

FOODS and NUTRITION – Department FF (classes 1-12)

FOOD AWARD –

This award for the best food exhibit is in memory of Frances Daley and Shirley Newton. These were two grandmas that loved to cook. Whether it was everyday meals, brandings or entertaining it was always fun and great to eat. They even made things that we often wondered about like Grandma Shirley's "tiger meat" and Grandma France's "oxtail soup". Cooking brought everyone together.



FOOD and COOKING EXHIBITS - -

1. Members must be enrolled in the Unit they are exhibiting in or they are disqualified.
2. All cookies, muffins and biscuits (three each) are on small white paper plates and covered with plastic wrap. Loaves of bread in plastic bags.
3. All canned products must be in standard canning jars, sealed and labeled as to method and process and dated.
4. Jams and jellies must be in standard canning jars and processed in the water bath. **NO PARAFFIN MAY BE USED.**
5. All exhibits except canned items must be covered with plastic wrap.
6. Wherever possible, use small loaf pans to avoid food waste.
7. **Entries need not be made from recipes in project book.**

FF -- CLASS 1 – COOKING 101

Lot Number (project pages listed)

1. Poster/display food group and recommended servings
2. Poster/display of measuring tools
3. Poster/display Food Safety Basics (pages 13-14)
4. Poster/display Kitchen Safety Basics (pages 15-17)
5. Poster/display a table place setting
6. Poster/display Measuring Basics (pages 22-25)
7. Poster/display Cooking How To Basics (pages 28-31)
8. Snack (pages 33-39)
9. Side Dish (pages 40-47)
10. Main Dish (pages 48-53)
11. Quick Bread (pages 54-61)
12. Dessert (pages 62-73)
13. Your collection of recipes (book or file)
14. Any other A – not listed above
15. Any other B – not listed above

FF -- CLASS 2 – COOKING 201

Lot Number

1. Poster/display Food Safety (pages 8-12)
2. Poster/display Fire Safety in the Kitchen (pages 13-14)
3. Poster/display Cooking "How To" (pages 15-17)
4. Display Food labels (pages 19-20)
5. Fruit & Vegetable Group (pages 21-36)
6. Grain Group (pages 37-52)
7. Meat & Beans Group (pages 53-74)
8. Milk Group (pages 75-82)
9. Desserts (pages 83-88)
10. Meal Plan for the Day (page 91)
11. Any other A – not listed above.
12. Any other B – not listed above.

FF -- CLASS 3 – COOKING 301

Lot Number

1. Project Book
2. Poster/display Food Safety (pages 8-9)
3. Poster/display Outdoor Cooking (pages 10-12)
4. Poster/display Party Planning (pages 13-18)
5. Poster/display Slow Cookers (pages 19-20)
6. Item from Grain Group (pages 21-62)
7. Item from Vegetable & Fruit Group (pages 65-83)
8. Item from Meat Group (pages 84-100)
9. Item from Milk Group (pages 101-107)
10. Item from Desserts (pages 108-122)
11. Any other A – not listed above.
12. Any other B – not listed above.

FF -- CLASS 4 – PARTY PLANNER

Lot Number

1. Whole Wheat Pancakes
2. Quick Pumpkin Cake with Cream Cheese Frosting
3. Orange and Almond Sweet and Sour Salad
4. Soft Tacos with Homemade Seasoning
5. Easy Baked Boneless Chicken Wings
6. Southwest Snack Mix
7. Black Bean and Corn Salsa
8. Teriyaki Burgers
9. PSA on topic related to nutrition, food safety, or quantity cooking
10. Budget for theme party
11. Reference file of entertaining ideas, menus, recipes, decorations, etc.
12. Notebook of a party you planned, include menu, decorations and cost
13. Food preparation schedule for special occasion
14. Any other A – not listed above
15. Any other B – not listed above

BAKING AWARD - \$20 to first year member with **“most baking entries”** IHO Elizabeth Brandt,
long time dedicated Lucky Clover 4-H leader. Sponsored by Ginger Steffenhagen

FF -- CLASS 6 – BAKING 101

Lot Number

1. Project Book
2. Meal plan using MyPlate
3. Educational display or poster showing kitchen safety
4. Educational display demonstrating measuring techniques
5. Display or poster showing basic kitchen equipment
6. Baking powder biscuits
7. Plain muffins
8. Cornmeal muffins
9. Pancake
10. Peanut butter pancake
11. Sugar cookies
12. Chocolate chip cookies
13. Chocolate drop cookies
14. Oatmeal cookies
15. Peanut butter cookies
16. Display detailing citizenship or leadership with the baking project
17. Display related to careers in baking
18. Any other A – not listed above



FF -- CLASS 7 – BAKING 201

Lot Number

1. Project Book
2. Meal plan or project using MyPlate
3. Daily menu with half whole grains
4. Display related to common baking products
5. Display related to baking equipment
6. Nut bread
7. Banana nut bread
8. Zucchini bread
9. Any quick bread
10. Coffeecake
11. Fruit filled coffee cake
12. Heritage cookie from another country
13. Bar cookies
14. Drop cookies
15. Refrigerator cookies
16. Pressed cookies
17. Rolled cookies
18. Molded cookies
19. Filled cookies
20. Shaped cookies
21. Brownies
22. Chocolate Chip applesauce brownies
23. Cranberry granola bars
24. Butterscotch bars
25. Jam thumbprint cookies
26. Peanut butter blossom cookies
27. Brown sugar nut rounds
28. Gingerbread
29. Cornbread
30. Exhibit related to science of baking
31. Display detailing citizenship or leadership with the baking project
32. Display related to careers in baking
33. Any other A – not listed above

FF -- CLASS 8 – BAKING 301

Lot Number

1. Project Book
2. Meal plan or project using MyPlate
3. Daily menu with half whole grains
4. Exhibit related to history of bread
5. Exhibit related to bread of different countries
6. Fast French bread
7. Basic yeast roll dough

8. Refrigerator dough
9. Quick white bread
10. Whole-wheat bread
11. Dakota bread
12. Cool-rise white bread
13. Breadsticks
14. Teddy Bear bread
15. Animal bread
16. Display related to science of bread baking
17. Display related to equipment for bread baking
18. Microwave casserole bread
19. Microwave English muffin bread
20. White bread made in bread machine
21. Whole-wheat bread in bread machine
22. Display detailing citizenship or leadership with the baking project.
23. Any other A – not listed above

FF -- CLASS 9 – BAKING 401

Lot Number

1. Project Book
2. Meal plan or project using MyPlate
3. Daily menu with half whole grains
4. Exhibit related to cake science
5. Yellow cake from scratch
6. Sponge cake from scratch
7. Uncooked butter frosting
8. Seven-minute frosting
9. Fudge frosting
10. Busy day oatmeal cake
11. One slice of cake from store-bought mix and one from scratch, with written comparison
12. Display detailing citizenship or leadership with the baking project.
13. Display on careers in food preparation, food science or food microbiology
14. Interview of someone in baking field
15. Single pie crust
16. Set of pie crusts or pie crust “cookies” comparing different fats (shortening, butter, oil, margarine, lard) with written evaluation
17. Display related to viscosity of pie fillings
18. Display related to comparison of thickening agents (cornstarch, flour, tapioca, etc.)
19. Basic cream pie
20. Chocolate cream pie
21. Banana cream pie
22. Coconut cream pie
23. Lemon meringue pie
24. Any other cream pie
25. Pumpkin pie
26. Pecan pie
27. Any other custard pie
28. Apple pie
29. Canned cherry pie
30. Canned berry, peach or apricot pie
31. Fresh strawberry pie
32. Any other fruit pie
33. Traditional quiche
34. Reduced-cholesterol spinach quiche
35. Any other quiche
36. Apple turnovers
37. Empanadas any flavor
38. Empanadas several flavors
39. Results of comparison between homemade or store bought baked item (time, taste, nutrition)
40. Exhibit related to science in Baking 4 project items
41. Any other A – not listed above

FF -- CLASS 10 -- CANNING & FREEZING

Lot Number

1. Exhibit related to importance of food preservation
2. Display detailing pH in foods and appropriate food preservation methods
3. Display of equipment for food preservation
4. Chart of foods you plan to preserve and when they are in season
5. Comparison of frozen apples or other fruit (treated and untreated)
6. Comparison of frozen beans or other vegetable (blanched and unblanched)
7. Applesauce made with boiling water canner
8. Jam made in boiling water canner
9. Any pickled vegetable in boiling water canner
10. Any food preserved through freezing
11. Any item made in boiling water canner
12. Display of leadership or citizenship activity related to project
13. Display of science related to food preservation
14. Display related to history of food preservation
15. Display related to microorganisms destroyed in various food preservation techniques

FF -- CLASS 11 -- FOOD PRESERVATION

Open to any Foods & Gardening Project Member

Lot Number

1. One jar jam, cooked
2. One jar jelly
3. One jar preserves
4. Exhibit of fruit leather, three (3) kinds
5. Exhibit of dried fruit, three (3) kinds of fruit in appropriate storage container
6. Exhibit of dried vegetables, three (3) kinds
7. One pint/quart of tomato juice
8. One pint/quart of relish
9. One pint/quart of dill pickles
10. One pint/quart of bread & butter pickles
11. One pint/quart of sauerkraut
12. One pint/quart of canned fish
13. One pint/quart of meat or chicken
14. Exhibit of jerky
15. One pint/quart of canned fruit
16. One pint/quart of canned vegetables
17. Three (3) jar exhibit of different vegetables
18. Three (3) jar exhibit of different fruit
19. Three (3) jar exhibit of different jams & jellies
20. Three (3) jar exhibit of different pickles
21. Three (3) jar exhibit of different relishes
22. Independent Study
23. Any other A – not listed above
24. Any other B – not listed above

FF --CLASS 12 -- OPEN TO ANY FOOD MEMBER

Lot Number

1. Three(3) cream puffs
2. Pound cake
3. Decorated cake, loaf or layer
4. Three (3) pieces of chocolate covered cherries
5. Three (3) pieces of divinity
6. Three (3) caramels
7. Three (3) pieces of fudge
8. 100% loaf of whole wheat bread
9. Loaf of white bread
10. Angel cake from scratch
11. Sponge cake from scratch
12. Full size layer cake from scratch (frosted)
13. One loaf fruit/nut vegetable bread
14. Three (3) decorated cupcakes
15. Fruit Pie - 3" slice
16. Three (3) deep fried donuts, raised or cake
17. Three (3) cinnamon rolls
18. Three (3) caramel rolls
19. Item prepared for a Holiday
20. Dehydrated Food Item
21. Low-calorie food - include calories and recipe
22. Three (3) plain rolled sugar cookies
23. Three (3) fruit bars or fruit filled cookies
24. Three (3) chocolate brownies
25. Three (3) molasses cookies
26. Monster Cookies
27. Any other A – not listed above
28. Any other B – not listed above