

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 – In Honor of Elizabeth Seymour

Best 4-H Cooking 401 Exhibit – Kathleen Emery

Best Cake Decorating Exhibit – Ryan & Jill Miller

Best Food Preservation Exhibit – Linden Lead'em 4-H Club

Top Action Exhibit – Brian and Cathy Otto

Top Food Demonstration – Kathleen Emery

Premiums: Food Demonstrations	A-\$9	B-\$7	C-\$5
Premiums: Cooking 101 and 201	A-\$4	B-\$3	C-\$2
Premiums: Cooking 301, 401, Food Science, Cake Decorating, and Health	A-\$5	B-\$4	C-\$3

Division — Food Demonstrations (4H20/10)

**Check-in 9:00 a.m. and Judging 10 a.m. on Saturday, July 22
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.

A pre-fair clinic may occur at the Extension office in June. At the clinic youth will be able to bring questions pertaining to their food demonstration. An example demonstration will be presented along with a hands-on workshop and many tips on how to prepare for a proper food demonstration. If you are enrolled in Food Demonstrations please watch for an email containing more information.

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.

Classes:

Food Demonstrations, Ages 8-12 (Not State Fair Eligible)

Food Demonstrations, Ages 13+ (Not State Fair Eligible)

Division — Foods & Nutrition (4H20/10)

UNLESS otherwise noted: Check-in 7-8:30 a.m. on Wednesday, August 2

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

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 and/or sub-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.

Classes:

Exhibition Opportunities-Cooking 101

4-H Cooking 101-Educational Display (Not State Fair Eligible)

Check-in from 5:30-7:30 p.m. on Tuesday, August 1

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

4-H Cooking 101-(50200)

Check-in from 7-8:30 a.m. on Wednesday, August 2.

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 a menu for **one meal**.

Exhibition Opportunities-Cooking 201

4-H Cooking 201-Educational Display (Not State Fair Eligible)

Check-in 5:30-7:30 p.m. on Tuesday, August 1. Members may exhibit one entry in each sub-class.

Food and Kitchen Safety: Food or kitchen safety topics. Use information from the project book and include additional information from other sources. **OR**

Milk Display: 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 the food item created from the recipe.

4-H Cooking 201-(50201)

Check-in for the following sub-classes is from 7-8:30 a.m. on Wednesday, August 2. Members may exhibit one entry in each sub-class.

Cheese Muffins/Biscuits/Scones: 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**. Please note that rolled biscuits are not State Fair eligible.

Basic Nut Bread: 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-Exhibition Opportunities

4-H Cooking 301-Educational Display (Not State Fair Eligible)

Check-in 5:30-7:30 p.m. on Tuesday, August 1. Members may exhibit one entry in each sub-class.

Experiment: Prepare an educational display based on one of the experiments from the project book.

Nutrition Display: 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.

4-H Cooking 301-Snack Mix (Not State Fair Eligible)

Check-in 5:30-7:30 p.m. on Tuesday, August 1.

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.

4-H Cooking 301-Quick Bread (Not State Fair Eligible)

Exhibit one WHOLE loaf of any fruit or vegetable quick bread. Use a recipe from any cook book. No prepared mixes. Bake in 5"x9" loaf pan. Include the recipe and a menu for **one day**.

4-H Cooking 301 (50203)

Check-in from 7-8:30 a.m. on Wednesday, August 2. Members may exhibit one entry in each sub-class.

Cake: 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**. **Please note that Oatmeal Cake and Grandma's Apple Cake will not be State Fair eligible.**

Rolls: 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**.

Coffee Cake: 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**.

Loaf of Bread: 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 the recipe and a menu for once special occasion meal that includes the food item exhibit.

Yeast Product: Exhibit a *yeast product of choice* (not fitting into sub-classes listed above). 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-Exhibition Opportunities**Cooking 401-Educational Display (Not State Fair Eligible)**

Check-in 5:30-7:30 p.m. on Tuesday, August 1. Members may exhibit one entry in each sub-class.

Experiment: Prepare an educational display based on one of the experiments from the project book.

Nutrition Display: 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 of dried bean or pea and a menu for **one day** that includes that recipe.

Celebration Meal: 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.

Cooking 401-(50203)

Check-in from 7-8:30 a.m. on Wednesday, August 2. Members may exhibit one entry in each sub-class.

Cake: Exhibit one of the following made from the recipe in the project manual (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**. **Please note that Angel Food Cake and Chiffon Cake will not be State Fair eligible.**

Focaccia Bread: Exhibit ¼ of a 15" x 10" loaf of focaccia bread using the recipes included in the project manual (do not include dipping oil). Include a menu for one special occasion meal that includes the food item exhibited.

German Rye Bread: Exhibit ½ loaf of German Rye Bread using the recipes included in the project manual. Include a menu for one special occasion meal that includes the food item exhibit

Pie Crust: 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 once special occasion meal that includes the food item exhibited.

Cooking 401-Pies (Not State Fair Eligible)

Check-in from 7-8:30 a.m. on Wednesday, August 2. Members may exhibit one entry in each sub-class.

Fruit Pie: 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**.

Other Pie: 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**.

Cooking 401-Candy (Not State Fair Eligible)

Check-in from 7-8:30 a.m. on Wednesday, August 2. Members may exhibit one entry in each sub-class.

Fudge: Exhibit six 1-inch pieces of classic chocolate fudge from page 89 of the project manual. Omit nuts.

Caramel: Exhibit six caramels from page 90 of the project manual, individually wrapped according to recipe.

Toffee: Exhibit six pieces of toffee from page 91 of the project manual.

Other Candy: Exhibit two pieces of three types of candy not from recipes in project manual. (No divinity.) Include recipes.

Food Preservation-Exhibition Opportunities

Food Preservation (50208)

Check-in 5:30-7:30 p.m. on Tuesday, August 1. Members may exhibit one entry in each sub-class.

Rules:

Please display with jar rings on. All canned products must be canned in clear, standard jars in good condition. Jars must be sealed using two-piece canning lids. All food exhibits must be labeled with: the name of the food; the date preserved; appropriate method of food preservation (boiling water bath, pressure canner, food dehydrator, oven, etc). **No freezer food exhibits will be allowed, displays only. All food exhibits must be accompanied with the recipe(s)** – typed or written, with the source of the recipe(s) listed. 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. **Required Recipes and Sources for Food Preservation Exhibits** – all food preservation recipes must be from an approved source. Those sources are: PUT IT UP! Food Preservation for youth manuals, U.S. Department of Agriculture (USDA), National Center for Home Food Preservation, Ball Canning, or Kerr Canning. **Member may exhibit one entry in each sub-class.**

Sub-classes:

Jams/Preserves/Butters: Exhibit half-pint jars from two of these categories: *jams*, *preserves*, or *butters*. Include a recipe for each. **Please note that Butters will not be State Fair eligible.**

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. **Please note that Marmalades will not be State Fair eligible.**

Fruits/Vegetables/Juices: Exhibit pint or quart jars of two different *fruits*, *fruit sauces*, or *vegetables*, or *juices*.

Pickles/Relishes/Salsas: Exhibit two pint jars of different recipes of pickles (no refrigerator pickles), relishes, or salsas. Include recipe for each.

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*

Freezing: Prepare a nutrition display that illustrates a freezing principle. There is NOT a food exhibit option for the preservation method.

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-Exhibition Opportunities

Classes:

Check-in 5:30-7:30 p.m. on Tuesday, August 1.

Food Science 1 (50204): 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.

Food Science 2 (50205): 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.

Food Science 3 (50506): 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.

Food Science 4 (50507): 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.

Other Foods and Nutrition-Exhibition Opportunities

Classes:

Meat & Other Protein Sources (Not State Fair Eligible)

Check-in 5:30-7:30 p.m. on Tuesday, August 1

This project is open to 4-H members enrolled in the Meat & Other Protein Sources Project area. Exhibitors should prepare a *nutrition education display* related to one of four topics from the Meat & Other Protein Sources project book: nutritional value, food safety, food preparation, or food buying of meat and other protein sources.

Action Presentations:

Check-in 5:30-7:30 p.m. on Tuesday, August 1. Judging from 10 a.m.-2 p.m. on Friday, August 4
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.

Sub-Classes:

Action Presentations, Ages 8-12

Action Presentations, Ages 13+

Cake Decorating: See Visual Arts page 88-89

Check-in from 7-8:30 a.m. on Wednesday, August 2.

Due to State Fair class requirements, the descriptions for cake decorating exhibition opportunities at the McLean County Fair have been moved to Visual Arts-Food Decorating. Please register under Visual Arts to indicate that you will be exhibiting in this area; but know that your exhibition will be displayed with the Foods and Nutrition Projects.

Foods Clover Challenge (50209): See rules on page 76.

Foods Ready4Life Challenge (50210): See rules on page 76.

Division— Health (4H20/10)

Check-in 5:30-7:30 p.m. on Tuesday, August 1

Judged at 9 a.m. on Wednesday, August 2

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 in ONLY one Health class.

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

Classes:

Health 1 (50226): 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 items is used for.

Health 2 (50227): 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.

Health 3 (50228): 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.

Health Innovation Class (50229): Open to youth who were at least 13 years of age on 9/1/16 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.

Health Clover Challenge: See rules on page 76.

Health Ready4Life Challenge: See rules on page 76.