

## FOOD & NUTRITION - Section N

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### FOOD AND NUTRITION RULES

- a) Cool all baking before packing.
- b) Remove all exhibits from baking pans except as indicated.
- c) Do not use paper cups for muffins.
- d) Must submit a recipe for each baked food entry on a 3x5 card (State Fair Requirement). Recipes will NOT be returned.
- e) Display decorated and bundt cakes bottom side up; all other cakes topside up.
- f) Mixes and commercially prepared pie fillings are not to be used. No refrigerated fillings (cream or custard) permitted.
- g) There must be three (3) baked items, except where otherwise stated, of uniform size, shape and color.
- h) Must bring whole cake or pie. One (1) standard size loaf of bread is approximately 8'x4' or 9'x5'. Muffins approximately 2" to 3" across, not mini. No exhibit made in bread machine permitted.
- i) No frostings or toppings except as indicated. Yeast breads and rolls may be brushed with butter, milk or egg before or after baking if so stated in recipe.
- j) If a microwave was used, indicate on recipe. Microwave candy not acceptable.
- k) Display on paper plates and cover with clear wrap or plastic bags.
- l) There are no limits in entries per class or section, but each entry must be of distinctly different variety or technique/materials.

Special Note: The more experienced 4-H'er is encouraged to exhibit a more difficult recipe, not the same one year after year. State Fair selection will consider age and experience of the exhibitor, and choose entries that demonstrate mastery of new skills.

### AWARDS

**Blue \$2.00 Red \$1.50 White 1.00**

Classes 1 - 9

*Recipes & tips are in the 4-H publication, "Muffins & More", and "Let's Fill the Cookie Jar."*

#### Class #

1. **Cookies: Dropped, Hand-shaped or Pressed** - 3 uniform; no toppings or frostings; i.e. oatmeal, chocolate chip, applesauce, fruit, thumbprints, peanut butter, snickerdoodles. Hand-shaped cookies can be rolled in sugar.
2. **Cookies: Pan-Baked, Rolled or Refrigerator** - 3 uniform, no frostings or added decoration that is not part of the batter; i.e. date bar, pumpkin bar, brownies or other batter cookie (not layered pan cookies).
3. **Light Baking** - An exhibit is any baked product that is made with less fat and total calories by (1) modifying a recipe (include original and revised recipe); (2) using an already modified recipe; (3) making a traditionally low fat product such as angel food cake. The recipe and explanation of why it is low in fat must be included. Cookies, loaf bread, cake, cupcake, coffee can, muffins, pies, or other baked item.
4. **Muffins** - 3 uniform; i.e. grain, plain, cornmeal, apple, blueberry, or other. No toppings.
5. **Biscuits or scones** - 3 uniform; i.e. plain, whole grain, flavored or rolled/shaped. No toppings.
6. **Quick Bread (not yeast leavened)** - 1 standard loaf. Banana, apple, pear, pumpkin or other baked in 9x5 or 8x4-inch loaf pan.
7. **Coffee Cake** - (not yeast). 1 approx. 8" - 9" round or square pan. Toppings permitted.
8. **Candy** - 3 pieces of one variety per entry; i.e. fudge, hard candy, peanut brittle. Microwave candy is not acceptable. Must use candy thermometer method.
9. **Pastry Piecrust Shell** - fluted edge in a disposable pan. May be pressed in crust.

### AWARDS:

**Blue \$2.50 Red \$2.00 White \$1.50**

Classes 10-16

*Use the 4-H publication "Yeast Breads"*

#### Class #

10. **Yeast Bread** - Plain, whole grain, flavored, or other, baked in a loaf pan.
11. **Yeast Rolls** - Plain, whole grain, flavored, or other yeast rolls of any shape; does not include fancy rolls with fillings or frostings.
12. **Shaped Bread** - 3 uniform: an exhibit is any small (such as pretzels or breadsticks) or large (such as an animal shaped) hand shaped bread. Plain, whole grain, flavored, or other; does not include fancy yeast breads with fillings or frostings.
13. **Sweet Yeast Bread** - 3 rolls or twists lightly frosted or 1 whole, i.e. stollen, tea ring, other.
14. **Heritage Foods** - An exhibit is sample of any baked item associated with family traditions or history and must include: (a) recipe and (b) family and traditions associated with the food. Cookies, muffins, bread, cake, cupcakes, coffee cake, pie, or other baked items.
15. **International Foods** - Include a 3" x 5" card with recipe and national traditions associated with the food. Baked goods only.
  - § Cookies
  - § Cake
  - § Quick Breads
  - § Yeast Breads
16. **Grown in New York** - An exhibit is sample of any baked product that contains a fruit or vegetable grown in New York State and must include (a) recipe; (b) explanation of ingredient grown in New York, including where it was grown and purchased and if it was preserved for later use. Source of ingredient can be garden, U-pick, roadside stand, farmers market, or any market if source can be identified. Cookies, muffins, bread, cake, cupcakes, coffee cake, pie or other baked items. (see presentation program for Produced in New York - Section Z, that relates to the Grown in New York entry. The presentation program is an option exhibitors may want to consider.)

## FOOD & NUTRITION - Section N (continued)

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### AWARDS:

**Blue \$2.50 Red \$2.00 White \$1.50**

Classes 17-25

17. **Pies** (fruit or vegetable) – one disposable 8” or 9” pan. No commercially prepared crust or filling including puddings, custards, etc.
  - § Single crust, may be pressed in and have crumb topping.
  - § Double crust, can be latticed or with cutout pastry design.
18. **Jelly Roll** – 1 whole roll. Commercial or homemade jelly, jam, or marmalade accepted.
19. **Cakes** – 1 whole cake. Approximately 8”-9” or 9”-10” tube. Unfrosted, no topping. No box mixes. Can only be one of the following:
  - § Nutritious – made with vegetables or fruit (no fruitcake) such as applesauce or carrot. Commercially prepared fruits/vegetables acceptable.
  - § Foam type – angel food, sponge, chiffon.
20. **Special Occasion Cake** – one 8”-9” round or square or 9”x13”. No commercial decorations or frosting. Provide frosting recipe with entry. Box cake mix acceptable. Use sturdy cardboard no more than 1” larger than cake. Use additional frosting for all decoration. (Include a card telling for which the cake is to be used, i.e. wedding, birthday, etc.)
21. **Recipe Collection** – A minimum of 10 recipes exhibited in a recipe box or notebook, per year. Can be carried over from previous year with at least 10 new entries. All information should be printed in ink, typed or word-processed; no photocopies. Collections will be judged on appearance, organization source, and variety. All recipes should have the date, emphasize the nutritional value, ease of preparation, why it was made and any additional comments on the process or changes to be made.
22. **Healthy Recipe Collection** – At least 6 recipes displayed in a box, notebook, or file folder, (can include photos or illustrations) that provide needed nutrients while limiting fat and total calories. For each recipe state: (1) relationship of key ingredients to Food Guide Pyramid; (2) nutritional benefit; (3) source of recipe; (4) how well it was liked; (5) any changes you would make in the recipe. All recipes must be collected and made during the current enrollment year.
23. **Heritage Recipe Collection** – at least 10 recipes displayed in a box, notebook, or file folder; (can include photos or illustrations) that depict family or local history. For each recipe state: (1) source of recipe; (2) history related to the recipe; (3) traditions related to preparing, serving, and eating the food. For 4 of the 10 recipes, indicate how well it was liked after making it. The collection should represent one or more generations older than you and can be collected from the family, friends, or other community sources. All recipes must be collected and at least 4 of the 10 prepared during the current enrollment year.
24. **Pastries (non-refrigerated)** – 3 uniform if individual serving size or 1 if a larger, multi-serving unity. Includes fancy yeast breads with fillings or frostings.
25. **Glazed Baked Good-** Any food product where the glaze is an essential element of the recipe. The number of items and pan-size used to bake the entered item should match the guidelines for comparable class entries in this section. The glaze used must not require refrigeration of the entry.

### CHOOSE HEALTHY

### AWARDS:

**Blue \$2.50 Red \$2.00 White \$1.50**

Classes 26-29

### Class #

26. **Growing Healthy** – A journal or poster of 3 activities minimum of what you learned about diet, exercise, or body image. Include photos if available.
27. **Healthy Snack** – This may be an actual food exhibit, poster, photos, or may include faux food. The idea is to prepare an example of a healthy snack that you might have yourself or may prepare for friends. Actual food exhibits must be able to be presented without the need for refrigeration. Examples of Healthy Snacks: veggie platter, smoothie, cheese and crackers, fruit kabobs. A 3” x 5” index card must be included with serving size and info about the nutritional value of the snack noted. Include source of info.
28. **Packed Lunch** – Entry is to be presented in a lunch bag or box. Display may include photos or pretend food if actual items will not hold up. A 3” x 5” index card must accompany the entry and include the following:
  - (a) Dietary needs of individual that lunch is for;
  - (b) Facilities available for keeping lunch;
  - (c) Nutritional value of the lunch packed; and
  - (d) Sources of information used.
29. **Menu for a Day** – The menu should include complete listing of all meals and snacks that would be eaten over a one-day period. A description of individual or family for whom meals are intended must be included. Typed exhibit with photos is recommended; creativity is encouraged.