

DIVISION 6035 - 4-H FOOD EXHIBITS—2015

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1. **Classes in Division:** Classes 841—858.
2. **Number of Entries Permitted:**
 - a. A county may submit ONE entry per class.
 - b. Member may enter up to 3 classes but all three must be within the same level in the Foods Division. (This means: a member's name could appear up to 3 times on the county's Foods Division invoice sheet AND all must be within the same level.)
3. **General Rules:**
 - a. See "General Rules Applying to All 4-H Exhibitors in the Kentucky State Fair" at www.kysstatefair.org. Click on "Entries", then "Premium Book", then 4-H.
 - b. **Item must meet the requirements for the class;** otherwise, the entry may be disqualified.
 - c. Items entered must have been completed by the exhibitor within the current program year.
 - d. The decision of the judges is final.
4. **Unique Rules or Instructions:**
 - a. Recipes: Entries are to be made using recipes specified in the class description. Recipes can be found in the Fantastic Foods project book series available at the county Extension office or at www.Kentucky4-H.org, click on "State Fair", then scroll down to 4-H State Fair Recipes or at: http://4-h.ca.uky.edu/sites/4-h.ca.uky.edu/files/fcs_foods/6035%20N%20Food%20Handout%20Recipes%20for%20Fair%20Clean%20Final.doc Click on 2015 4-H Fair Recipes.
 - b. Place the baked product on a disposable plate. Place the plate inside a re-closable zip-type bag to maintain freshness and prevent damage. (Exhibit will not be disqualified if the plate is not inside the bag.
 - c. Use of plastic film or aluminum foil to wrap product is discouraged but will not cause the product to be disqualified.
 - d. To prevent damage, wrapped cakes should be transported in a sturdy container such as a cardboard box. *Containers, pie pans, etc. will NOT be returned to the exhibitor.*
5. **Additional Documentation Required:** none
6. **Labeling:**
 - a. Identification Card (4LO-11SO): The State Fair Entry system will generate this label. Attach the label securely to the outside wrapper of each food entry.
7. **Entry Instructions:** All exhibits are entered through the State Fair's electronic submission system by the county Extension staff.
8. **Awards:**
 - a. Each entry that meets class requirements will receive a ribbon.
 - b. A class champion will be named in each class.
 - c. An overall grand champion and a reserve champion will be selected.
9. **Class Descriptions:** 4-H food entries will be divided into the following levels and classes:

Level A: Use recipes in *Six Easy Bites* Project Book or recipe specified below:

- 841 Three **Colossal Cookies** (pg.34) (size of cookies: cookies may be ¼ cup portions as specified in the recipe or 1/8 cup portions which produce smaller cookies) (nuts may be left out)
- 842 Three **brownies** using recipe on p.22 (make each brownie a 2” square--no corner pieces)
- 843 Three **chocolate chip muffins** (pg. 36) (use recipe at www.Kentucky4-H.org under “State Fair Recipes.”)
- 844 Three **granola bars** (pg.14) approximate size: 1” X 2”
- 845 Three **cornmeal muffins** (use recipe at www.Kentucky4-H.org under “State Fair Recipes”)

Level B: Use recipes in *Tasty Tidbits* Project Book or recipe specified below:

- 846 One **8” round layer chocolate cake**, made with oil, no icing (pg.32)
- 847 Three **pretzels** (may be rolled, twisted, or curved) (pg.34)
- 848 Three **rolled baking powder biscuits** (pg.38) (Do not use the Australian biscuit recipe.) (Use of a 2” cutter is preferred.)
- 849 Three **scones**--may substitute raisins for cranberries (use recipe at www.Kentucky4-H.org under “State Fair Recipes.”)
- 850 Three whole **wheat muffins** or **bran muffins** (use recipe at www.Kentucky4-H.org under “State Fair Recipes.”)

Level C: Use recipes in *You’re the Chef* Project Book or recipe specified below:

- 851 One-half loaf **banana bread** (pg.18)
- 852 One **yeast bread product** creatively shaped into an object such as a teddy bear, flower, animal, toy, etc. (use recipe at www.Kentucky4-H.org under “State Fair Recipes”)
- 853 Three **breadsticks** (not twisted) (pg. 34)
- 854 Three **whole wheat yeast rolls** (use recipe at www.Kentucky4-H.org under “State Fair Recipes.”)

Level D: Use recipes in *Foodworks* Project Book or recipe specified below:

- 855 One whole, **double crust apple pie** (pg.32) (Leave pie in the disposable pie pan and place all in a zip-type plastic bag.)
- 856 One-half **apple cake** (use recipe at www.Kentucky4-H.org, under “State Fair Recipes”)
- 857 **Catered Dish:** Prepare one dish which can be included in the menu for an event or occasion you plan to cater (pg. 46-47, Level D: *Foodworks* project book). Select a product which can be prepared in advance and does not require refrigeration. For the fair, prepare a sample of the product (2 servings is enough) and place it in a re-closeable, zip-type bag. Attach the recipe used, a description of the type of occasion being catered, and a menu of all foods to be served at the event. Write this information on 8.5” X 11” paper and attach it to the sample.
- 858 **Brownie Experiment:** Exhibit is made up of three parts: 1) three brownies using the original recipe, 2) three brownies altered to make a healthier product, and 3) comparison report: (use the recipes at www.Kentucky4-H.org, under “State Fair Recipes”) Make one batch of brownies using the original recipe. Make a second batch of brownies using one of the altered recipes. Make brownies 2” squares. Label the bag of brownies made by the original recipe as “Original” and the bag of those made from the altered recipe as “Altered—Moderate Fat” or “Altered—Low Fat.” Use the *Altered Brownie Comparison Report* to analyze the brownies. Report form is available at <http://www2.ca.uky.edu/4-h/family-consumer-science/food-nutrition> or ask county 4-H agent for a copy. Place the two bags of brownies into a larger re-closeable bag, insert the comparison report and close the bag.

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