

D-5 FOODS AND NUTRITION

Project Exhibit Rules:

- . With the food manuals, a member may stay in the manuals for up to three years. *It is recommended that members should start with Cooking 101 and then go on to Cooking 201 to learn basic food preparation skills before taking the more advanced units.*
- A. **Include a copy of the recipe used and attach it securely to the e-Record. No commercial mixes are to be used for the base of the product. Example: boxed cake mixes for shortened cake or quick breads, cookie dough -boxed or frozen, etc. If the commercial mix is an added ingredient into the product it is ok.**
- B. Bring food items on sturdy paper plates and/or covered heavy cardboard in a zipper-locked bag for display of food exhibits when possible. Plates and pans will not be returned. Food items should be covered securely.
- C. Only completed e-Records and canned goods will be returned.
- D. If a recipe from the manual is used, it may need to be adjusted for high altitude.
- E. Food items that show signs of mold growth or need refrigeration would not be safe to eat at time of judging and will not be accepted.
- F. **Members may exhibit in one or all classes from the unit that they are enrolled in. Each exhibit will need an e-Record.**
- G. Bacon is not acceptable in baked goods because the heat during the cooking process might not penetrate the meat thoroughly enough. Large pieces or chunks of cheese or a large proportion on or in recipes is not acceptable either.
- H. **Members who are exhibiting more than one item in a unit may copy their e-Record. Each exhibit must have an e-Record. Be sure to highlight what you are exhibiting in your e-Record.**

FOR COOKING 101—UNIT 1 THROUGH COOKING 401—UNIT 4

All exhibits will consist of the following e-Record information (A, B, C) along with each unit's additional requirements.

Completed e-Record with exhibit item recipe presented in a sturdy binder/notebook.

Include the following information on the Foods and Nutrition page:

Foods prepared

Number of times

Special concerns

Include documentation of activities completed from the manual in the record book as specified for each unit.

COOKING 101—UNIT 1

Include documentation of two completed learning activities from the manual in the record book.

Members can exhibit in one or more of the following classes:

Four no-bake cookies of one recipe made using stovetop or microwave

Class 1501 No Bake Cookies Jr.

Class 1502 No Bake Cookies Int.

Class 1503 No Bake Cookies Sr.

Four baked bar cookies of one recipe

Class 1504 Baked Bar Cookies Jr.

Class 1505 Baked Bar Cookies Int.

Class 1506 Baked Bar Cookies Sr.

Four baked, drop, or molded cookies of one recipe. (Molded cookies are made from a stiffer dough that is molded into balls or cookie shapes by hand before baking. Snickerdoodles are an example of molded cookies).

Class 1507 Cookies Jr.

Class 1508 Cookies Int.

Class 1509 Cookies Sr.

COOKING 201—UNIT 2

Include documentation of one completed learning activity on food safety and one on cooking basics. These can be a demonstration, written reports or displays.

Members can exhibit in one or more of the following classes:

One loaf quick bread any size (not yeast bread)

Class 1510 Quick Breads Jr.

Class 1511 Quick Breads Int.

Class 1512 Quick Breads Sr.

Four scones of one recipe

Class 1513 Scones Jr.

Class 1514 Scones Int.

Class 1515 Scones Sr.

Four muffins of one recipe

Class 1516 Muffins Jr.

Class 1517 Muffins Int.

Class 1518 Muffins Sr.

COOKING 301—UNIT 3

All exhibits will consist of the following:

Include documentation of one completed food science experiment from the manual in the e-Record.

Shorten Cakes are cakes that use fat for flavor and texture. Most shortened cake recipes begin by beating the fat with sugar to create air bubbles.

Members can exhibit in one or more of the following classes:

One shortened cake without frosting

Class 1519 Shortened Cakes Jr.

Class 1520 Shortened Cakes Int.

Class 1521 Shortened Cakes Sr.

Four kneaded yeast rolls of one variety and shape or four cinnamon rolls

Class 1522 Yeast Rolls Jr.

Class 1523 Yeast Rolls Int.

Class 1524 Yeast Rolls Sr.

One recipe creative yeast bread, i.e., French bread, braided bread, other specialty bread

Class 1525 Creative Yeast Bread Jr.

Class 1526 Creative Yeast Bread Int.

Class 1527 Creative Yeast Bread Sr.

Creative exhibit (notebook) illustrating party planned by member, including theme, timeline and menu that includes one or more home-prepared foods

Class 1528 Party Planning Jr.

Class 1529 Party Planning Int.

Class 1530 Party Planning Sr.

COOKING 401—UNIT 4

Include documentation of one completed food science experiment from the manual in the e-Record.

Members can exhibit in one or more of the following classes:

Four flatbreads of one variety and shape

Class 1531 Flatbread Jr.

Class 1532 Flatbread Int.

Class 1533 Flatbread Sr.

One 8" x 9" double-crust fruit pie made with homemade fruit filling in a disposable pie tin. No canned fruit fillings allowed.

Class 1534 Double Crust Pie Jr.

Class 1535 Double Crust Pie Int.

Class 1536 Double Crust Pie Sr.

Creative exhibit (notebook) illustrating celebration meals planned by member, including budget, timeline, and menu that includes two or more homemade prepared foods

Class 1537 Celebration Meals Jr.

Class 1538 Celebration Meals Int.

Class 1539 Celebrations Meals Sr.

OUTDOOR COOKING AND LIVING—UNIT 5

Class 1540 Outdoor Cooking and Living Jr.

Class 1541 Outdoor Cooking and Living Int.

Class 1542 Outdoor Cooking and Living Sr.

All exhibits will consist of the following:

Completed e-Record presented in a sturdy binder/notebook. Include in the project story what new skills you have learned.

Include the following information on the Foods and Nutrition page:

Foods prepared

Location

Number of times

Special concerns

One of the following:

A box lunch of food-safe products or a representative of the product (pictures of food)

One cup (8 oz.) of instant drink mix properly packaged with the date of preparation and a list of ingredients included on a label.

One of the following options: steak seasoning, vegetable seasoning, beef rub, or pork rub properly packaged with the date of preparation and a list of ingredients included on a label.

A piece of equipment made by the exhibitor (no larger than 3' x 3' x 3'). If the exhibit is larger than these dimensions, a notebook with how and what was made can be used as the exhibit.

CULTURAL AND ETHNIC FOODS—UNIT 6

Class 1543 Cultural and Ethnic Foods Int.

Class 1544 Cultural and Ethnic Foods Sr.

Exhibit will consist of the following:

Completed e-Record and manual that includes: Activity 1 on page 16; Activity 2 on page 16; Record on pages 17-23 including the Meal Report pages 19-20; with emphasis in your story about your accomplishments presented in a sturdy binder/notebook.

Include the following information on the Foods and Nutrition page:

Foods prepared

Number of times

Special concerns

A food product with recipe representative of the cultural or ethnic group within the United States that you selected.

Exhibit will be evaluated on the quality of content in the e-Record and manual activities (50 percent) and the quality of the food product (50 percent).

Note: The food product must be safe to hold at room temperature during judging and display.

PASSPORT TO FOREIGN COOKERY—UNIT 7

Class 1545 Passport to Foreign Cookery Int.

Class 1546 Passport to Foreign Cookery Sr.

All exhibits will consist of the following:

- A. Completed e-Record and a notebook with research on selected country containing three parts:
 - 1. A maximum of 10 pages of research and pictures on customs relating to food habits and food sources such as crops, fishing, etc. Discussion might include food shopping habits, percentage of income spent for food, how the area of the country affects diets, etc.
 - 2. A maximum of three pages of other information about the country, i.e., climate, geography, political structure, religion, dress, etc.
 - 3. A maximum of five pages of menus and recipes indicating nutritional balance of a traditional meal plus activity pages 9-11 in the manual presented in the binder/notebook with the other materials.
- B. Include the following information on the Foods and Nutrition page:
 - 1. Foods prepared
 - 2. Number of times
 - 3. Special Concerns
- C. A food product with recipe that is representative of the country.
- D. Exhibit will be evaluated on the quality of content in the e-Record and research of selected country (50 percent) and the quality of the food product (50 percent).**

Note: The food product must be safe to hold at room temperature during judging and display.

FOOD PRESERVATION

Special Exhibit Rules for Food Preservation:

- A. All foods must have been preserved since the last state fair by the 4-H member.
- B. All canned products must include the following information on the label. Use the label templates below the examples and print on cardstock type paper. Affix labels to jars using a rubber band around the top of the jar.
 - 1. Name of product
 - 2. Additional ingredients/Acidity (salt, lemon juice, vinegar, ascorbic acid)
 - 3. Method of preparation (type of syrup, raw or hot pack) as applies to product canned
 - 4. Method of processing (i.e., pressure canner, water bath), weighted or dialed gauge, pounds of pressure
 - 5. Exact processing time, including altitude/elevation adjustment
 - 6. Elevation at which processing was done (refer to Making altitude/elevation adjustments in your manual and to CSU's Preserve Smart app at <https://apps.chhs.colostate.edu/preservesmart/>)
 - 7. Full date processed

Examples:

Food Preservation

Name of product: Peaches
Beans

Name of product: Green

Additional ingredients/Acidity: ascorbic acid dip

Additional ingredients/Acidity: 1/2 tsp salt

Method of preparation: hot pack-thin syrup

Method of preparation: hot pack

Method of processing: boiling water bath canned

Method of processing: pressure canned Lbs. 12 1/2

Processing time: 35 minutes

Processing time: 25 minutes

Kitchen Elevation: 5,000'
 5,000'

Kitchen Elevation: _____

Date canned or dried: September 1, 2024

Date canned or dried: July 1, 2024

- C. All dried foods must include the following information on the label:
 - 1. Name of food product
 - 4. Additional ingredients added, if any
 - 5. Method of preparation, pretreatment used, if any
 - 6. Method of drying (oven, dehydrator, freeze)

7. Total drying time
8. Conditioning time/days
1. Date dried

Example:

Food Preservation

Name of product: Apricots
 Additional ingredients/Acidity: ascorbic acid
 Method of preparation: dipped
 Method of drying: dehydrator-dried
 Processing time: 8 hours
 Conditioning: 7 days
 Date dried: July 1, 2024

1. Clear standard canning jars, such as Ball or Kerr, must be used for all canned exhibits. All jars must have new two-piece lids. Reusable lids and one-piece lids are not allowed. Decorative storage containers which have a rubber seal are not acceptable for canning exhibits.
2. Screw bands should be used during transit to and from the state fair. Screw bands will be removed by the judge during judging.
3. All preserved foods must follow CSU Preserve Smart or USDA recommendations. Recipes from 1994 through present must be used. (Refer to project tip sheet.)
4. Any jars showing leaks or spoilage will not be judged.
5. Recipes from approved sources, such as USDA or CSU, that have been tested in a laboratory must be used to ensure that particular food mixture will be heated sufficiently in all parts within the jar and that acidity level is adequate to destroy both vegetative and spore forms of bacteria.
6. The recipe must be included in the record book. Please make copies of the recipe page for additional recipes.
7. 4-H members may enter up to three classes per unit, except Freezing Unit 1.

FOR ALL FOOD PRESERVATION UNITS

All exhibits will consist of the following completed e-Record information (A, B, and C below) along with each unit's additional requirements (D).

- A. e-Record shall be presented in a sturdy binder/notebook. The 4-H Food Preservation Information page and the Recipe Information page must be included.
- B. Include the following information on the Food Preservation page:
 - a. Date
 - b. Name of product
 - c. Amount
 - d. Preparation Method
 - e. Preservation or processing method used

Include the recipe for your exhibit item(s) in your e-Record and cite the source where you got your recipe.

FREEZING—Unit 1

All exhibits will consist of the following along with the e-Record (A, B, and C above) as well as “My plans” on page 5 and “Exploring MyPlate” on pages 6-11 in the Freezing manual. Also, complete “Journaling” for at least two activities in the manual.

D. A display board illustrating a topic investigated during the project year. The standardized display board size of 4 ft. x 3 ft. is to be used with 4-H projects. No additional items may be included in front of the display board.

- Class 1601 Freezing Unit 1 Jr.
 Class 1602 Freezing Unit 1 Int.
 Class 1603 Freezing Unit 1 Sr.

DRYING—Unit 2

All exhibits will consist of the following along with the e-Record (A, B, and C above) as well as “My plans” on page 5 and “Exploring MyPlate” on pages 6-11 in the Drying manual. Also, complete “Journaling” for at least two activities in the manual.

D. Up to three of the following:

- a. Six rolls of the same fruit leather or six strips of jerky. Jerky recipes must use Colorado State University recommended procedures. (See tip sheet for more information.) Deer and elk meat are to include a copy of test results for Chronic Wasting Disease. (CWD test mandatory and a copy placed in binder/notebook.)
- b. One-half cup of the same dried fruit.
- c. One-half cup of the same dried vegetable.
- d. One-half cup of mixed vegetables.

Class 1604 Drying Unit 2 Fruit Leather or Jerky Jr.

Class 1605 Drying Unit 2 Fruit Leather or Jerky Int.

Class 1606 Drying Unit 2 Fruit Leather or Jerky Sr.

Class 1607 Drying Unit 2 Same Dried Fruit Jr.

Class 1608 Drying Unit 2 Same Dried Fruit Int.

Class 1609 Drying Unit 2 Same Dried Fruit Sr.

Class 1610 Drying Unit 2 Same Dried Vegetable Jr.

Class 1611 Drying Unit 2 Same Dried Vegetable Int.

Class 1612 Drying Unit 2 Same Dried Vegetable Sr.

Class 1613 Drying Unit 2 Mixed Vegetables Jr.

Class 1614 Drying Unit 2 Mixed Vegetables Int.

Class 1615 Drying Unit 2 Mixed Vegetables Sr.

BOILING WATER CANNING—UNIT 3

All exhibits will consist of the following along with the e-Record (A, B, and C above) as well as “My plans” on page 5 and “Exploring MyPlate” on pages 6-11 in the Boiling Water Canning manual. Complete “Journaling” for at least two activities in the Boiling Water Canning manual. All exhibitors must complete questions on page 39 of the manual.

Juniors = 1 question

Intermediates = 2 questions

Seniors = 3 questions

D. Up to three of the following:

- a) Fruit Spreads - Jelly, Jam, Preserves, Conserves, Marmalades, Fruit Butters ($\frac{1}{4}$ pt or $\frac{1}{2}$ pt Jar)
- b) Pickled fruit or vegetable (Pint Jar)
- c) Relish (Pint Jar)
- d) Fruit (Pint or Quart Jar)
- e) Tomato Product (whole, halved, crushed, juice, sauce [standard, BBQ, Ketchup]) (Pint Jar)
- f) Salsa (Pint Jar)
- g) Fruit Pie Filling - must use modified starch such as Clear-Jel (Pint or Quart Jar)

Class 1616 Boiling Water Canning Unit 3 Fruit Spreads Jr.

Class 1617 Boiling Water Canning Unit 3 Fruit Spreads Int.

Class 1618 Boiling Water Canning Unit 3 Fruit Spreads Sr.

Class 1619 Boiling Water Canning Unit 3 Pickled Fruit or Vegetable Jr

Class 1620 Boiling Water Canning Unit 3 Pickled Fruit or Vegetable Int.

Class 1621 Boiling Water Canning Unit 3 Pickled Fruit or Vegetable Sr.

Class 1622 Boiling Water Canning Unit 3 Relish Jr.

Class 1623 Boiling Water Canning Unit 3 Relish Int.

Class 1624 Boiling Water Canning Unit 3 Relish Sr.

Class 1625 Boiling Water Canning Unit 3 Fruit Jr.

Class 1626 Boiling Water Canning Unit 3 Fruit Int.

Class 1627 Boiling Water Canning Unit 3 Fruit Sr.

Class 1628 Boiling Water Canning Unit 3 Tomato Product Jr.

Class 1629 Boiling Water Canning Unit 3 Tomato Product Int.

Class 1630 Boiling Water Canning Unit 3 Tomato Product Sr.

Class 1631 Boiling Water Canning Unit 3 Salsa Jr.

Class 1632 Boiling Water Canning Unit 3 Salsa Int.

Class 1633 Boiling Water Canning Unit 3 Salsa Sr.

Class 1634 Boiling Water Canning Unit 3 Fruit Pie Filling Jr.

Class 1635 Boiling Water Canning Unit 3 Fruit Pie Filling Int.

Class 1636 Boiling Water Canning Unit 3 Fruit Pie Filling Sr.

PRESSURE CANNING—UNIT 4

All exhibits will consist of the following along with the e-Record (A, B, and C above) as well as “My plans” on page 5 and “Exploring MyPlate” on pages 6-11 in the Pressure Canning manual. Complete “Journaling” for at least two activities in the Pressure Canning manual. All exhibitors must complete questions on page 36 of the manual.

Intermediates = 2 questions

Seniors = 3 questions

D. Up to three of the following:

- a) One pint jar of canned vegetables plus activity from manual that is related
- b) One pint jar of tomato based sauce without meat (example: Spaghetti Sauce) plus activity from manual that is related
- c) One pint jar of canned dried beans plus activity from manual that is related
- d) One pint jar of canned meat plus activity from manual that is related
- e) One pint jar of combination (example: stew, spaghetti sauce with meat) plus activity from manual that is related

Class 1637 Pressure Canning Unit 4 Vegetables Int.

Class 1638 Pressure Canning Unit 4 Vegetables Sr.

Class 1639 Pressure Canning Unit 4 Tomato Based Sauce Int.

Class 1640 Pressure Canning Unit 4 Tomato Based Sauce Sr.

Class 1641 Pressure Canning Unit 4 Dried Beans Int.

Class 1642 Pressure Canning Unit 4 Dried Beans Sr.

Class 1643 Pressure Canning Unit 4 Meat Int.

Class 1644 Pressure Canning Unit 4 Meat Sr.

Class 1645 Pressure Canning Unit 4 Combination Int.

Class 1646 Pressure Canning Unit 4 Combination Sr.