

# **FOODS and NUTRITION –**

## **Department FF (classes 1-10)**

### **FOOD AWARD -**

This award for the best food exhibit is in memory of Frances Daley and Shirley Newton. These were two grandmas that



loved to cook. Whether it be everyday meals, brandings or entertaining it was always fun and great to eat. They even made things that we often wondered about like Grandma Shirley's "tiger meat" and Grandma France's "oxtail soup". Cooking brought everyone together.

Shirley Newton

**see page 3 for the former Level 1-3 food & nutrition FOOD EXHIBITS - -**

1. Members must be enrolled in the Unit they are exhibiting in or they are disqualified.
2. All cookies, muffins and biscuits are on small white paper plates and covered with plastic wrap. Loaves of bread in plastic bags.
3. All canned products must be in standard canning jars, sealed and labeled as to method and process and dated.
4. Jams and jellies must be in standard canning jars and processed in the water bath. **NO PARAFFIN MAY BE USED.**
5. All exhibits except canned items must be covered with plastic wrap.
6. Wherever possible, use small loaf pans to avoid food waste.
7. **Entries need not be made from recipes in project book.**

### **FF -- CLASS 1 – new this year COOKING 101**

#### **Lot Number**

1. Project book
2. Display of measuring tools
3. Poster/collage showing food group and recommended servings
4. Snack (project book 33-39)
5. Side Dish (project book 40-47)
6. Main Dish (project book 48-53)
7. Quick Bread (project book 54-61)
8. Dessert (project book 62-73)
9. Snack using two or more food groups
10. Taco or serving of pizza using all the food groups
11. Poster showing a table place setting
12. Your collection of recipes (book or file)
13. Any other A – not listed above
14. Any other B – not listed above

### **FF -- CLASS 2 – new this year COOKING 201**

#### **Lot Number**

1. Project book
2. Breakfast Pizza, one serving (pg. 8-9)
3. Display Bone Experiment with explanation (pg. 10-11)
4. Fruit Kabob (1) (pg. 12-13)
5. Granola Bar (1) include recipe (pg. 14-15)
6. Homemade brownie (1) include recipe (pg. 23-23)
7. Poster on Food Safety (pg. 24-30)
8. German Pancake (1) include recipe (pg 32-33)
9. Colossal Cookie (1) include recipe (pg 34-35)
10. Muffins (3) no paper liners, include recipe (pg 36-37)
11. Stuffed potato (1) (pg 38-39)
12. Poster of Freezing Food Do's and Don'ts (pg 42-47)
13. Poster/collage of Food Careers (pg 48-51)
14. Mexican Churritos (small serving) (pg 54)

15. Create a game or quiz using glossary words on pg. 56
16. Your collection of recipes (book or file)
17. Any other A – not listed above
18. Any other B – not listed above

### **FF -- CLASS 3 – new this year COOKING 301**

#### **Lot Number**

1. Project Book
2. Whole Wheat Muffins (3) include recipe
3. Vegetable Salad (one serving, no dressing)
4. Fast Food menu comparison, page 14
5. Comparison of convenience foods, page 20
6. Homemade Yogurt (1/2 cup)
7. Cake made with applesauce (include recipe)
8. No-yeast pretzels (3) – include recipe
9. Cheese lasagna – one serving\
10. Biscuits (3) include recipe
11. Cookies (3) baked from homemade frozen dough. Show freezer container, include recipe and baking instructions.
12. One package (1/2 cup) of any vegetable that you have frozen. Display in freezer bag or disposable freezer container. Include cooking instructions, label with name of product, quantity and date frozen.
13. One uncooked frozen mini-pizza, crust smaller than 7" with toppings of your choice. (meat toppings need to be cooked). Display on cardboard inside freezer bag. Label with product name, quantity, and date frozen. Include cooking instructions.
14. Dried banana chips ¼ cup – include recipe
15. Your recipe collection – book or file.
16. Any other A – not listed above
17. Any other B – not listed above

### **FF -- CLASS 4 -- YOU'RE THE CHEF**

#### **Lot Number**

1. Project book
2. Chart evaluating fad diets
3. Low-fat dip (1/4 cup) include recipe & idea on how to use
4. File/book of Slow Cooker and Casserole Recipes
5. Banana Bread – include recipe
6. Tea Ring/ Sweet Bread – include recipe
7. Breadsticks (3) include recipe and ideas how to serve
8. File/book of Canning Instructions and Recipes
9. Canned pickles/pickle product/salsa (small jar). Include recipe and storage instructions. Label with name of product, quantity, canning date.
10. Freezer jam (one container). Include recipe and storage instructions. Label with name of product, quantity and freezing date.
11. Poster evaluating food photography (project book 46-47)
12. Invent a snack
13. Any other A – not listed above
14. Any other B – not listed above

### **FF -- CLASS 5 -- FAST FOODS**

#### **Lot Number**

1. Project book
2. Meals for three (3) days using My Pyramid worksheet
3. Spice blend, rub, including recipe and how to use
4. Poster of table setting
5. Snack from project book recipes
6. Dessert from project book recipes
7. Side Dish from project book recipes
8. Main Dish from project book recipes
9. Bread and cereal from project book recipes
10. Any other A – not listed above
11. Any other B – not listed above

### **FF -- CLASS 6 – LIFETIME FITNESS**

**Lot Number**

1. Project Book
2. Poster illustrating proper hand-washing
3. Poster/collage of protein sources
4. Collage of two (2) plates – each one showing colorful meals.
5. Plan one (1) week of healthy breakfasts – include recipes
6. Poster/collage of “Whoa, Slow, and Go” Snacks (pg 45)
7. Vegetable Recipe collection in a book or file
8. Any other A – not listed above
9. Any other B – not listed above

**FF -- CLASS 7 -- TEENS ENTERTAIN****Lot Number**

1. Hors d'oeuvres four (4) different items
2. Four (4) filled cookies
3. Torte
4. Cake decorated for special purpose (may use cake form)
5. Bundt cake
6. Nuts and Bolts
7. Pizza crust only
8. Centerpiece for meal - include notebook showing picture of dishes and telling about the occasion
9. Notebook of a party you planned, include menu, decorations and cost
10. Display on nutritious snack
11. Reference file of entertaining ideas, menus, recipes, decorations, etc.
12. Pizza, one (1) slice
13. Lasagna, one (1) serving
14. Any other A – not listed above
15. Any other B – not listed above

**FF -- CLASS 8 -- YEAST BREADS****Lot Number**

1. Recipe file with 15 bread recipes
2. Four popovers
3. One loaf fancy bread
4. One loaf of holiday bread
5. One loaf of international bread
6. One loaf of sourdough bread
7. Exhibit of (3) breads made from (3) different types of flour
8. One loaf 100% whole wheat bread
9. One loaf white bread
10. One whole wheat pasta (noodles, spaghetti, etc.)
11. One plate of pasta (noodles, spaghetti, etc.)
12. Four sweet rolls
13. Four dinner rolls
14. One plate of four (4) shaped rolls
15. Bread or rolls made with cool rise method
16. Bread or rolls made with rapid mix method
17. Four English muffins
18. Four bagels
19. Four bread sticks
20. Four soft pretzels
21. Four pita bread
22. Six crackers
23. Any other A – not listed above
24. Any other B – not listed above

**FF -- CLASS 9 -- FOOD PRESERVATION****Open to any Foods & Horticulture Project Member****Lot Number**

1. One jar jam, cooked
2. One jar jelly
3. One jar preserves
4. Exhibit of fruit leather, three (3) kinds
5. Exhibit of dried fruit, three (3) kinds of fruit in appropriate storage container
6. Exhibit of dried vegetables, three (3) kinds
7. One pint/quart of tomato juice
8. One pint/quart of relish
9. One pint/quart of dill pickles
10. One pint/quart of bread & butter pickles
11. One pint/quart of sauerkraut
12. One pint/quart of canned fish
13. One pint/quart of meat or chicken
14. Exhibit of jerky
15. One pint/quart of canned fruit
16. One pint/quart of canned vegetables
17. Three (3) jar exhibit of different vegetables
18. Three (3) jar exhibit of different fruit
19. Three (3) jar exhibit of different jams & jellies
20. Three (3) jar exhibit of different pickles
21. Three (3) jar exhibit of different of relishes
22. Independent Study
23. Any other A -Not listed above
24. Any other B -Not listed above

**FF --CLASS 12 -- OPEN TO ANY FOOD MEMBER****Lot Number**

1. Three(3) cream puffs
2. Pound cake
3. Decorated cake, loaf or layer
4. Three (3) pieces of chocolate covered cherries
5. Three (3) pieces of divinity
6. Three (3) caramels
7. Three (3) pieces of fudge
8. 100% loaf of whole wheat bread
9. Loaf of white bread
10. Angel cake from scratch
11. Sponge cake from scratch
12. Full size layer cake from scratch (frosted)
13. One loaf fruit/nut vegetable bread
14. Three (3) decorated cupcakes
15. Fruit Pie - 3" slice
16. Three (3) deep fried donuts, raised or cake
17. Three (3) cinnamon rolls
18. Three (3) caramel rolls
19. Item prepared for a Holiday
20. Dehydrated Food Item
21. Low-calorie food - include calories and recipe
22. Three (3) plain rolled sugar cookies
23. Three (3) fruit bars or fruit filled cookies
24. Three (3) chocolate brownies
25. Three (3) molasses cookies
26. Stir-Ups Note Book
27. Monster Cookies
28. Any other A – not listed above
29. Any other B – not listed above
30. Any other C – not listed above
31. Any other D – not listed above

# **FOODS and NUTRITION –**

## **Department FN (classes 1-3)**

### **FOOD EXHIBITS - -**

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3. All canned products must be in standard canning jars, sealed and labeled as to method and process and dated.
4. Jams and jellies must be in standard canning jars and processed in the water bath. **NO PARAFFIN MAY BE USED.**
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7. Entries need not be made from recipes in project book.

### **FN -- CLASS 1 -- BEGINNING FOODS**

#### **Lot Number**

1. Display of measuring tools
2. Completed beginning foods project book
3. Poster or collage showing all the food groups
4. Fruit or vegetable snack
5. Peanut butter oatmeal cookies (4)
6. Gingerbread
7. Poster of collage of milk foods
8. Tuna sail boat
9. Snack with two (2) or more food groups
10. Taco or serving of pizza which includes all of the food groups
11. Exhibit of foods that are both good and bad for your teeth
12. Monkey Bread
13. Any item not listed above A
14. Any item not listed above B

### **FN -- CLASS 2 -- SIX EASY BITES**

#### **Lot Number**

1. Six (6) drop, molded or bar baked cookies. Include recipe card.
2. A package of six (6) cookies. Display in freezer bag or disposable freezer container. Label with name of product, quantity, and date frozen.
3. Six muffins of any kind (no muffin liners). Include recipe card.
4. One package of frozen berries. Display in freezer bag or disposable freezer container. Include index card with instructions for cooking or defrosting. Label with name of product, quantity and date frozen.
5. Any other A
6. Any other B

### **FN -- CLASS 3 -- Tasty Tidbits**

#### **Lot Number**

1. A square, oblong, or round layer of cake without frosting. Include recipe card.
2. One uncooked frozen mini-pizza using pita bread, english muffin, bagel, or already purchased crust (no larger than 7" in diameter) with toppings of your choice. Meat toppings such as hamburger, sausage, bacon, etc. need to be cooked. Display on covered cardboard inside a freezer bag. Include index card with instructions for cooking. Label with name of product, quantity, and date frozen.
2. Six (6) no-yeast, any shape **pretzels** (shaped, stick or nugget) **or** six (6) no-yeast **rolled biscuits** (no drop biscuits). Include recipe card.
4. One package of any **frozen vegetable or combination of vegetables**. Display in freezer bag or disposable freezer container. Include index card with cooking instructions. Label with name of the product, quantity and date frozen. Need 1 cup.
5. Any other not listed above A
6. Any other not listed above B