

**DEPARTMENT 115**  
**4-H AND FFA FOODS AND NUTRITION**  
**SECTION A**  
**BAKED GOODS**

- Baked products must be completely baked to qualify for entry.
- Each item must have been prepared by a 4-H or FFA member who is enrolled in a foods and nutrition project. Entries should be a requirement of the member's 4-H project.
- **All entries must be submitted on a Styrofoam or sturdy paper plate inside a plastic bag.** Please be sure to use plates that are adequate for the weight of your baked goods, we cannot be responsible for accidents due to flimsy plating. **NO GLASS PLATES/DISHES WILL BE ACCEPTED.**
- No products (pies, cakes, or cookies) with egg-based fillings; cream fillings OR icings (including pumpkin or cream cheese) will be accepted or judged.
- TIP When using disposable aluminum pans, bake pies on a cookie sheet so that the bottom of the pie bakes.

		AWARD	1 <sup>ST</sup>	2 <sup>ND</sup>	3 <sup>RD</sup>	4 <sup>TH</sup>	5 <sup>TH</sup>
CLASS	DESCRIPTIONS	PREMIUMS	\$4.00	\$3.00	\$2.50	\$2.00	\$1.50
	<b>Cakes – not iced, one layer – NO BOXED CAKES</b>						
1.	Chocolate						
2.	Spice						
3.	White						
4.	Yellow						
5.	Angel Food (entry should be baked in a tube pan)						

**DECORATED CAKES** A cake form may be used. Cake must be entered on a sturdy base. **Base should be no larger than 10 inches in diameter, 10-inch square or 10'X "14-inch rectangle. The cake may not be larger than 10 inches at the base of cake including the icing border.** NO GLASS OR PLASTIC BASES. Cakes will be judged on originality, color coordination and general appearance. Entries should be at least 3 inches high. \*Each Unit must incorporate all the skills learned in the previous units.

6.	Unit 1 (Use of writing tip and star tip & at least two color)						
7.	Unit 2 (Must have at least one border and at least two colors; also use of writing & star tips)						
8.	Unit 3 (At least 3 formed flowers using butter cream or royal icing; also use of writing & star tips and border)						
9.	Unit 4 (Cakes with a theme, using at least 3 skills from the previous units)						
10.	Unit 5 (Fondant covered cake with fondant decorations)						
	<b>Candy (3 pieces)</b>		\$3.00	\$2.50	\$2.00	\$1.50	\$1.00
12.	Fudge						
13.	Fudge-Light						
14.	Peanut Brittle						
15.	Penuche						
	<b>Microwave Connection</b>						
16.	Peanut Brittle (3)						
17.	Peanut Butter Krispies (3)						
18.	Fudge (3 pieces)						
19.	Cup Cakes (3)						
20.	Brownies or Bar Cookies (3)						

	<b>Bar Cookies (3)</b>					
21.	Brownies					
22.	Granola Bars (unfrosted)					
23.	Miscellaneous Bar Cookies					
	<b>Dropped Cookies (3)</b>	\$2.50	\$2.00	\$1.50	\$1.25	\$1.00
24.	Chocolate Chip					
25.	Peanut Butter					
26.	Snickerdoodle Cookies					
27.	Miscellaneous Dropped Cookies					
28.	Filled Cookies					
29.	Pressed Cookies (use cookie press)					
30.	Specialty Cookies					
31.	Sliced Cookies					
32.	Rolled and Cut Cookies					
33.	<b>No Bake Cookies (3)</b>					
	<b>Pies and Tarts (any variety):</b> No glass or metal pie pans. No egg-based, cream, custard, cream cheese, pumpkin fillings nor meringue will be accepted or judged.	\$5.00	\$4.50	\$3.50	\$2.50	\$1.50
35.	Tarts or Turnovers (3)					
36.	Two crust pie (any variety)					
37.	One crust pie (any variety)					
	<b>Quick Breads</b>					
38.	Blueberry Muffins (3)					
39.	Biscuits (3)					
40.	Coffee cake or rolls (3)					
41.	Bran muffin (3 – no topping)					
42.	Miscellaneous muffin (3)					
43.	Plain Muffin (3 - no topping)					
44.	Nut bread or fruit bread (1 loaf)					
45.	Gingerbread (3 – 2” squares)					
46.	Cornbread (3 – 2” squares)					
47.	Quick Bread (1 loaf – any type)					
	<b>Yeast Bread and Rolls (No fork pricks)</b>					
48.	White (1 loaf)					
49.	White rolls (3)					
50.	Whole wheat bread (1 loaf)					
51.	Whole wheat rolls (3)					
52.	Cinnamon rolls (3)					
53.	Bread Sticks (3)					
54.	Hamburger Buns (3)					
55.	One ring specialty bread					
56.	Pretzels (3)					
57.	Bread machine Loaf (1)					
58.	Breads from Around the World: A loaf or round bread from another country or culture outside US (Include recipe)					
59.	Breads from Around the World (4): A plate of tortillas, pretzels, pocket bread, etc. from another country (Include recipe)					

	<b>Make it with Mixes (Up to age 10 only)</b>	\$2.50	\$2.00	\$1.50	\$1.25	\$1.00
60.	Three plain (such as cookies or muffins) or one large item (such as a cake)					
61.	Three plain (such as cookies or muffins) or one large item (such as a cake) that is a variation of the mix or made with commercial mix without gluten, fat, or another ingredient					
	<b>Miscellaneous</b>					
65.	Trail Mix (1 cup) in resealable bag					
66.	Popcorn Snack (3 balls) in resealable bag					
68.	Roasted peanuts (1/2 cup)					
69.	Global Gourmet: A dessert cake or bread from another country/culture (indicate country or culture)					
70.	Homemade noodles (1 quart)					
71.	Homemade pasta (uncooked) (1quart)					
72.	Homemade soap 1 Bar					
73.	Gingerbread Creation. Must be made of gingerbread-no graham crackers, pretzels or any material or food other than gingerbread. Base must be sturdy materials and not to exceed 140 square inches.	\$4.00	\$3.00	\$2.50	\$2.00	\$1.50

## DEPARTMENT 115

### SECTION B

#### CANNED GOODS – JAMS & JELLIES

- Canned products – fruits, vegetables, jams, jellies, vinegars, etc., will be judged on general appearance, wholesomeness and quality of food, flavor, when appropriate, uniformity of food size and color, adequate head space, food arrangement and clearness of liquid.
- Products must be canned in standard canning jars (No one trip commercial pack jars) and be uniform, clear glass, with a two- piece lid and ring and suitably labeled.
- **The judges will follow the food safety standards set by the United States Department of Agriculture.**
- Displays should be in uniform size jars.
- The judge reserves the right to open any jar.
- All Multiple Display classes are required to have types and/or flavors identified on entries, no names please.

		AWARD	1 <sup>ST</sup>	2 <sup>ND</sup>	3 <sup>RD</sup>	4 <sup>TH</sup>	5 <sup>TH</sup>
CLASS	DESCRIPTIONS	PREMIUMS	\$3.00	\$2.50	\$2.00	\$1.50	\$1.00
	<b>Canned Fruit, Single</b>						
1.	Peaches						
2.	Applesauce						
6.	Canned Fruit Display (3 identified specimens)	\$6.00	\$5.00	\$4.00	\$3.00	\$2.00	
	<b>Canned Vegetables, Single</b>	\$3.00	\$2.50	\$2.00	\$1.50	\$1.00	
10.	Carrots						
11.	Corn						
14.	String Beans						
15.	Tomatoes						
16.	Canned Vegetables Display (3 identified specimens)	\$6.00	\$5.00	\$4.00	\$3.00	\$2.00	
	<b>Jams, Single Entry</b>	\$3.00	\$2.50	\$2.00	\$1.50	\$1.00	
21.	Peach						
22.	Other (Identified)						
23.	Apple Butter						

	<b>Jellies, Single Entry</b>					
25.	Apple					
26.	Grape					
27.	Berry					
28.	Jellies, Jams & Preserves Display (3 specimens, flavors identified)	\$5.00	\$4.50	\$3.50	\$2.50	\$1.50
	<b>Pickles and Relish</b>	\$3.00	\$2.50	\$2.00	\$1.50	\$1.00
29.	Sweet Pickle Relish					
30.	Dill Pickles					
31.	Sweet Pickles					
32.	Salsa					
33.	Pickled Beets					
	<b>Dried Products</b>					
34.	Apples					
35.	Bananas					
36.	Fruit Leather (3 pieces, type identified)					
39.	Herbs (1 pt.)					
41.	Herb Flavored Vinegar. One- pint jar, processed and sealed with two- piece lid					
42.	Fruit Flavored Vinegar. One- pint jar, processed and sealed with two- piece lid					

**DEPARTMENT 115**  
**SECTION C**  
**NUTRITION POSTERS**

- Posters should not exceed 18” X 24” in size.
- Posters should be flat – no 3-dimensional posters.
- Posters should consist of stationary material – no real food.
- Identification tags should be taped or stapled onto the poster – no paper clips.

		AWARD	1 <sup>ST</sup>	2 <sup>ND</sup>	3 <sup>RD</sup>	4 <sup>TH</sup>	5 <sup>TH</sup>
CLASS	DESCRIPTIONS	PREMIUMS	\$3.50	\$3.00	\$2.50	\$2.00	\$1.50
	Poster on one aspect of “My Plate”						
1.	8-11 years						
2.	12-19 years						
	Poster on one aspect of kitchen or food safety						
3.	8-11 years						
4.	12-19 years						
	Poster on table setting or table manners						
5.	8-11 years						
6.	12-19 years						
	Poster on one aspect of fitness						
8.	8-11 years						
9.	12-14 years						
10.	15-19 years						
	Poster showing one of the food experiments						
13.	8-11 years						
14.	12-19 years						
	Poster on measuring, label reading, food terms or kitchen equipment						
15.	8-11 years						

16.	12-19 years
	Poster showing amount of fat and/or sugar in common foods
17.	8-11 years
18.	12-19 years
	Poster on food labeling
21.	8-11 years
22.	12-19 years
28.	Poster showing a party plan centered on a theme (include information about the menu, decorations, invitations, etc.) 8-19 years
29.	Poster showing international or cultural foods, 8-19 years
	Poster on microwave safety or a microwave food preparation technique
30.	8-11 years
31.	12-19 years