

HUNTERDON COUNTY 4-H & AGRICULTURAL FAIR

4-H FOODS AND NUTRITION EXHIBITS

Judging:

ALL VIDEOS MUST BE UPLOADED BY AUGUST 2, 2021 11:59 PM

Superintendent: JACKIE MAJOROSSY

Location: VIRTUAL

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 shown to your leader or Mrs. Majorossy. No Exceptions. Please have your record book at the office by August 2, 4:30 pm to be checked. You may pick it up on August 3.**
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. **Videos will be uploaded to the Youth Council Vimeo channel vimeo.com/hunterdonyouthcouncil. Password will be given to you upon request by calling Mrs. Majorossy or 4H office**
4. Each video will be approximately **3 minutes**. Deductions will be made for over 5 minutes
Participants should follow this format:
 - a Introduction (Name, Age, Club, How many years in Foods and Which Unit you are doing)
 - b What category in the unit this item qualifies for.
 - c Name of Recipe. Show a screen shot of the recipe in your video for at least 15 seconds as you let the judges know where your recipe comes from. The name of the cookbook, website or family member you got it from. Recipes will also be emailed to the Youth Council email.
 - d Mis En Place: show us how you are measuring and preparing the food items. We want to see you using the proper tools and techniques!
 - e Preparation: Show us the highlights of you preparing the food to be cooked
 - f Final Product: Show us the complete final product as a whole.
 - g Serving: Show us the final item beautifully plated and ready to eat
 - h Miscellaneous: Add any information you think is special: why you chose this recipe, a family story about it, a new technique you learned, what you think went well or didn't go well, taste the food and describe it. This is your chance to shine!

5. **Email all recipes to the Youth Council Website By AUGUST 2, 2021.**
Hunterdon4HYouthCouncil@gmail.com
6. **Alter recipes to match the video you enter.** If you don't use an ingredient, the recipe should reflect that.
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 ect)**
8. 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.
9. Recipes entered in previous judging events cannot be entered in this years judging.
10. Same recipe cannot be used in more than 1 class in the same Unit.
11. Exhibitor must prepare entries on her/his own. (Members cannot prepare the same recipe with another member and enter the same product.)
12. **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 9th grade, Unit VI, 11th grade.) Units must be completed in sequence.
13. There is no need print judging sheets or exhibitor cards this year.
14. **All Fair exhibits must remain on display until the end of the fair on Sunday, August 29th. 4-H exhibitors can pick up their items on display after 5:15 p.m. on Sunday, August 23th. 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 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 #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 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 #**
- 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, 6/21JM