

SECTION 21
FOOD & NUTRITION

***PROJECT RECORD SHEETS REQUIRED for
YOUTH BUILDING ENTRIES**

A General Project Record or Cloverbud Project Record and an Exhibit Tag **must** accompany each exhibit entered in the Youth Building. A copy of the General Project Record and Cloverbud Project Record can be found on the Cornell Cooperative Extension web site at www.ccedelaware.org or can be picked up at Cooperative Extension, Hamden.

Exhibitors who wish to exhibit at State Fair should visit the State Fair web site at www.nysfair.org.

Baked goods are to be cooled before packing for exhibit. Use plastic bags.

If exhibits are prepared ahead and frozen be sure to completely defrost before judging. Indicate on recipe if frozen before judging.

All baked entries must have been baked from scratch by the exhibitor. *No refrigerated or frozen dough or box mixes are permitted. Use of bread machines is not allowed.*

No exhibits requiring refrigeration (cream or custard based pies, cakes) are allowed.

Our goal is to encourage the mastery of skills. Fewer ingredients generally mean a simpler recipe. The more experienced 4-H member is encouraged to exhibit a more difficult recipe. Exhibitors are also encouraged to not exhibit in the same class year after year. Again, this is to demonstrate mastering of new skills.

Please do your best to demonstrate good nutritional choices in your recipe.

Remove all items from baking pans (except pies) and exhibit on paper plates or foil-wrapped cardboard. Do not bake muffins or cupcakes in paper liners.

Include recipe card (product name, ingredients, preparation steps, and yield) with all baked entries. If recipe was modified, indicate how the recipe was modified to make it healthier.

An exhibit is three (3) samples of small items (cookies, muffins, cupcakes, rolls, breadsticks, pretzels, or similar products); half of large item (loaf bread, cake, coffee cake, or similar products); whole item if needed to convey appearance of product (pie, turtle shaped bread, or similar products).

The complete recipe is to accompany each baking exhibit. No premium will be awarded if recipe and method are not also exhibited. (Suggest using a 3" x 5" card for the recipe.) Fasten recipe and tag to outside of bag.

COOKIES

Class No.

- 2601 **Cookies** - drop, hand-shaped, or pressed - examples: drop/chocolate chip, applesauce, oatmeal; hand-shaped/peanut butter, snicker doodles, crinkles - no frosting - hand-shaped cookies can be rolled in sugar
- 2602 **Rolled or Refrigerator Cookies** - pan-baked - examples: date bar, pumpkin bar, brownies or other batter cookie (**not** layered pan cookies) - no frosting or added decoration that are not part of the batter

MUFFINS, BISCUITS & BREADS (no yeast)

Class No.

- 2603 **Muffins** - plain, whole wheat, cornbread, bran, apple, or other - no toppings
- 2604 **Biscuits or Scones** - plain, whole grain, flavored, or other shaped (rolled & cut) biscuits or scones - no toppings
- 2605 **Loaf Bread** (no yeast leavened) - Banana, blueberry, apple, pumpkin, or other bread baked in a loaf pan

YEAST BREADS AND ROLLS

Class No.

- 2606 **Yeast Rolls** - plain, whole grain, flavored, or other yeast rolls of any shape - does not include fancy rolls with fillings or frosting
- 2607 **Yeast Bread** - plain, whole grain, flavored, or other baked in a loaf pan
- 2608 **Shaped Bread** - an exhibit is any small (such as pretzels, breadsticks) or large (such as animal shaped) hand-shaped bread - plain, whole grain, flavored, or other, does not include fancy yeast breads with fillings or frosting.

CAKES

Class No.

- 2609 **Plain Cake** - an exhibit will consist of one-half of the following;
- 1.) plain cake (spice, chocolate, butter) baked in a pan approximately 8"-9" (round or square); or
 - 2.) a foam-type cake (angel food, sponge, chiffon) baked in a tube pan, approximately 9"-10"
- Unfrosted - cakes with frosting or topping may be entered in Grown in NY, Heritage Foods or International Foods
- 2610 **Cakes with Nutritious Ingredients** - an exhibit will consist of one-half cake which is made with vegetable or fruit (no fruitcakes), such as carrot, applesauce, beet, sweet potato, cabbage, etc. baked in an appropriate size pan, approximately 8"-9" round or square or 9"-10" tube. In evaluating nutritious cake, more consideration will be given for nutritious ingredients while recognizing the cake will be heavier and moisture content will vary - unfrosted.

2611 **Cake Decorating** - frosted and decorated cake or special occasion disposable form or 3-cup cakes for a birthday, anniversary, graduation, etc. Decorations need to be made with decorator's frosting using decorator's tips. Candies, actual flowers and other decorations can only be added to enhance the frosting decorations, not used alone. Include on General Project Record sheet what occasion the cake is to be used for.

PASTRY/PIES

Class No.

2612 **Pies** - Fruit Pies – 2 crust pastry - top crust can be latticed or decorative pastry - no crumb toppings – example: apple, blueberry, cherry, etc. - enter in disposable pie pans 6" or larger. No exhibits requiring refrigeration (cream or custard-based pies, etc.) are allowed

2613 **Tarts or Turnovers** – Three (3) items make an exhibit – example: peach tarts, apple turnovers, etc. - no exhibits requiring refrigeration are allowed

OTHER BAKING CLASSES

Class No.

2614 **Baking Light** - an exhibit is sample of any baked product that is made with less fat and total calories by
1.) modifying a recipe (include original and revised recipes)

2.) using an already modified recipe

3) making a traditionally low fat product such as angel food cake.

The recipe and explanation of why it is low in fat must be included. Cookies, loaf bread, cake, cupcake, coffee cake, muffins, pies, or other baked items.

2615 **Grown in New York** - an exhibit is a sample of any baked product that contains a fruit or vegetable grown in New York State and must include:

a.) recipe

b.) explanation of ingredient grown in New York, including where it was grown and purchased and if it was preserved for later use, and statement about the nutritional value of the item produced in New York. Source of ingredient can be garden, U-pick or roadside stand, farmers market, or any market if source can be identified. Cookies, muffins, bread, cake, cupcakes, coffee cake, pie or other baked items.

2616 **Heritage Foods** - an exhibit is sample of any baked item associated with family traditions or history and must include:

a.) recipe

b.) family history and traditions associated with the food. Cookies, muffins, bread, cake, cupcakes, coffee cake, pie, or other baked items.

2617 **International Foods** - An exhibit is sample of any baked item associated with customs and traditions of a country or population of the world and must include:

a.) recipe

b.) historical background or context

c.) traditions associated with preparing, serving, and eating the food. Cookies, muffins, bread, cake, cupcake, coffee cake, pie, or other baked items.

2618 **Pet Treats** - an exhibit will consist of three (3) samples or 1-cup mix of baked treats for dogs, horses, etc. Will be evaluated on appearance, smell and texture. Please include on the General Project Record sheet the reason for the treat such as for your pet, community service project, fund raiser, etc.

2619 **Food Technology Exhibit** - an exhibit to include a food project prepared using new technology or a non-traditional method (i.e. bread machine, cake baked in convection oven, baked item made in microwave, etc.). Include recipe and why you used this method.

RECIPE COLLECTIONS

Class No.

2620 **Healthy Recipe Collection.** An exhibit is at least six (6) recipes (displayed in box, notebook, or file folder; can include photos or illustrations) that provide needed nutrients while limiting fat and total calories. For each recipe state:

2621 1.) relationship of key ingredients to Food Guide Pyramid

2.) nutritional benefit

3.) source of recipe

4.) how well it was liked

5.) any changes you would make in the recipe.

All recipes must be collected and made during the current enrollment year.

2622 **Heritage Recipe Collection** - an exhibit is at least ten (10) recipes (displayed in box, notebook, or file folder; can include photos or illustrations) that depict family or local history. For each recipe state:

1.) source of recipe

2.) history related to recipe

3.) traditions related to preparing, serving, and eating the food.

For four (4) of the ten (10) recipes, indicate how well it was liked after trying it. The collection should represent one or more generations older than yourself and can be collected from family, friends, or other community sources. All recipes must be collected and at least four (4) prepared during the current enrollment year.

HEALTHY LIVING

Class No.

2623 **Healthy Snacks** - this may be an actual food exhibit, poster, photos or may include faux food. The idea is to prepare an example of a healthy snack that you might have yourself or may prepare for friends. Actual food exhibits must be able to be presented without the need of refrigeration. Examples of Healthy Snacks: veggie platter, smoothie, cheese and crackers, fruit kabobs. Project Record should include serving size and info about the nutritional value of the snack.

- 2624 **Packed Lunch** - entry is to be presented in a lunch bag or box (always good to think about how this will be displayed). Display may include photos or pretend food, if actual items will not hold up.
Project Record should include the following:
a.) dietary needs of individual that lunch is for (aka: a 3rd grader will require less food than a high school athlete)
b.) facilities available for keeping lunch (aka: will this be used on a trail ride? Lunchroom? Do you need a microwave in order to prepare? etc.)
c.) Nutritional value of the lunch packed (consider this when you decide what is going in the packed lunch).
- 2625 **Menu for a Day** - the menu should include complete listing of all meals and snacks that would be eaten over a one-day period. A description of individual or family for whom meals are intended must be included. Typed exhibit with photos is recommended, creativity is encouraged.
- 2626 **Open Class**. Any other approved 4-H project or article (in section 021) made as a part of a related 4-H project that does not fit any other class.