

Food, Nutrition, Health

Director.....**Kailey Parks**

Plaques donated by:

- Best 4-H Cooking 101 Exhibit** – Carol L. Johnson & Sara Johnson Williams
- Best 4-H Cooking 201 Exhibit** – Brian and Cathy Otto
- Best 4-H Cooking 301 Exhibit** – Ellen Culver
- Best 4-H Cooking 401 Exhibit** – Kathleen Emery
- Best Cake Decorating Exhibit** – Ryan & Jill Miller
- Best Food Preservation Exhibit** – Mary Kerber, In Memory of Lynda Fink
- Top Action Exhibit** – Brian and Cathy Otto
- Top Food Demonstration** – Kathleen Emery

Premiums: Classes 2501-2502	A-\$9	B-\$7	C-\$5
Premiums: Classes 2511-2516	A-\$4	B-\$3	C-\$2
Premiums: Classes 2517-2560	A-\$5	B-\$4	C-\$3

Section EA — Food Demonstrations (4H20/10)

**Check in 9:00 a.m. and Judging 10 a.m. on Saturday, July 23
at the McLean County Extension Auditorium**

Superintendent..... Stacy Spaulding

Rules:

1. **Failure to meet requirements will result in lowering of placing by one grade.**
2. No commercial names should be visible or mentioned.

It is strongly recommended that 4-H members attend a pre-fair clinic on June 23 at 6 p.m. at the Extension office. Bring questions pertaining to your food demonstration. An example demonstration will be presented along with a hands-on workshop and many tips to prepare you for giving a proper food demonstration. Please call (309) 663-8306 to register.

The food demonstration must relate to the project area in which the member(s) is/are enrolled. If this is not the case, the member(s) will be ineligible for a Top Food Demonstration Award.

Demonstrations must be 6-10 minutes and done by an individual or team of two members. Exhibitors are responsible for furnishing all equipment and supplies. A demonstration table, easel for your recipe poster and trays will be provided. Each exhibitor is responsible for setting up his/her own demonstration area. No parents or supervising adults are permitted in actual demonstration space.

2501. Food Demonstrations, Ages 8-12

2502. Food Demonstrations, Ages 13+

* Indicates projects that may be State Fair eligible.

Section EB — Foods

**UNLESS otherwise noted: Check-in 7-8:30 a.m. on Wednesday, August 3
Judged between 9 a.m. and 4 p.m.**

Member will be present for judging of all classes.

Superintendents.....Susan Hoss, Pat Huth,
Mary Kerber, Beth Laakman-Schaumburg, Cathy Lowery, Jason Lowery,
Wonder Monson, Julie Nikolanci, Brian Otto, Cathy Otto,
Diana Ropp Sheryl Soukup, Jen Wyant, Karen Wyant

4H20/10-Classes 2511, 2513, 2514, 2517, 2518, 2526, 2527	4H20/10-Classes 2533-2536 4H20/10-Classes 2537-2543
4H20/10-Classes 2519, 2528	4H20/10-Classes 2544-2547
4H20/10-Classes 2516, 2521	4H20/10-Classes 2548
4H20/10-Classes 2522-2525	4H20/10-Classes 2549-2555
4H20/10-Classes 2530-2532	4H20/10-Classes 2556-2557

Due to spoilage of some products, exhibits may be discarded before the fair is over.

Comment sheets and ribbons will remain on display for duration of the fair.

Rules:

1. No prepared mixes allowed.
2. Menu guide available at the Extension office or online at: <http://web.extension.illinois.edu/lmw/mclean4hfair/1100.html>
3. All required menus and recipes must be typed or written on a note card(s) not to exceed 4"x6". Menus must include food exhibited.
4. **Failure to meet requirements will result in lowering of placing by one grade.**
5. For educational displays, no commercial names should be visible or mentioned.
See general rules on page 11 for size restrictions.
6. Member may **only** enter classes in **one** of the following project **areas**:
Cooking 101, Cooking 201, Cooking 301, Cooking 401. However, member may enter more than one class in Cooking 101, Cooking 201, Cooking 301, or Cooking 401.
7. All food exhibits must be displayed on a plain white disposable plate and placed in a clear self-sealing plastic bag, unless otherwise noted.
8. Italicized* exhibits may qualify for State Fair.

Cooking 101

Member may exhibit one entry in each class.

Check-in from 5-8 p.m. on Tuesday, August 2

2511. Complete the Explore MyPyramid Activity (pages 8-12) in the project book. Prepare an educational display to show what you did and what you have learned.

Check-in from 7-8:30 a.m. on Wednesday, August 3

2512. Exhibit one of the following, made from the recipe in the project book: three, 2-inch square *cereal marshmallow bars** with no add-ins (page 34) **OR** 1/4 of 8" square or round *coffeecake** (page 59) **OR** three *cookies** (pages 68-71). Include the recipe and a menu for **one meal**.

Cooking 201

Member may exhibit one entry in each class.

Check-in from 5-8 p.m. on Tuesday, August 2

2513. Prepare an educational display based on any one of the food or kitchen safety topics from the project book. Include information from other sources.
2514. Exhibit a nutrition education display of the different types of milk and possible uses for milk in cooking. Include a recipe that you would like to prepare that contains one type of milk and a menu for **one meal** that includes that recipe.

Check-in from 7-8:30 a.m. on Wednesday, August 3

2515. Exhibit one of the following, made from the recipe in the project book: three *cheese muffins** (page 49) **OR** three rolled biscuits (page 50) **OR** three *scones** (page 51). Include a menu for **one meal**.
2516. Exhibit one WHOLE loaf of *Basic Nut Bread** using one of the fruit or vegetable variations from page 48 of the project book. Include a menu for **one meal**.

Cooking 301

Member may exhibit one entry in each class.

Check-in from 5-8 p.m. on Tuesday, August 2

2517. Prepare an educational display based on one of the experiments from the project book.
2518. Exhibit a nutrition education display of the different types of cheese and possible uses for cheese in cooking. Include a recipe that you would like to prepare that contains one type of cheese and a menu for **one meal** that includes that recipe.
2519. Exhibit two cups of your favorite baked snack mix recipe displayed in an original themed setting. Include recipe for snack mix and party menu written or typed on cards not to exceed 4"x6." Completed Party Planning Checklist and Party Planning Timeline from project book must also be displayed. Exhibit must not include perishable foods.

Check-in from 7-8:30 a.m. on Wednesday, August 3

2520. Exhibit one of the following made from the recipe in the project book: 8" round *Rich White Cake** (page 115), no frosting, **OR** 1/4 of an Oatmeal Cake (page 118), with topping, including one corner, **OR** 1/4 of Grandma's Apple Cake (page 120), no topping, including one corner. Include a menu for **one day**.
2521. Exhibit one WHOLE loaf of any fruit or vegetable quick bread. Use a recipe from any cookbook. No prepared mixes. Bake in 5"x9" loaf pan. Include a menu for **one day**.
2522. Exhibit three *cloverleaf rolls**, made from the Basic Dinner Roll Dough recipe on page 40 of the project book. Include a menu for **one day**.
2523. Exhibit a sweet dough *coffee cake**, no frosting, using half of the recipe Basic Sweet Dough, page 42 of project book, shaped as desired. Display on aluminum foil covered cardboard cut to not exceed 2" beyond the border of coffee cake, cover in clear plastic wrap. Include a menu for **one day**.

* Indicates projects that may be State Fair eligible.

2524. Exhibit one *loaf of bread** from any recipe. Bread Machine may not be used in preparing or baking bread. Display on aluminum foil covered cardboard cut to not exceed more than 2" beyond the border of loaf and covered in clear plastic wrap. Include a copy of the recipe used and a menu for **one day**.
2525. Exhibit a *yeast product of choice** (not fitting classes 2522-2524). May be decorated. Display on aluminum foil covered cardboard cut to not exceed more than 2" beyond the border of product, covered in clear plastic wrap. Include a copy of the recipe used and a menu for **one day**.

Cooking 401

Member may exhibit one entry in each class.

Check-in from 5-8 p.m. on Tuesday, August 2

2526. Prepare an educational display based on one of the experiments from the project book.
2527. Exhibit a nutrition education display on different types of dried beans/peas and possible uses for them in cooking. Include information on nutritional value, preparation, and storage. Use additional resources. Include a recipe that you have prepared containing at least one type dried bean or pea and a menu for **one day** that includes that recipe.
2528. Exhibit a display representing your plans for a Celebration Meal. Display should indicate the event being celebrated and should include details regarding the planning and preparation required. Completed Celebration Meal Planning Checklist and Celebration Meal Planning Timeline from the project manual must also be displayed. No food should be included in the exhibit.

Check-in from 7-8:30 a.m. on Wednesday, August 3

2529. Exhibit one of the following made from the recipe in the project book (no variations): Angel Food Cake (page 116) **OR** *Sponge Cake** (page 117) **OR** Chiffon Cake (page 118). No frostings or icings should be used. Display bottom side up on a plain white paper plate placed in a clear self-sealing plastic bag or covered with clear plastic wrap. Include a menu for **one day**.
2530. Exhibit whole *unfilled baked pie crust**, made using one of the recipes in the project manual (pages 97-100). Display in an 8" or 9" disposable pie pan, placed in a large, clear, self-sealing plastic bag or covered in clear plastic wrap. Include a menu for **one day**.
2531. Exhibit two-crust fruit pie, using recipes from the project manual (crust-pages 97-100, pie-pages 105-107). Display in an 8" or 9" disposable pie pan, placed in a large, clear, self-sealing plastic bag or covered in clear plastic wrap. Include a menu for **one day**.
2532. Exhibit pie of your choice. Be creative: try different crusts and fillings. Use new flavors and combinations of fruits and nuts. No cream, custard or meringue pies that require refrigeration. Use an 8" or 9" disposable pie pan, placed in a large, clear, self-sealing plastic bag or covered in clear plastic wrap. Include the recipe and a menu for **one day**.
2533. Exhibit six 1-inch pieces of classic chocolate fudge (page 89) of the project book. Omit nuts.

2534. Exhibit six caramels (page 90) of project book, individually wrapped according to recipe.
2535. Exhibit six pieces of toffee (page 91) of project book.
2536. Exhibit two pieces of three types of candy not from recipes in project book. (No divinity.) Include recipes.

Food Preservation

Check-in from 5-8 p.m. on Tuesday, August 2

Please display with jar rings on. Label the side of each jar with the type of product, method used, and date. Only tested recipes should be used (those that have been tested to meet food safety guidelines). All preserved products should be prepared and processed according to the current USDA\Extension information. USDA information on preserving food, including recipes can be found at www.homefoodpreservation.com. All canned products must be canned in clear, standard jars in good condition (no chips or cracks). Jars must be sealed using two-piece canning lids. **Member may exhibit one entry in each class.**

2537. **Jams/Preserves/Butters:** Exhibit pint or half-pint jars from two of these categories: *jams, preserves, butters**. Include a recipe for each.
2538. **Jellies/Marmalades:** Exhibit one pint or half-pint jar of *jelly* AND one pint or half-pint jar of *marmalade**. Include a recipe for each.
2539. **Fruits/Vegetables/Juices:** Exhibit pint or quart jars of two different *fruits**, *fruit sauces**, or *vegetables**, or *juices**.
2540. **Pickles/Relishes/Salsas:** Exhibit pint or half-pint jars from two of these categories: *pickles**, *relishes**, *salsas**. Include recipe for each.
2541. **Drying Foods:** Exhibit one of the following in small, clear self-sealing plastic bags. Include a card not to exceed 4"x6" describing step-by-step how you dried each food, include jerky recipe.
 ½ cup *dried fruit** and ½ cup *dried vegetable**, or
 ½ cup *dried fruit** and three pieces of *dried jerky**, or
 ½ cup *dried vegetable or herbs** and three pieces of *dried jerky**
2542. **Freezing*:** Prepare a nutrition display that illustrates a freezing principle. There is NOT a food exhibit option for the preservation method.
2543. **Canning*:** The exhibit should include two different canned foods in appropriate jars for the product. Food may be fruit, vegetable, or tomato product (i.e. salsa, juice, etc.)

Food Science

Check-in from 5-8 p.m. on Tuesday, August 2

2544. **Food Science 1:** Prepare a display, digital presentation, or poster on one of the food science experiments from the manual that you completed. Share 1) the food science question you investigated; 2) process used to conduct the experiment; 3) your results and observations; 4) what you learned; and 5) how you have applied this information. You must furnish any equipment you need for the exhibit. Internet service is not guaranteed. All exhibits must include something visual, such as a printed copy of a digital presentation. Electronic equipment will only be used during your judging time and will not remain on display during the exhibit period.

* Indicates projects that may be State Fair eligible.

2545. **Food Science 2:** prepare a display, digital presentation, or poster on one of the food science experiments from the manual that you completed. Share 1) the food science question you investigated; 2) process used to conduct the experiment; 3) your results and observations; 4) what you learned; and 5) how you have applied this information. You must furnish any equipment you need for the exhibit. Internet service is not provided. All exhibits must include something visual, such as a printed copy of a digital presentation. Electronic equipment will only be used during your judging time and will not remain on display during the exhibit period.
2546. **Food Science 3:** prepare a display, digital presentation, or poster on one of the food science experiments from the manual that you completed. Share 1) the food science question you investigated; 2) process used to conduct the experiment; 3) your results and observations; 4) what you learned; and 5) how you have applied this information. You must furnish any equipment you need for the exhibit. Internet service is not provided. All exhibits must include something visual, such as a printed copy of a digital presentation. Electronic equipment will only be used during your judging time and will not remain on display during the exhibit period.
2547. **Food Science 4:** prepare a display, digital presentation, or poster on one of the food science experiments from the manual that you completed. Share 1) the food science question you investigated; 2) process used to conduct the experiment; 3) your results and observations; 4) what you learned; and 5) how you have applied this information. You must furnish any equipment you need for the exhibit. Internet service is not provided. All exhibits must include something visual, such as a printed copy of a digital presentation. Electronic equipment will only be used during your judging time and will not remain on display during the exhibit period.

Meat & Other Protein Sources

Check-in from 5-8 p.m. on Tuesday, August 2

2548. Prepare a *nutrition education display** related to one of four topics from the project book: nutritional value, food safety, food preparation, or food buying of meat and other protein sources.

Cake Decorating

Member MAY be asked to demonstrate decorating technique used. Member may exhibit one entry in class 2549 in addition to one other Cake Decorating exhibit.

Check-in from 7-8:30 a.m. on Wednesday, August 3

All exhibits must include a card not to exceed 4"x6" listing the frosting recipe and tip numbers used. All frosting and fondant must be handmade by the exhibitor. No prepared or store bought frosting is allowed. Decorating tips must be used unless otherwise specified.

2549. **Cake Decoration-Cupcakes*:** Four cupcakes displayed on eight-inch round, aluminum foil-covered, cardboard base. Decorate cupcakes using a minimum of four different techniques of your choice. All materials used must be edible. Use of decorating tips is optional.

2550. **Cake Decorating-Cookie:** One plain, round decorated sugar cookie, no smaller than three inches and no larger than six inches, with piped design, displayed on eight-inch round, aluminum foil-covered, cardboard base.
2551. **Cake Decorating-One Layer*:** Eight-inch, round real one-layer cake, displayed on ten-inch round, aluminum foil-covered cardboard base. Must have a top and bottom piped basic shell border. Must use a minimum of five Level 2 techniques.
2552. **Cake Decorating-Two Layer with Flowers*:** Eight-inch, round, real two-layer cake,* displayed on ten-inch round, aluminum foil-covered cardboard base. Decorate the sides of the cake. A basic piped shell border, with a variation in it, must be used for both the top and bottom border. The cake must be decorated using two types of piped flowers; one type must be a rose. Piped leaves should be included with all flowers. Writing must be used on the cake. A minimum of four Level 3 techniques should be used.
2553. **Cake Decorating-Two Layer with Figures*:** Eight-inch, round, real two-layer cake, displayed on ten-inch round, aluminum foil-covered cardboard base. Decorate with piped figures, such as cartoon figures, or filled in drawings, such as wheeled vehicles, animals, people or cartoons and a top and bottom border of your choice.
2554. **Cake Decorating-Challenge Cake*:** Write a one-page written description of your project, including your goals, plans, accomplishments, and evaluation of results. Include up to four pictures of your accomplishments AND exhibit a real cake* of your choice, (other than wedding cake), displayed on aluminum foil-covered cardboard base. Use more than five techniques such as fondant, sugar molding, royal frosting, gum paste and piping gel. Exhibitor may bring their own card table, tablecloth and any accessories needed to display cake.
2555. **Cake Decorating-Wedding Cake:** Must be a real two-layer, three-tiered cake. Dividers optional. A top must be used. Can be frosting flowers, etc., or a purchased top. Size of layers is up to individual. Cake displayed on a suitable aluminum foil covered cardboard base of own choosing. Decorations must be exhibitors' own design and color choice. A 4"x6" card must accompany the entry and include the frosting recipe, tip numbers used, how it was constructed, and how many the cake will serve. Exhibitor must bring their own card table, tablecloth and any accessories needed to display cake.

Action Presentations (County Project)

Check-in from 5-8 p.m. on Tuesday, August 2

Judging from 10 a.m.-2 p.m. on Friday, August 5

This exhibit opportunity is open to all 4-H members enrolled in a Food, Nutrition, & Health project. An action presentation is intended to draw the attention of the general public. Hands-on activities are desired. Presentations should last 10-15 minutes and will be presented twice. The topic should educate the public and be related to the project area in which the member is enrolled. Handouts may be provided, but are not required. One 8' table and eight chairs will be provided. Member will supply all other materials needed.

2556. **Action Presentations, Ages 8-12**

2557. **Action Presentations, Ages 13+**

* Indicates projects that may be State Fair eligible.

Section EC — Health (4H20/10)

Check-in from 5-8 p.m. on Tuesday, August 2

Judged at 9 a.m. on Wednesday, August 3

Member will be present for judging - all classes.

Superintendent.....Sheryl Soukup

1. See rule 6, page 11 for display and poster size restrictions.
2. **Failure to meet requirements will result in lowering of placing by one grade.**
3. For educational displays and demonstrations, no commercial names should be visible or mentioned.

Member may exhibit ONLY one Health & Fitness class.

2558. **Health 1 – First Aid In Action***: Select four First Aid Skills and complete the activities for that section. Bring the project book and be prepared to discuss the completed sections. Exhibit a family first aid kit and be prepared to explain what each item is used for.
2559. **Health 2 – Staying Healthy***: Select four Staying Healthy skills and complete the activities for that section. Bring the project book and be prepared to discuss the completed sections. Exhibit a “smarts” project as explained in the project manual.
2560. **Health 3 – Keeping Fit***: Select four Keeping Fit Skills and complete the activities for that section. Bring the project book and be prepared to discuss the completed sections. Exhibit a poster or display on one of the Keeping Fit Skills.
2561. **Health Innovation Class***: Open to youth who were at least 13 years of age on 9/1/15 and are enrolled in Health 1, 2 or 3. Demonstrate skills and knowledge you have gained through the Health project. The exhibit may include, but isn't limited to, original works, objects, demonstrations, digital presentations, programs, websites, games, apps, performances, or posters which you have made. Choose whatever method best shows what you have learned. Your exhibit should not fit into the other exhibit options for this project. You must furnish any equipment needed for your exhibit. All exhibits will remain on display during the fair.

NOTE: Please refer to Health Project Supplement Sheet available at the Extension Office or online at: <http://web.extension.illinois.edu/lmw/mclean4hfair/1100.html> for hints and tips on preparing Health project exhibits for the McLean County 4-H Fair.