

SECTIONS 112-114: FOODS AND NUTRITION

Junior Superintendents:

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SECTION 112: 4-H FOODS & NUTRITION PROJECTS

Food Fair (Summer) Interview Judging: Monday, July 18
(Times to be announced in late May)

Location: Junior Fair Building

Make-up Judging (for grade and premium only):

9:00 am – 1:00 pm, Saturday, September 10

Those judged in July cannot be judged again at this judging.
Junior Fair Building

Premiums: A - \$6.00 B - \$4.00 C - \$2.00

1. **Read the FAIR GENERAL RULES.**
2. An exhibitor must have completed a project in foods and human nutrition in 4-H or FCCLA the current year to participate in food & nutrition judging, enter the Baked Goods Auction or enter Place Setting Contest.
3. Food Fair (summer judging) is the judging that will be used for Delaware County Fair grade, premium, awards and selection of State Fair delegates.
4. September judging is offered as a make-up judging only. Those not participating in the July judging can have their project judged on Saturday, September 10 for grade, exhibit premium and consideration for outstanding project ribbon; but are not eligible for trophies. Those judged in July cannot be judged again at make-up judging.
5. To receive the grade premium, the exhibitor must exhibit their project portfolio by bringing it to the Junior Fair Building during judging on September 10th or during the week prior to fair on Wednesday, Thursday between 6:00 – 9:00 pm or Friday between 1:00 – 9:00 pm. The exhibit must remain in place until the official release time for Junior Fair Building exhibits.
6. Failure to bring the required items listed below will result in a one letter grade deduction.
7. **Exhibitors must bring the following 6 items to judging:**
 1. Your completed project book.
 2. Project Presentation Portfolio.
 - a. The Portfolio is specific to the participant's book. The participant will be responsible for bringing a 3 pronged folder that includes 8 ½" x 11" pages. The participants will create a maximum of one page (one-sided only) per "activity area" or "interest area" as designated in the front of their project books. These pages could be in collage, journaling, timeline, photo, or any other format that would illustrate the work and knowledge of the participant. Each page could be different or could be a combination of styles allowing the 4-Her to reflect on their learning experience. **There will be no points for scrapbooking style.**
 - b. Portfolios are evaluated on the inclusion of information about the interest or activity areas listed in the front of each book, the organization of the materials, verbal presentation, and communication with the judge regarding their portfolio.
 - c. The member's project book may not be a part of their portfolio.
 - d. **A poster will NOT be accepted in place of a portfolio. You MUST use the above stated format.**
 3. A single serving portion of one prepared food from

- those suggested in your project book. For baked good projects, bring one loaf or 6 rolls, muffins, cookies, etc.
4. A complete written menu for one day's meals and snacks, including the food item brought to judging. (For example, if you bring coffee cake from the All American Foods project, you would need to make a menu for the day that includes the coffee cake in your breakfast.)
 5. A complete place setting appropriate for the meal that includes the food item brought to judging. Centerpieces are optional. You will set up, without help, your place setting and food for the judge. (In the coffee cake example above, you would bring a place setting for the breakfast on your menu.)
 6. Serving utensils and extra napkins or paper towels in case of spills.

Class 11201 – Let's Start Cooking (B)

Class 11202 – Snack Attack (B)

Class 11203 – Fast Break for Breakfast (B)

Class 11204 – Sports Nutrition 1: On Your Mark! (B)

Class 11205 – Let's Bake Quick Breads (I)

Class 11206 – Racing the Clock to Awesome Meals (I)

Class 11207 – Grill Master (I)

Class 11208 – Beyond the Grill (A)

Class 11209 – Star Spangled Foods (I)

Class 11210 – Sports Nutrition 2: Get Set (I)

Class 11211 – Party Planner (I)

Class 12112 – Yeast Breads On The Rise (A)

Class 12113 – You're the Chef (A)

Class 12114 – Global Gourmet (A)

Class 11215 – Pathways to Culinary Success (A)

Class 11216 – Dashboard Dining (I) (NOTE: This class does not bring a prepared food, menu and place setting to judging.)

4-H FOODS & NUTRITION JUDGING AWARDS

Best Beginner Food Project, Junior..... Award
Best Beginner Food Project, Senior Award
Best Intermediate Food Project, Junior Award
Best Intermediate Food Project, Senior..... Award
Best Advanced Food Project Award
1st – 3rd place each class Rosettes

SECTION 113: BAKED GOODS AUCTION

No Grade Premiums Awarded

12:00 noon - 3:00 pm, Tuesday, September 20
Entries Must Be Dropped Off - Junior Fair Building
4:00 pm, Tuesday, September 20 Interviews - Junior Fair Building
6:30 pm, Tuesday, September 20 – Sale Begins (order of sale TBD) - Junior Fair Show Arena

1. **Read the FAIR GENERAL RULES.**
2. 4-H Participants must take a Foods and Nutrition 4-H Project and receive an "A" grade at the Food Fair judging event on July 18 or make-up judging to be eligible for the baked goods auction.
3. Entries must be checked in at the Junior Fair Building between noon and 3:00 pm. Late entries are not eligible.
4. There will be a Junior and Senior Division. Junior Division will be limited to those who are in the 8th grade or below as of the current fair. Senior Division will be limited to those who are in the 9th grade or above as of the current fair.
5. A complete written recipe must accompany each auction entry (including decorated cupcakes) and will be reviewed during registration. Recipes can be reviewed prior to fair by dropping them off at the Extension Office.
6. Exhibitors may enter only one Baked Goods Auction class.
7. Exhibitor must make entire exhibit.

8. Entries will be cut for judging.
9. The exhibitor is responsible for removing their entry after the auction.
10. The 4 best exhibitors in each class (as determined by judges) will be interviewed briefly at approximately 4:00 pm. This will be done before selection of Champion and Reserve Champion.
11. Champion and Reserve will be selected in each class.
12. To be selected as Champion or Reserve Champion, exhibitor must be present for interview and auction.
13. Grand Champion baked good will sell in the auction. Reserve baked good are purchased as a lot, and then served at the Buyer's Auction dinner.
14. Champion winner from previous year may NOT compete for same champion award two consecutive years. This allows more exhibitors a chance to win plus encourages a broad range of baking experiences for exhibitors.
15. An exhibitor in the baked goods auction can enter and show a market animal or item as outlined in the Fair General Rules.
16. 3% of auction sales will be retained for sale expenses.
17. Sale checks are dispersed after thank you notes have been turned into the Sr. Fair Office (see Rule #38 in the General Rules.)
18. Winners must transport winning entries to sale arena.
19. The Sale Committee reserves the right to handle any matters related to the auction.
20. **All entries must be completely covered to prevent pest contamination.**
21. Due to food safety concerns, baked goods products which require refrigeration are not allowed as entries for baked goods auction. The following lists what will disqualify a Baked Goods Auction entry:
 - a. Food containing uncooked or undercooked (raw) eggs or egg products. Only commercially pasteurized dehydrated egg whites will be permitted in icings. No powdered egg whites will be allowed in icings.
 - b. Foods containing uncooked or undercooked dairy products such as sour cream, cream cheese, milk, cream, etc. A small amount of milk in combination with confectioner's sugar will be allowed in making icing for baked goods including the auction. Use just enough milk to make the icing the desired consistency.
 - c. No prepared or commercial mixes or fillings may be used as the main ingredient in or on any baked goods, except decorated cupcakes. Prepared mixes are purchased mixes such as: biscuit mix, pudding mix, canned pie fillings, cake mix, prepared icings, etc.
 - d. Foods containing or made with custard, pudding, or egg bases. These include cream pies, custards, cream filled donuts, cream puffs, brownies and cakes containing cream cheese filling, brownies and cakes containing custard, cream or pudding fillings, pumpkin pie, cream cheese frosting, sour cream frosting, whipped cream topping frostings, pudding frosting, etc.

PRODUCTS IN VIOLATION OF ANY OF THE ABOVE FOUR POINTS WILL BE DISQUALIFIED AND SENT HOME.

Ingredients which are allowed in a thoroughly baked product include eggs (Eggs in icing, whether cooked or uncooked, will not be allowed), milk, cream cheese (well blended with all other ingredients and not left in clumps), mayonnaise/salad dressing, cheese, etc. Judges and the Home Ec. Advisory Board reserve the right to make final decision on questionable products. If in doubt about ingredients or procedures of a recipe, call the Extension Office for clarification well in advance of judging or select another recipe without any questionable ingredients.

Section 113: Baked Goods Auction

Class 11301 – Yeast Bread Conventional Loaf or Yeast Bread Novelty, Senior Division – No breads made in a bread machine.

Class 11302 – Fruit Pie (pastry crust), Senior Division

Class 11303 – Iced Cake (2 or 3 layers), Senior Division

Class 11304 – Decorated Cupcakes (one dozen, regular sized, all decorations must be edible), Junior Division

Class 11305 – Fruit, Vegetable, or Nut Bread, Junior Division

Class 11306 – Fruit Pie (pastry crust), Junior Division

Class 11307 – Cookies (one dozen), Junior Division

Class 11308 – Mystery Recipe, Junior – Must follow provided recipe, available by July 1

SECTION 114: PLACE SETTING CONTEST

Premiums: \$6 1st place each class, \$4 2nd place each class

Saturday, September 17

3:15 pm Registration, contest begins at 3:30 pm (All exhibitors must register at 3:15 pm) Junior Fair Building

1. **Participants must be enrolled in any home economics 4-H project or FCCLA class in the current year (any project that shows in Junior Fair Building Exhibits Sections 103 Clothing & Textiles, 104 Food & Nutrition and 105 Related Home Economics).**
2. Participants may enter in no more than 2 classes. Exhibitors entering 2 classes will be given additional time to set up for their 2nd entry.
3. Participants must provide a place setting and menu for one meal to meet the theme selected. Menu total size may be no larger than 8 ½" x 11". Place setting may include centerpiece, placemat, napkin, table favors, and other items appropriate for the theme. Place setting decorations must hold up the entire fair, therefore, fresh flowers and perishable items may not be used in the entry. Professionally prepared centerpieces are not permitted.
4. Total exhibit must be set up in a space no larger than 30" and by the depth of the table (about 34"). Tablecloths may hang over the edges of the table, but cannot lie outside 30" width. Participants have 5 minutes per entry to set up.
5. All entries will be released at the conclusion of the contest and may be taken home or displayed in their club/youth organization's booth. 1st and 2nd place entries will be displayed in the Junior Fair Building.
6. Judging of entries will be based on ability to follow theme, use of appropriate place-setting etiquette, attractiveness, creativity, centerpiece; and the menu meets appropriateness of chosen theme and utilizes healthy food choices following the Choose My Plate recommendations.
7. This competition is designed for 4-H or FCCLA member participation. The ideas and all work should be carried out by the exhibitor.

Section 114: Place Setting Contest

Class 11401 – Salute to Red, White and Blue

Class 11402 – Hawaiian Luau

Class 11403 – Happy New Year

AWARDS

1st – 5th Place in each class..... Rosettes
Best of Show Trophy