

DEPARTMENT 91 - OPEN YOUTH/FOOD PREPARATION

EXHIBITS IN PLACE:

SATURDAY, AUG. 14, 10:00 A.M. TO 6:00 P.M.

JUDGING:

SUNDAY, AUG. 15, 8:00 A.M. TO 12:00 P.M.

EXHIBITS RELEASED:

SUNDAY, AUGUST 15, 2:00 P.M.

SUPERINTENDENTS IN CHARGE:

SUNDAY, AUGUST 22, 7:00 P.M. TO 9:00 P.M.

MONDAY, AUGUST 23, 8:00 A.M. TO NOON

PHILLIP KENT, MARY EBERT AND ROB TIBBITS

RULES AND REGULATIONS FOR DEPARTMENT 91:

1. Item exhibited must be made by the individual and displayed as directed in individual classes.
2. In Sections 4, 6, 7, and 8 all items must be secured.
3. A copy of the recipe and the exhibit tag attached to each food item to be exhibited.
4. More than one entry may be made in a section, with a maximum of two (2) entries per class.
5. Foods will not be tasted. Judged only on texture and/or appearance.
6. Sweepstakes Awards are made by selection and entries are not to be made in these classes.
7. All food entries with the exception of pies and decorated cakes, are to be exhibited on paper plates or board squares, placed in a zip-lock bag with entry tag attached on the outside.

PREMIUMS FOR DEPARTMENT 91:

1st - \$2.00 2nd - \$1.50 3rd - \$1.00

SECTION 1 - BAKED GOODS

CLASS

1. Quick Bread (age 9 - 13)
2. Quick Bread (age 14 - 17)
3. Yeast Bread (age 9 - 13)
4. Yeast Bread (age 14 - 17)
5. Rolls (four) (age 9 - 13)
6. Rolls (four) (age 14 - 17)
7. Coffee Cake (age 9 - 13)
8. Coffee Cake (age 14 - 17)
9. Muffins (four) (age 9 - 13)
10. Muffins (four) (age 14 - 17)
11. Frosted Cakes (age 9 - 13)
12. Frosted Cakes (age 14 - 17)
13. Frosted Cupcakes (four) (age 9 - 13)
14. Frosted Cupcakes (four) (age 14 - 17)
15. Decorated Cakes (age 9 - 13)
16. Decorated Cakes (age 14 - 17)
17. Brownies (four) (age 9 - 13)
18. Brownies (four) (age 14 - 17)
19. Chocolate Chip (four) (age 9 - 13)
20. Chocolate Chip (four) (age 14 - 17)
21. Peanut Butter Cookies (four) (age 9 - 13)
22. Peanut Butter Cookies (four) (age 14 - 17)
23. Oatmeal Cookies (four) (age 9 - 13)
24. Oatmeal Cookies (four) (age 14 - 17)
25. Seasonal Cookies (four) (age 9 - 13)
26. Seasonal Cookies (four) (age 14 - 17)
27. Any other, please identify on tag (age 9 - 13)
28. Any other, please identify on tag (age 14 - 17)



SECTION 2 - TABLE SETTING & MENU

RULES:

1. A one place table setting on place mat.
2. A menu plan for one day.

CLASS

1. Table setting and menu planning (age 9 - 13)
2. Table setting and menu planning (age 14 - 17)

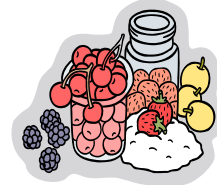
SECTION 3 - CANNING

RULES:

1. Exhibit may be made in pint or quart jars. The jars should be of uniform size.
2. Each jar must be labeled (contents, date).
3. The canning/jelly making exhibits should be done by individual members at their homes.
4. Exhibitor should have complete knowledge of the Food preservation technique used in the exhibit.

CLASS:

1. Fruit (age 9 - 13)
2. Fruit (age 14 - 17)
3. Vegetables (age 9 - 13)
4. Vegetables (age 14 - 17)
5. Jelly (age 9 - 13)
6. Jelly (age 14 - 17)
7. Jam (age 9 - 13)
8. Jam (age 14 - 17)
9. Preserves (age 9 - 13)
10. Preserves (age 14 - 17)
11. Marmalade (age 9 - 13)
12. Marmalade (age 14 - 17)
13. Pickles (age 9 - 13)
14. Pickles (age 14 - 17)



DEPARTMENT 91—OPEN YOUTH/FOOD PREPARATION (contd.)

SECTION 4 - OUTDOOR COOKING

All Items Must Be Secured

CLASS

1. Picnic Basket - including menu and items needed for a picnic.
2. Outdoor food preparation equipment. Exhibit shall consist of two (2) pieces of homemade outdoor cooking equipment - models or miniatures can be used if actual equipment is too large or permanently installed. Include name of items or equipment and how it is used or type of food prepared with its use.

SECTION 5 - CANDY MAKING

CLASS

1. Exhibit will consist of two (2) of the following four types of candies: Poured or painted chocolates, Brittle, Beaten, Cooked or Taffy. (age 9 - 13).
2. Exhibit will consist of two (2) of the following four types of candies: Poured or painted chocolates, Brittle, Beaten, Cooked or Taffy. (age 14 - 17)
 - a) Poured or painted chocolates (filled with chocolate, nuts, creamy, fruit nut, caramel, peanut butter, etc.
 - b) Brittle (such as Peanut or English Toffee, ribbon)
 - c) Beaten or cooked (such as penuche, fudge divinity, Praline, or fondant).
 - d) Taffy
3. Exhibit three (3) pieces of each type of candy chosen, Covered on 6" plate, plus one of each type wrapped separately for the judge. (age 9 - 13)
 - a) Poured or painted chocolates (filled with chocolate, nuts, creamy, fruit nut, caramel, peanut butter, etc.
 - b) Brittle (such as Peanut or English Toffee, ribbon)
 - c) Beaten or cooked (such as penuche, fudge divinity, Pralines or fondant).
 - d) Taffy
4. Exhibit three (3) pieces of each type of candy chosen, covered on 6" plate, plus one of each type wrapped separately for the judge. (age 14 - 17)
 - a) Poured or painted chocolates (filled with chocolate, nuts, creamy, fruit nut, caramel, peanut butter, etc.
 - b) Brittle (such as Peanut or English Toffee, ribbon)
 - c) Beaten or cooked (such as penuche, fudge divinity, Pralines or fondant).
 - d) Taffy

SECTION 6 - NUTRITIONAL SNACKS

CLASS

1. Snack food items on 6" paper plate with plastic wrap attached; nutritional value noted. Should be able to describe how it was made. (Age 9 - 13)
2. Snack food items on 6" paper plate with plastic wrap attached; nutritional value noted. Should be able to describe how it was made. (Age 14 - 17)
3. Label & cost information. Compare nutrition information on labels and cost per serving of two similar food items similar food items. (All Ages)
4. Show a nutritious snack for less then \$.50 cents per serving. Show nutrition of snack and cost of ingredients. (All ages)

SECTION 7- NUTRITION & HEALTH

CLASS

1. Functions of a nutrient. Show the importance of one nutrient and analyze the major sources of that nutrient in an individual's diet.
2. Compare nutrient needs. Explain how and why the food needs of 2 individuals may be different.
3. Analyze an individual's meals for a day according to dietary guidelines and explain how you improved or changed that menu or food intake.
4. Study food intake and exercise of an individual and show a plan for how he/she could change diet and exercise for better health.
5. Activity level and food. Compare and explain the changes
6. Nutritious brown bag lunch. Plan a nutritious lunch for less than \$3.00.
7. Related Exhibit. An exhibit relating to the nutrition and health category which does not fit in the above classes.

SECTION 8- CONSUMER BEHAVIOR

RELATED TO FOOD

Emphasis is placed on factors related to food buying (models, pictures, etc.) rather than food products.

All Items Must Be Secured.

CLASS

1. Smart shopping tip. Show and explain one tip for wise food shopping.
2. Physical fitness. Explain (1) how an activity or exercise has made you more fit or (2) nutrition tip for people involved in sports.
3. Good Nutrition. Show the 5 groups of food necessary for good health, give examples.
4. Convenience food vs. homemade counterpart. Compare cost and quality of a convenience food and its homemade counterpart. Include recipe.
5. Restaurant meal. Compare cost of a meal purchased in a restaurant with a similar home prepared meal.
6. Related Exhibit. Exhibit relating to the consumer behavior category description, but not fitting the above classes.



DEPARTMENT 91 - OPEN YOUTH/FOOD PREPARATION (contd.)



SECTION 9 - SUGAR DECORATIONS

RULES:

1. Bring a small sample of frosting in a plastic bag.
2. A Styrofoam or "dummy" cake may be used.

CLASS:

1. **Beginner/Sugar Decorating - Layer Cake**, Use of a minimum of four (4) different tips. Must show two of the following: Borders, string work, flow work, filigree, molded sugar forms or marzipan.
2. **Beginner/Sugar Decorating -Novelty Cake**, Use of a minimum of four (4) different tips. Must show 2 of the following: Borders, string work, flow work, filigree, molded sugar forms or marzipan.
3. **Advanced/Sugar Decorating - Layer Cake**, Use of a minimum of 5 different tips. Must show 3 of the following: Borders, string work, flow work, filigree, flowers, molded sugar forms or marzipan.
4. **Advanced/Sugar Decorating - Novelty Cake**, Use of minimum of 5 different tips. Must show 3 of the following: Borders, string work, flow work, filigree, flowers, molded sugar forms or marzipan.
5. **Advanced/Sugar Decorating - Wedding Cake**, Use of a minimum of 5 different tips. Must show 3 of the following: Borders, string work, flow work, filigree, flowers, molded sugar forms or marzipan.
6. **Beginner Cookie Decorating**/Use of a minimum of 3 different tips. Must show 3 of the following: Borders, string work, flow work, filigree flowers, molded sugar forms or marzipan.
7. **Advanced Cookie Decorating**/Use of a minimum of 3 different tips. Must show 3 of the following: Borders, string work, flow work, filigree flowers, molded sugar forms or marzipan.
8. **Sugar Panoramic Eggs**.

DO NOT ENTER IN THIS SECTION

SECTION 10 - BEST OF SHOW

\$5.00 & Rosette

CLASS:

1. Baked Goods
2. Table Setting/Menu
3. Canning
4. Outdoor Cooking
5. Candy Making
6. Nutritional Snacks
7. Nutritional Health
8. Consumer Behavior
9. Sugar Decorations

