

DEPARTMENT E - HEALTHY LIFESTYLES

DEPARTMENT E – CLOVER KIDS

- ⇒ 4-H'ers that are 6, 7, or 8 are considered clover kids. Refer to the General Rules and Regulations for additional information.
- ⇒ 4-H'ers will only be allowed to choose a maximum of 3 projects under Department E. They may choose from any classes under Nutrition, Foods and Food Preservation, Food Preservation, Lifetime Sports, Safety or Health but may only choose 3 classes total under this department.
- ⇒ When filling out the entry forms please indicate the clover kid project with the appropriate division and a CK before the class number. Also please include the class name (bold) for reference.
- ⇒ Clover Kids will receive \$1.00 premium per class that they enter/complete, unless specified otherwise.

DEPARTMENT E - NUTRITION, FOODS AND FOOD PRESERVATION

GENERAL INFORMATION:

County – Only a slice or one cookie will be displayed with the remainder returned to the 4-H'er after judging. 4-H members may exhibit one article per entry number except where noted. Members may exhibit only in projects in which they are enrolled.

LABELS: For ALL FOOD PRODUCTS AND FOOD PRESERVATION ENTRIES - Each exhibit must include the recipe. Recipe may be handwritten, photocopied or typed. Place the food on the appropriate size paper plate. Put exhibit in a self sealing bag. Attach ENTRY TAG AND RECIPE at the corner of the bag on the outside. FOR NON-FOOD ENTRIES- Please attach the entry tag to the upper right hand corner of the entry. **GENERAL LABELING INFORMATION:** All additional information pieces (recipes, special items) must be labeled with exhibitor's name and county.

CRITERIA FOR JUDGING - Exhibits will be judged according to score sheets available at the extension office. Make sure you follow all entry instructions required for your exhibit. Incomplete exhibits will be lowered a ribbon placing. Commercially prepared mixes are allowed in the Tasty Tidbits Creative Mixes (Class 2) exhibit ONLY. Prepared mixes entered in other categories will be lowered a ribbon placing.

ENTER FOOD PROJECTS in disposable materials, i.e., paper plate and plastic self-sealing bag.

FOOD SAFETY: Since exhibits are on display for several days, it is necessary to limit exhibits to products which hold up well. Items that require refrigeration will not be accepted, judged or displayed. Food products must be unquestionably safe to eat when they are entered, whether tasted or not. Egg glazes on yeast products before baking are allowed. Glazes, frostings, and other sugar based toppings are also considered safe due to the high sugar content. Eggs incorporated into baked goods or crusts and cheeses mixed into bread dough's are considered safe. Improperly canned or potentially hazardous food items will be disqualified.

DIVISION 403 - ROAD TO GOOD COOKING

AWARDS: Purple - \$2.00 Blue - \$1.50 Red - \$1.25 White - \$1.00

CLASS:

C1 **Oatmeal Cookie** (any recipe) - Four on a small paper plate.

DIVISION 401 - SIX EASY BITES

AWARDS: Purple - \$2.00 Blue - \$1.50 Red - \$1.25 White - \$1.00

CLASS:

1 **Cookies** (any recipe) - Four on a small paper plate.

2 **Muffins** (any recipe) - Four on a small paper plate

C3 **Simple Snack** (any recipe) - (granola, trail mix, cereal based snack recipes, etc.) two bars on small paper plate or at least ½ cup of snack product in self-sealing zip lock bag.

DIVISION 402 - FAST FOODS!

AWARDS: Purple - \$3.00 Blue - \$2.00 Red - \$1.50 White - \$1.00

CLASS:

1 **Coffee Cake** (any recipe or shape, non-yeast product) - At least 3/4 of baked product. May be exhibited in a disposable pan. Include menu for a complete meal where this recipe is served.

2 **Cost Comparison Exhibit** - Exhibit must include a food product made from scratch and a cost comparison to a similar commercial pre-made item (for example, homemade cinnamon rolls compared to a pre-made cinnamon roll purchased at the store). Supporting information needs to include the cost of the food item made compared to the commercial product and the recipe for the homemade food item. See pages 22-35 of Fast Foods Manual relating to the Grocery Store Tour and the Store Shopper Tim Sheet listed on page 31. If 4-Her doesn't exhibit a food item in this class, it will be lowered a ribbon placing.

- 3 **Food Technology Exhibit** - Exhibit must include a food product prepared using new technology or a non-traditional method (i.e. bread machine, cake baked in convection oven, baked item made in microwave, etc.) Entry must include supporting information that discusses new method and how it compares with traditional method. If 4-H'er doesn't exhibit a food item in this class, it will be lowered a ribbon placing.
- 4 **Fast Foods Menu Planning** - 4-H'er develops exhibits that aid in menu planning. May be a menu plan that is developed for at least five meals, a recipe file, or a poster that is related to what is learned in the Fast Foods project. Consider creativity and neatness. Menu plan may be mounted on a 9" x 12" colored paper or poster board, or display in a binder. Refer to pages 16-19 and 60-63 in the Fast Foods Manual. Attach an evaluation found on page 64 for two or more of the menus you have prepared.
- 5 **Fast Foods Recipe File** - Collection of 10 recipes from any source. Each recipe must accompany a complete menu in which the recipe is used. An additional 10 recipes may be added each year 4-H'er is in project, with year clearly marked on recipes. Display in recipe file or in a binder.
- C6 **Fast Food Baked Product** - Use five to seven ingredients to make a "quick" baked product. May be any recipe. Prepackaged products may be used in recipe, ex. Refrigerated dinner roll, pre-make bread dough, etc. Display proper amount of food item (4 on a plate or ¾ or more of baked item). Supporting information must include experiences in making a fast food baked product.

DIVISION 300 - YOUTH IN MOTION

AWARDS: Purple - \$3.00 Blue - \$2.00 Red - \$1.50 White - \$1.00

CLASS

- 1 **YOUTH in Motion Poster, Scrapbook, or Photo Display** about the 4-H'ers family or self involved in a physical activity or concept/lesson involving this project. This might contain pictures, captions, and/or reports about the physical activity the individual or family did as a result of taking this project.
- 2 **Activity Bag** - A duffel bag or backpack that the 4-H'er packs so that they are always prepared to be active and make healthy food choices. May include proper workout attire, a healthy beverage or snack, a notebook or goal sheet, etc. Make sure all items are clean, clearly labeled and have an explanation of why it is included in the Activity Bag. DO NOT put valuable items (i.e. electronics) in Activity Bag, instead use a picture of the item or include in the listing of items.
- 3 **YOUTH in Motion Healthy Snack Recipe File** - Collection of 10 recipes from any source. Each recipe must accompany a complete menu in which the recipe is used, following the idea that a healthy snack includes foods from at least two different food groups. An additional 10 recipes may be added each year 4-H'er is in project, with year clearly marked on recipes. Consider creativity and neatness. Display in recipe file or in a clear plastic binder.
- 4 **Exercise Interview** - Interview someone in your life that you have chosen to be active with or someone that you admire that is physically active. Why do they enjoy their exercise program? What are their goals? Why do you admire them? Maximum of two pages, one sided write up of an interview with someone who has an active exercise program. Consider creativity and neatness. Mount on colored paper or poster board, or display in clear plastic binder. Include a picture of the person interviewed. (May be laminated to preserve exhibit.) Overall size of mounted exhibit should be no larger than 9" x 12".
- 5 **Healthy Snack** - see ideas for non-perishable snacks on page 36. Four cookies, bars, muffins, etc., on a paper plate, or at least 1 cup of mix (examples might include: granola bars, homemade crackers or chips). Supporting information to include recipe and snack menu, and why this snack menu might be considered a healthy snack.

DIVISION 410 - TASTY TIDBITS

AWARDS: Purple - \$3.00 Blue - \$2.00 Red - \$1.50 White - \$1.00

CLASS:

- 1 **Healthy Baked Product** - Baked good must be made with less sugar, fat or salt, or altered using a sugar or fat substitute. Include original recipe and altered recipe. Exhibit must include ¾ of baked product or 4 muffins or cookies on a paper plate. May be baked in a disposable pan. Tell what you learned about products made from a modified recipe in supporting information.
- 2 **Creative Mixes** - (any recipe, at least ¾ of baked product or 4 muffins or cookies on a paper plate. May be baked in a disposable pan.) Baked item made from a mix (commercial or homemade mixes acceptable). Food product must have been modified to make a new or different baked item. (Ex. Poppyseed Quick Bread from a cake mix, cake mix cookies, sweet rolls made from ready made bread dough, monkey breads from biscuit dough, Streusel Coffee Cake from a cake mix, etc.) Tell what you learned about making the product using a pre-measured mix instead of a recipe made from scratch. Does it make it better or easier to use a mix?
- 3 **Biscuits** - four biscuits on a small paper plate. May be rolled, dropped, or cut into shape. Any recipe.
- 4 **Foam Cake** - original recipe (no mixes) of at least ¾ of the cake. Foam cakes are cakes that have a high ratio of eggs to flour and fall into three categories: angel food cakes or meringues; sponge or jelly roll cakes; and chiffon cakes.

DIVISION 411 - YOU'RE THE CHEF

AWARDS: Purple - \$3.00 Blue - \$2.00 Red - \$1.50 White - \$1.00

CLASS:

- 1 **Loaf Quick Bread** (any recipe) - At least 3/4 of a standard loaf displayed on a paper plate. A standard quick bread loaf measure 8 1/2" x 4 1/2" or 9 x 5 inches..
- 2 **White Bread** (any yeast recipe or method other than bread machine) - At least 3/4 of a standard loaf displayed on a paper plate
- 3 **Whole Wheat or Mixed Grain Bread** (any yeast recipe or method other than bread machine) - At least 3/4 of a standard loaf displayed on a paper plate.
- 4 **Specialty Rolls** - 4 rolls on a paper plate. May be sweet rolls, English Muffins, Kolaches, Bagels, or any other sweet roll recipe. Recipe must include yeast.
- 5 **Dinner Rolls** - 4 rolls on a paper plate. May be Clover Leaf, Crescent, Knot, Bun, Bread Sticks, or any other type of dinner roll. Recipe must include yeast.
- C7 **White, Whole Wheat or Mixed Grain Bread made in a bread machine** - at least 3/4 of a standard loaf displayed on a paper plate.
- C8 **White, Whole Wheat or Mixed Grain Rolls made in a bread machine** - four on a paper plate.

DIVISION 413 - FOODWORKS

AWARDS: Purple - \$3.00 Blue - \$2.00 Red - \$1.50 White - \$1.00

CLASS:

- 1 **Double Crust Fruit Pie** - made with homemade fruit filling. No egg pastries or cream fillings. No canned fillings. May be a double crust, crumb, or lattice toppings. Enter in an 8 or 9 inch disposable pan is recommended.
- 2 **International Foods Display Exhibit** - Baked product from another country or culture with at least one accessory typical of that country. The name of the country or culture should be a prominent part of the display. Include the recipe for the baked item. On a 3 x 5 card, explain what was learned about the culture and country, what makes this recipe unique to the country, and when this recipe is served. Attach to the recipe card. Attach exhibitor's name and county to the display, each accessory item and recipe cards. Display should be no larger than 12" deep x 15" wide x 10" high. Accessory items should be securely attached. Exhibit will be judged on creativity and imagination. Consider accessories other than dolls. Baked item will be sampled by judges, so it should be bread, rolls, cookies, etc., not casseroles, cream pies, etc. Fair Board is not responsible for lost or stolen accessories.
- 3 **International Food Exhibit** (any recipe) - Four cookies, bars, muffins, etc., on a paper plate. The name of the country or culture should be included as part of the supporting information with the recipe.
- 4 **Interview A Caterer** - Maximum of two pages, one sided neatly handwritten write up of an interview with a caterer. Consider creativity and neatness. Mount on a ("9"x 12" colored paper or poster board or display in clear plastic binder. Include a picture of the person interviewed. (May be laminated to preserve exhibit). Overall size of mounted exhibit should be no larger than 9 x 12 inches.
- 5 **Specialty Bread** (any recipe made with yeast) - Tea rings, braids, or any other specialty bread products. Must be exhibited whole.
- 6 **Specialty Pastry** (any recipe) - pie tarts, puff pastry, phyllo doughs, scones, biscotti, choux, croissants, Danish, strudels. Phyllo dough may be pre made or from scratch. Pastries made with cream or egg based fillings will be disqualified. Four on a paper plate or at least 3/4 of baked product.

DIVISION 409 - CAKE DECORATING

Entries are judged on appearance, not taste. You may use either a real cake or a cake dummy.

AWARDS: Purple - \$3.00 Blue - \$2.00 Red - \$1.50 White - \$1.00

CLASS:

- C1 **A Decorated Cake**

DEPARTMENT E - FOOD PRESERVATION

GENERAL INFORMATION:

PROCESSING METHODS: Current USDA processing methods must be followed for all food preservation. Jams, preserves and marmalades, fruit, tomatoes and pickled vegetables must be processed in a boiling water bath. (Tomatoes may be processed in a pressure canner.) All non-acid vegetables and meats must be processed in a pressure canner. Spoiled or open container disqualifies entry.

UNIFORMITY: Jars and type of lid should be the same size, all small or all large, not necessarily the same brand. Half pint jars may be used for jellies and preserves. The jars are not to be decorated by the exhibitor in any way. Canning jars must be used - others will be disqualified. No one-fourth pint jars allowed. Leave jar rings on for fair display, it helps protect the seal. No zinc lids.

LABELING - Label jars with name of product, type of pack (hot or cold), processing method and time, pounds of pressure (low acid food), altitude where product was processed, name and county of exhibitor. Write plainly on a label and paste or tape securely

on jar bottom. Specialized sticky labels not required. Label dried food articles with recipe and method of pretreatment, drying method and drying time. Write plainly on label and paste or tape securely to back of a self sealing bag. Securely attach official entry card to exhibit. Multiple jar exhibits should be contained in a small undecorated box. Use a rubber band or "twisty" to keep exhibit containing 3 self-sealing bags together. Be sure to adjust time and pressure for county altitude. All food preservation entries must include recipe and source of recipe.

CURRENT PROJECT: All canning must be the result of this year's 4-H project, since September 1, 2008.

CRITERIA FOR JUDGING: Exhibits will be judged according to scoresheet available at the Extension Office. Check with the extension office for altitude information. G-L-W is above 2,000 feet in elevation. Incomplete exhibits will be lowered a ribbon class.

DIVISION 407 - FOODS PRESERVATION

AWARDS: Purple - \$3.00 Blue - \$2.00 Red - \$1.50 White - \$1.00

CLASS:

- 1 **Dried Fruit** - Exhibit 3 different examples of dried fruits. Place each dried fruit (6-10 pieces of fruit, minimum of 1/4 cup) in a self sealing bag. Use a rubberband or "twisty" to keep exhibit together. See General Information for special labeling instructions.
- 2 **Fruit Leather** - Exhibit 3 different examples of 3 different fruit leathers. Place 3-4" sample of each fruit together in separate self sealing bags. Use a rubberband or "twisty" to keep exhibit together. See General Information for special labeling instructions.
- 10 **Dried Vegetables** - Exhibit 3 samples of dried vegetables. Place each food (1/4 cup of each vegetable) in a separate self sealing bag. Use a "twisty" to keep exhibit together. See General Information for special labeling instructions.
- 11 **Dried Herbs** - Exhibit 3 samples of dried herbs. Place each food (1/4 cup of each herb) in a separate self sealing bag. Use a "twisty" to keep exhibit together. See General Information for special labeling instructions.
- 12 **1 Jar Fruit Exhibit** - One jar of a canned fruit. See General Information for special labeling instructions.
- 13 **3 Jar Fruit Exhibit** - Exhibit 3 jars of different canned fruits. May be three different techniques for same type of product, ex. Applesauce, canned apples, apple pie filling, etc. See General Information for special labeling instructions.
- 14 **1 Jar Tomato Exhibit** - One jar of a canned tomato product. See General Information for special labeling instructions.
- 15 **3 Jar Tomato Exhibit** - Exhibit 3 jars of different canned tomato products (salsa, sauces without meats, juice, stewed, etc.) See General Information for special labeling instructions.
- 20 **1 Jar Vegetable or Meat Exhibit** - One jar of a canned vegetable or meat. Include only vegetables canned in a pressure canner. See General Rules for special labeling instructions.
- 21 **3 Jar Vegetable Exhibit** - Three jars of different kinds of canned vegetables. Include only vegetables canned in a pressure canner. See General Information for special labeling instructions.
- 22 **Quick Dinner** - Exhibit a minimum of 3 jars to a maximum of 5 jars (all the same size) plus menu. Meal should include 3 canned foods that can be prepared within an hour. List complete menu on a 3" x 5" file card and attach to one of the jars. See General Information for special labeling instructions.
- 30 **1 Jar Pickle Exhibit** - One jar of a pickled and/or fermented product. See General Information for special labeling instructions.
- 31 **3 Jar Pickle Exhibit** - Three jars of different kinds of canned pickled and/or fermented products. See General Information for special labeling instructions.
- 40 **1 Jar Jelled Exhibit** - One jar of a jam, jelly or marmalade. See General Information for special labeling instructions.
- 41 **3 Jar Jelled Exhibit** - Three different kinds of jelled products. Entry may be made up of either pints or half pints (but all jars must be the same size). Entry must be processed in the boiling water bath according to current USDA recommendations. See General Information for special labeling instructions.

DEPARTMENT E - LIFETIME SPORTS

DIVISION 420 - LIFETIME SPORTS (Bowling, Golf, Tennis)

AWARDS: Purple - \$4.00 Blue - \$3.00 Red - \$2.00 White - \$1.00

CLASS:

C1 **Tournament Score Sheets** from bowling, golf, tennis. (must be documented at a G-L-W Contest or by a 4-H Leader)

AWARDS: Purple - \$2.00 Blue - \$1.50 Red - \$1.25 White - \$1.00

C2 **A Poster** about some aspect of your sport

DEPARTMENT E - SAFETY

DIVISION: 440 - SAFETY

AWARDS: Purple - \$6.00 Blue - \$4.00 Red - \$2.00 White - \$1.00

CLASS:

- 1 **First Aid Kit** - Prepare the kit according to guidelines in the Citizen Safety manual, 4-H 425, pages 6 & 7. Refer to score sheet SF110.rev2002.
 - a. Kits containing any of the following will be automatically disqualified:

1. Prescription medications. (If the kit's purpose is to provide medication for someone with special needs, explain in the written description and inventory, but remove the medication.)
 2. Materials with expiration dates on or before the judging date. (This includes sterile items, non-prescription medications, ointments, salves, etc. Articles dated month and year only are considered expired on the last day of that month.)
 3. Any controlled substance.
2. **Disaster Kit** (Emergency Preparedness) - A disaster kit must contain the materials to prepare a person or family for emergency conditions caused by a natural or man-made incident. Selection of materials is left to the exhibitor. Family or group kits must have enough material or items for each person. A description of the kit's purpose and a list of individual contents is required. Please include short explanation of water needs for your disaster kit. Do not bring actual water to the fair in the kit. Refer to score sheet F 13-06-79.
 3. **Safety Scrapbook** - The scrapbook must contain 15 news articles from both print and internet about various incident types. Mount each clipping will be mounted on a separate page accompanied by a description of events leading to the incident and any measures that might have prevented it. The Scrapbook should be bound in a standard size hardcover binder or notebook for 8 1/2" x 11" size paper. Correct sentence structure, readability and thorough explanations are an important part of judging.

DIVISION 450 - FIRE SAFETY

AWARDS: Purple - 2.00 Blue - \$1.50 Red - \$1.25 White - \$1.00

CLASS:

1. **Fire Safety Drawing** - This is a home floor plan drawn to scale showing primary and secondary escape routes and where fire extinguishers and smoke detectors are located. Draw every room, including all doors and windows. Use black or blue arrows showing primary escape routes from each room. Use red arrows showing secondary routes to use if the primary routes are blocked. Primary and secondary escape routes must lead outside to an assembly location.
2. **Fire Safety Scrapbook** - This scrapbook will contain at least 10 news articles from both print and internet sources about fires. Each clipping will be mounted on a separate page and include probable cause of the fire and measures that could have prevented it. The scrapbook should be bound in a standard hard cover binder or notebook for 8 1/2" x 11" paper. Correct sentence structure, readability and thorough explanations are an important part of judging.
3. **Fire Prevention Poster** - This must be constructed of commercial poster board at least 11" x 14". Any media can be used. Posters should be appropriate to display during National Fire Prevention Week or to promote fire safety at specific times of the year (Christmas, Halloween, 4th of July, etc.). Originality, clarity and artistic impression will all be judged. Do not include live fireworks, matches or other flammable/explosive/hazardous materials. An entry containing this material will be disqualified.

DIVISION 451 - BICYCLE SAFETY

AWARDS: Purple - \$2.00 Blue - \$1.50 Red - \$1.25 White - \$1.00

CLASS:

- C1 **Bicycle Safety Rodeo** - Any 4-H'er under age 12 may enter. The contest will be conducted according to the rules set forth by the Extension Office. Contestants must wear helmets while competing. This contests consists of a safety check, written test and obstacle course.
- C2 **Demonstration Display** - Show some part or system of a bicycle, worn or broken part, step-by-step repair procedure, etc. Include a brief description. Display on a board 24" high x 32" wide, not to exceed 1/4" thick.
- C3 **Bicycle Poster** - 14" x 22" either vertical or horizontal arrangement, using any medium - watercolor, ink, crayon, etc. so long as it is not three-dimensional, showing road safety and traffic manners.

DIVISION 452 - ATV SAFETY

AWARDS: Purple - \$2.00 Blue - \$1.50 Red - \$1.25 White - \$1.00

CLASS:

- C1 **Demonstration Display** - Show some part or system of an ATV, worn or broken part, step-by-step repair procedure, etc. Include a brief description. Display on a board 24" high x 32" wide and not more than 1/4" thick.
- C2 **Safety Poster** - Six photos of yourself demonstrating safety measures necessary for ATV operation.
- C3 **ATV Safety Poster** - 14" x 22" either vertical or horizontal arrangement, using any medium - watercolor, ink, crayon, etc. so long as it is not three-dimensional, showing road safety and traffic manners.

DEPARTMENT E - HEALTH

DIVISION 453 - HEALTH

AWARDS: Purple - \$2.00 Blue - \$1.50 Red - \$1.25 White - \$1.00

CLASS:

- C1 **Exploring Your Body** - Poster - Design a poster, size 8 1/2" x 11", that illustrates your uniqueness.
- C2 **Discovering Myself** - Poster, notebook or scrapbook. Using any means, include information about any of these topics: peer pressure, nutrition, physical fitness, choosing not to smoke, friendships, disabilities, families, decision-making, brain power, understanding advertising, behavior, TV violence, self-worth, beliefs, stress, study habits, seat belts.
- C3 **Fun with Friends** - Poster, notebook or scrapbook. Using any means, include information about any of these topics: choosing not to smoke, fitness, physical development, choosing not to use alcohol, decision-making, friendships, attraction to the opposite sex, communication, values, concept mapping, problem solving, stress, values, cultural differences, sports injuries.
- C4 **Teen Talk** - Poster, notebook or scrapbook. Using any means, include information about any of these topics: media images, nutrition, physical fitness/exercise, communication, dating, values, weight control or eating disorders, HIV, depression, personality, stress, life philosophy, elderly, traditions, study habits, time management.
- C5 **Preparing for the Future** - Poster, notebook or scrapbook. Using any means, include information about any of these topics: health habits, skin safety, cancer, dating, relationships, abuse, health screenings, choosing not to use alcohol, problem solving, health decisions, stress, communication, conflict resolution, parenting, maturing, goal setting, careers, resumes, work ethic, advertising