

## **Department 25Y — Foods & Nutrition**

**Members of the same family cannot exhibit food items in the same lot number, unless different recipes are used. (Recipes are not required, but may be helpful to the judge)**

**No commercial mixes may be used, except as ingredients in a recipe.**

### ***Class A — Food & Nutrition I***

*Premium — \$2.00, \$1.75, \$1.50, \$1.25*

1. Muffins, any kind, plate of 3 (not in paper cups)
2. Plate of 3 cookies
3. Nutritious snack or beverage, 2 ingredients or more
4. Bars, including a corner piece
5. Cake, 4 inch square, not frosted
6. 3 cupcakes, not frosted (not in paper cups)
7. A healthy school lunch
8. Poster (14"x22") showing table manners
9. Any other self-directed exhibit

### ***Class B — Food & Nutrition II***

*Premium — \$2.00, \$1.75, \$1.50, \$1.25*

10. Fruit or vegetable tray with dip, 2-4 servings
11. Baked main dish, 2-4 servings
12. Cake, 4 inch corner square, not frosted
13. A food item with at least 3 dairy products (2 servings)
14. Homemade candy, 4 pieces
15. Soup or stew, in a serving bowl
16. Quick Bread, ½ loaf
17. Main dish with hamburger base, one serving
18. 2-3 minute action demonstration
19. Poster (14"x22") about safety and/or sanitation while in the kitchen

### ***Class C — Food & Nutrition III***

*Premium — \$2.00, \$1.75, \$1.50, \$1.25*

20. A food item made with at least 3 dairy products (2 servings)
21. Fruit or vegetable tray with low-fat dip, 2-4 servings
22. Quick Bread, ½ loaf
23. Yeast bread, made only with conventional methods, ½ loaf or 4 dinner rolls
24. Yeast bread made only with a bread maker, ½ loaf
25. Sweet rolls, 4 on a plate
26. Torte, 4 inch corner square
27. Pizza, ¼ section of whole (can be fruit or veggie pizza)
28. Dinner entrée that includes contrasting colors, flavors and textures, one serving
29. Vegetable side dish or cold pasta salad, 2 servings
30. Display of menus for 2 full days (6 meals)
31. Favorite recipe changed to a healthier version, provide: old & new recipe and product

- 32. Any other self-directed exhibit
- 33. Poster (14"x22") about a cooking technique

**Class D — Food & Nutrition IV**

*Premium — \$2.00, \$1.75, \$1.50, \$1.25*

- 34. Any international dessert, 2-4 servings
- 35. Any international entrée, 2-3 servings
- 36. Prepared vegetarian main dish, 2-4 servings
- 37. Homemade candy, 4 pieces
- 38. Bake cheesecake, whole cake
- 39. Homemade pie, whole pie, no canned filling
- 40. Yeast dinner rolls, any method, 4
- 41. A food item made with at least 3 dairy products, 2 servings
- 42. Create your own fantasy restaurant with menu
- 43. Full menu entrée with at least two side dishes
- 44. Favorite recipe changed to a healthier version, provide: old & new recipe and product
- 45. Table setting, place setting for 1
- 46. Any other self-directed exhibit

**Class E — Food Preservation**

*Members of the same family cannot exhibit in the same lot number*

*\*Use regulation half pint, pint, or quart jars for canning entries*

*\*Use U.S.D.A. standard*

*\*Jams and jellies must be exhibited in half pints. Dehydrated entries should be exhibited in container appropriate to item*

*\*Bring a second container for display, as the judge has the option of opening the entry*

*\*Attach the following 2"x4" label to exhibit answering the following 7 questions*

1. Class Number	6. One of the following	7. Method of Procession
2. Date Canned	*Hot pack	*Pressure Cooker
3. Name of Product	*Raw pack	*Boiling Water Bath
4. Method of preparation	*Dehydration	*Dehydration
5. Time of processing	*Freezing	*Freezing

*Premium — \$2.00, \$1.75, \$1.50, \$1.25*

- 47. Apples
- 48. Applesauce
- 49. Cherries, pitted
- 50. Rhubarb
- 51. Peaches
- 52. Pears

53. Tomato juice
54. Tomatoes
55. Black raspberries
56. Red raspberries
57. Other berries/blue or locally grown fruit
58. Green Beans, cut
59. Sweet corn, off cob
60. Creamed corn
61. Asparagus
62. Pease
63. Yellow wax beans, cut
64. Vegetable pickles
65. Bread and butter pickles
66. Dill pickles, specify on label
67. Sweet pickles
68. Jam, any variety (cooked jam only)
69. Jelly, any variety
70. Freezer jam
71. Any other canned food not listed
72. Any other dehydrated food

### ***Class F — Cake Decorating***

*Premium — \$2.00, \$1.75, \$1.50, \$1.25*

73. Decorated cake, any size
74. Plate of 3 decorated cupcakes
75. Decorated holiday cupcakes
76. Gingerbread house
77. Any other decorated item not listed

### ***Class G — Maple Syrup***

***Members of the same family cannot exhibit in the same lot number***

***\*Bring a second container for display as the judge has the option of opening the entry***

***\*Clear one pint containers are to be used with no identifying labels or private label***

*Premium — \$2.00, \$1.75, \$1.50, \$1.25*

78. Maple syrup