

HUNTERDON COUNTY 4-H & AGRICULTURAL FAIR

4-H FOODS AND NUTRITION EXHIBITS

Judging:

FRIDAY, JULY 28, 2023 – 4:00 – 6:00 pm

TUESDAY, AUGUST 22, 2023 – 4:00 - 6:00 pm

Superintendent: JACKIE MAJOROSSY

Location: SENIOR CENTER, RTE 31

Photo of entries will be on display in the 4-H Building on the Fairgrounds.

1. **Eligibility:** Refer to general rules for all Hunterdon County 4-H exhibits. These units are open to 4-H'ers within FCS or Dairy clubs or working on an independent project in foods.

2. Record Book Requirements:

For Foods Clubs: [FCS Project Book](#) with [Summary Sheets](#) must be up to date and brought to judging.

For Independent Project Members: main club project book (ie, if you are in Dairy club you must bring your Dairy project book) [Dairy Foods Project Sheet](#)

If you do not have a record book with you, your entries will not be accepted

3. **Appointments:** Entries must be brought to the Senior Center for your scheduled appointment. **Schedule appointments at [Foods Judging Appointments Link](#)**

If you are late for your appointment, points will be deducted from your score. Up to 10 minutes late 5 points will be deducted. Anything over 10 minutes 1 point for each additional minute will be deducted.

4.

For Each Entry: An exhibitor card, recipe card and the appropriate score sheet must accompany each entry. Score sheets are available at the 4-H office or on the Fair website www.hunterdoncountyfair.com. Your name should not appear anywhere on the score sheet. Your exhibitor number will be your identification. You will need to call the 4-H office for this number. **All paper work must be ready at your scheduled appointment time or you will be considered late.**

5. **Recipe Requirements** Recipes must be complete and include exact ingredients and specific instructions. Points will be deducted if recipes are incomplete or don't accurately reflect ingredients in the item.

6. All food items to be submitted for judging must be submitted in its entirety with a portion to be shared for taste testing, or presented as one decorative serving, appropriately garnished, unless otherwise specified.

7. **No Box Mixes will be accepted in any portion of the recipe. (All pie crusts must be homemade, this includes packed powder mixes such as dressing, pudding etc)**
8. Club members may exhibit in only one unit per day and can only enter one item per class. New participants can “catch up” by completing two units in a year.
9. Recipes can only be used once by the participant.
11. Exhibitors must prepare entries on her/his own.
12. **All exhibitors must sign up for a work shift in the 4-H Building during fair week. Call the 4-H office to sign up for a time after June 1st. A parent or guardian must accompany their child during shift time.**
13. Each entry will receive an overall rating of excellent, very good, good and fair. Overall awards will be presented the night of the judging. **Unit awards will be presented at the FCS Awards Ceremony. Check Fair Website date.**
13. **Completing the Unit:** Exhibitor must enter a minimum of **5 classes** and receive **3 excellent ratings** to be eligible to earn the Unit award. A member can only earn the unit award once. Member may choose to stay in a unit for more than one year if they did not earn the unit. Anyone earning a unit must move up to the next unit. (One exception: If you are in Unit IV you can-not move to Unit V until you are in 9th grade.) Units must be completed in sequence.
14. Overall awards of Best of Show, Excellent, Very Good, and Good will be awarded the evening of the judging. These awards will encompass all food divisions. Participants are encouraged to stay until the end of judging to view the final awards.
15. **All Fair exhibits must remain on display until the end of the fair on Sunday, August 27th. 4-H exhibitors can pick up their items on display after 5:15 p.m. on Sunday, August 27th. The 4-H office, the fair, and the superintendents are not responsible for fair exhibits not picked up after 6:00 p.m. Please make arrangements with a family member or friend to pick up your items if you cannot pick them up yourself.**

Awards: 4-H members will receive a participation certificate for entries in this project. Unit awards will also be presented. *Presentation of Awards* will be scheduled at a later date.

Unit I
(Suggested Grade 4th or 5th)
Measuring, Use of Kitchen Tools, and Food Safety in
Food Preparation and Table Setting

1. Gelatin fruit salad using fresh fruit only – [Score Sheet #1](#)
- *2. Muffin (non-yeast) (submit 4) – [Score Sheet #2](#)
- *3. Nutritious after school snack (ex. fruit drink, trail mix, fruit kabob) – [Score Sheet #3](#)
- *4. Drop/granola or bar cookie (submit 4) – [Score Sheet #4](#)
- *5. School box lunch - include the menu along with all utensils needed for meal, label containers for display, no prepackaged foods and no artificial ingredients. Be sure it is a nutritionally balanced meal! - [Score Sheet #5](#)
6. Microwave stuffed/twice baked potato – [Score Sheet #6](#)
- *7. Proper table setting for a family dinner (using a place mat and all utensils-nothing of value or breakable) – [Score Sheet #7](#)

Unit II
(Suggested Grade 5th or 6th)
Cooking with a Well-Balanced Meal in Mind

8. Cooked fruit dessert (ex. crisps, cobblers, etc.) – [Score Sheet #8](#)
9. Salad Sandwich (ex. tuna salad, egg salad, ham salad, chicken salad etc.) – [Score Sheet #9](#)
10. Chopped meat dish (ex. chili, taco, sloppy joe) – [Score Sheet #10](#)
11. Toss Salad with homemade dressing – [Score Sheet #11](#)
- *12. Baking Powder Biscuits (submit 4) - [Score Sheet #2](#)
- *13. Cupcakes -(submit 4) – [Score Sheet #12](#)
- *14. Map your taste buds- using 10 different kinds of foods (sweet, sour, bitter & salty) show (illustration, poster, model, etc.) where on your tongue you tasted each food. Helpful information on page 44 of Tasty Tidbits, Level B. – [Score Sheet #13](#)

Unit III
(Suggested Grade 6th or 7th)
Recipes Varying Tastes that are Nutritious

- *15. Molded or Rolled Cookies (submit 4) – [Score Sheet #14](#)
- *16. Yeast rolls, biscuits or bread sticks (ex. raisin, cinnamon - submit 4) – [Score Sheet #15](#)
- *17. Quick bread or cake made with fresh vegetable or fruit. – [Score Sheet #16](#)
18. Hot Main Dish Casserole (ex. lasagna, tuna casserole, hamburger etc.) – [Score Sheet #17](#)
- *19. Nutritious Breakfast Tray - include the menu along with all utensils and a placemat (no breakable or valuables), label containers for display, no name brands. Be sure it is a nutritionally balanced meal! [Score Sheet #18](#)
20. Cold Vegetable Salad (ex. potato, pasta, coleslaw, etc.) – [Score Sheet #19](#)
21. Crock Pot Main Dish – [Score Sheet #20](#) ****Must be made in a crock pot ****
- *22. Poster - Make a dinner menu for each week day night Mon. to Fri. – [Score Sheet 21](#)

Unit IV
(Suggested Grade 7th or 8th)
Variations in Food Preparation

- 23. Pie (one or two crust pie, crumb topping acceptable) – [Score Sheet #22](#)
- *24. Yeast Bread or Yeast Coffee Cake – [Score Sheet #23](#) ****Must be a yeast product****
- 25. Oven Baked Chicken – [Score Sheet #24](#)
- 26. Hot Vegetable Casserole – [Score Sheet #25](#)
- 27. Make Your Favorite Family Recipe - Give history of the recipe and why it is your favorite. – [Score Sheet #26](#)
- 28. Low Fat Dessert – [Score Sheet #27](#)
- 29. International Dessert – [Score Sheet #28](#)
- 30. Soup (incorporating any of the following: vegetables, noodles, rice or meat) – [Score Sheet #29](#)
- *31. Plan a dinner menu and the Budget -be creative in your presentation – [Score Sheet #30](#)

Unit V
Advanced Foods
(Suggested Grade 9th - 13th)
Plan a Fancy Dinner Party

- *32. Formal Table Setting - A table will be provided, at your request, for you to set a formal setting for two, including a menu (with the following dishes) along with tablecloth, utensils, dishes, etc., needed for the meal. – [Score Sheet #37](#)
- 33. Hors d'oeuvre – [Score Sheet #31](#)
- 34. Appetizer – [Score Sheet #32](#)
- *35. Yeast Bread (twisted shaped, herb etc.) – [Score Sheet #15](#)
- 36. Intermezzo (homemade sorbet or sherbet) – [Score Sheet #33](#)
- 37. Meat Main dish – [Score Sheet #34](#)
- 38. Potato or starch dish – [Score Sheet #35](#)
- 39. Vegetable Dish – [Score Sheet #37](#)
- 40. Dessert – [Score Sheet #36](#)

Unit VI i
Special Diets
(Suggested Grade 10th - 13th)

- 35. *Menu Plan- Create a menu plan for a day, following an ethnic culinary tradition (Japanese, Polish, Indian cuisine) or for someone with special dietary needs (ie. Diabetic, Celiac, Paleo) – [Score Sheet # 21](#)
- 36. *Prepare a presentation (poster, video, power-point, pamphlet) to describe main elements, ingredients and/or nutrients for this way of cooking – [Score Sheet # 21](#)

41. Main Course – centerpiece of meals for this kind of cooking [Score Sheet # 17](#)

42. Side Dish – how does this kind of cooking include veggies? [Score Sheet # 17](#)

43. Bread – Create a bread typical to this kind of cooking **Score Sheet # The most important physical qualities of flatbreads are: softness, flexibility and strength due to its use as an eating utensil.**

[You searched for dumpling - BAKERpedia](#)

44. Pocket – Most ethnic cooking includes some sort of pocket; pierogis, samosas, ravioli, dumplings, etc. **Score Sheet # One of the most common types of street foods globally are food pockets. They go by lots of names like buns, dumplings, pirozhki, or calzones, but equal essentially the same thing: A flavorful filling enclosed inside a pocket of dough. Hopefully served with a delicious dipping sauce (because who doesn't love dipping?!).**

45. Soup- A soup that fits into this dietary tradition. [Score Sheet # 29](#)

46. Dessert – [Score Sheet # 28](#)

47. Beverage- Is there a unique beverage to this dietary tradition? **Score Sheet #**

1/17, 7/18, 2/22

[oursintroandbaking.qxd \(colostate.edu\)](#)

[4-H Foods Judging Guide Adapted and Revised Edition \(unl.edu\)](#)