION**

**Be sure to read the "4-H Food and Nutrition Exhibits Food Safety Guidelines".**

1. Dried food exhibits must be placed on a **SMALL PAPER PLATE AND ENCLOSED IN ZIP-LOCK BAG.** (A plate and bag can be purchased for 25 cents.)

2. **CANNING METHOD SHOULD ACCOMPANY JARS.** Should have date (or year) preserved right on the lid of the canned item, also.

3. Rings must not be removed.
4. Jars must be uniform in size.
5. No rust acceptable.
6. Label or 3"x 5" card should include the date, contents, and the processing method.
7. All jars and lids should match. Baskets of canned goods present themselves well.

**AGES 9- 19 YEARS OLD**

**Class**

- 1357 3 jar- 3 different fruit
- 1358 3 jars- 3 different vegetables
- 1359 3 jars- 3 different jams or jelly
- 1360 3 jars- 3 different meats
- 1361 3 jars- meal accessories (jams, jellies, pickles, etc.)
- 1362 3 different canned foods (used in menu plan) such as a meat, a vegetable, and a fruit
- 1363 Display 3 pieces or 1 serving of one dried food ex: fruits, vegetables or meats

**SECTION 217**

**4-H DAIRY FOOD DEMONSTRATION**

*Monday, August 23 2010 at 1:30 p.m.  
in Community Tent*

*Co-Superintendent-Mary Nichol (810) 376-4816*

*Co-Superintendent-Barb Radloff (810) 648-4488*

**Be sure to read the "4-H Food and Nutrition Exhibits Food Safety Guidelines".**

1. Demonstrations should be 5- 15 minutes in length, original and factual. All materials for the demonstration need to be provided by the exhibitor.
2. Food demonstration must include a poster with the recipe for the item being prepared. The recipe must use one or more real dairy products such as cheese, milk, yogurt, butter, cream, etc. Please bring 3 copies of the recipe. (Copies may be made in the 4-H office if necessary.)
3. Dairy products must be one of the major ingredients for the recipe.
4. The adult class is limited to the first four applicants. If an adult would like to participate in a dairy demonstration, they can sign up before the contest at the Sanilac MSU Extension Office.
5. County Honors will be awarded if demonstration is deserving.

**Class**

- 1364 Individual Jr. Dairy Food Demonstration (9- 14 years as of Jan. 1)
- 1365 Individual Sr. Dairy Food Demonstration (15- 19 years as of Jan. 1)

