

# **HUNTERDON COUNTY 4-H & AGRICULTURAL FAIR**

## **4-H FOODS AND NUTRITION EXHIBITS**

### **Judging:**

**MONDAY, NOVEMBER 11<sup>th</sup>, 2019 – 6:00-8:00 p.m.**

**MONDAY, MARCH 4<sup>th</sup>, 2020 – 6:00 – 8:00 p.m.**

**MONDAY, JULY 15, 2020- 6:00 – 8:00 p.m.**

**Superintendent: JACKIE MAJROSSY**

**Location: SENIOR CENTER, RTE 31**

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

1. Refer to general rules for all Hunterdon County 4-H exhibits. These units are open to those 4-H'ers within an approved Hunterdon County food/independent project area. **Reminder - grade is based on grade completed not grade entering.**
2. **FCS Project Book must be up to date and brought to judging . If your project book is not presented at judging your items will not be accepted. No Exceptions.**  
FCS project book can be found on the top of the fair website here:  
<http://www.hunterdoncountyfair.com/show-information/county-4-h-shows>  
. .
3. Entries must be brought to the Extension Center on Monday, November 11, March 4th or Monday, July 15<sup>th</sup>, between 6:00 - 8:00 p.m. **You must call the 4-H office to schedule an appointment and an exhibitor number.**
4. **\*\* Times will be confirmed by the Friday before. Schedule will be created to have all Junior division members first, Senior members second to facilitate final judging.\*\***  
If you are late for your appointment, points will be deducted from your score. Example: 10 minutes late 5 points will be deducted. Anything over 10 minutes 1 point for each additional minute will be deducted.
5. **An exhibitor 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](http://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. Fill out all paperwork before submitting entries.
6. **Recipe must accompany entry for judging.** All recipes should be printed, typed or copied on a 4" x 6" file card or 8" x 11" notebook page. Recipes must be complete and include exact

ingredients and specific instructions. Points will be deducted if recipes are incomplete. Be sure to note omissions substitutions of ingredients.

7. 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.
8. **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 ect)**
9. Club members may exhibit in only one unit and can only enter one item per class. If a new member who is technically Division II at the time they began, they may complete one unit per judging and up to two units in a year until they are caught up to the suggested age range.
10. Recipes entered in previous judging events cannot be entered in this years judging.
11. Same recipe cannot be used in more than 1 class in the same Unit.
12. Exhibitor must prepare entries on her/his own. (Members cannot prepare the same recipe with another member and enter the same product.)
13. **Unit awards will be presented at the end of the 4H year, at an event to be determined.** Exhibitor must enter a minimum of 5 classes and receive 3 excellent 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 9<sup>th</sup> grade, Unit VI,11<sup>th</sup> grade.) Units must be completed in sequence.
14. Overall awards of Best of Show, 1st, 2nd, and 3rd will be awarded when possible the evening of the judging as well as flat ribbons for Excellent, Very Good and Good. 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 23<sup>th</sup>. 4-H exhibitors can pick up their items on display after 5:15 p.m. on Sunday, August 23<sup>th</sup>. 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 held at the end of 4H year, TBA**

**Unit I**  
**(Suggested Grade 4<sup>th</sup> or 5<sup>th</sup>)**  
**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 5<sup>th</sup> or 6<sup>th</sup>)**  
**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 6<sup>th</sup> or 7<sup>th</sup>)**  
**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 7<sup>th</sup> or 8<sup>th</sup>)**  
**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 9<sup>th</sup> - 13<sup>th</sup>)**  
**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 #39**
- 33. Hors d'oeuvre – **Score Sheet #31**
- 34. Appetizer – **Score Sheet #32**
- 35. Yeast Bread (twisted shaped, herb etc.) – **Score Sheet #33**
- 36. Intermezzo (homemade sorbet or sherbet) – **Score Sheet #34**
- 37. Meat Main dish – **Score Sheet #35**
- 38. Potato or starch dish – **Score Sheet #36**
- 39. Vegetable Dish – **Score Sheet #37**
- 40. Dessert – **Score Sheet #38**

**Unit VI**  
**Special Diets**  
**(Suggested Grade 10<sup>th</sup> - 13<sup>th</sup>)**

- 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 #**
- 36. \*Prepare a presentation (poster, video, power-point, pamphlet) to describe main elements, ingredients and/or nutrients for this way of cooking – **Score Sheet #**
- 41. Main Course – centerpiece of meals for this kind of cooking **Score Sheet #**
- 42. Side Dish – how does this kind of cooking include veggies? **Score Sheet #**
- 43. Bread – Create a bread typical to this kind of cooking **Score Sheet #**
- 44. Pocket – Most ethnic cooking includes some sort of pocket; pierogis, samosas etc. **Score Sheet #**
- 45. Soup- A soup that fits into this dietary tradition. **Score Sheet #**
- 46. Dessert – **Score Sheet #**
- 47. Beverage- Is there a unique beverage to this dietary tradition? **Score Sheet #**

1/17, 7/18, 9/19