

# FOODS AND NUTRITION

## FOOD PREPARATION



Each member may enter up to three classes based on the phase in which they are enrolled; one exhibit per class. All foods entered must be made by the exhibitor. Commercial mixes cannot be exhibited except as an ingredient in a product. Exhibits must be displayed on a disposable plate and either covered with plastic wrap or placed in a plastic bag. Exhibits must be suitable for keeping at the fair without excessive spoilage or change of appearance. Highly perishable foods are not acceptable.

Recipes for food products must be included with the exhibit and should include all information given on the **Exhibit Recipe Card** format. Forms are available in county Extension offices and on the state 4-H website, <http://oregon.4h.oregonstate.edu/fair-exhibit-and-contest-materials>. The recipes will not be returned to the exhibitor. Recipes from these classes may be selected for a 4-H recipe booklet.

Judging criteria are outlined on the *4-H Recipe Collection Exhibit Check Sheet (40-470)*, *4-H Educational Poster/Display Score Sheet (40-463)*, and *4-H Baked Foods Check Sheet (40-445)*, all available from the county Extension office.

**FOOD PRODUCT CLASSES** – Number corresponds to the seventh and eighth digits in the food product class numbers as listed by project phase level.

### Product #

- 01 Cookies** (Bar, Drop, or No Bake) Exhibit 4 cookies.
- 02 Cookies** (Rolled, Filled, Shaped) Exhibit 4 cookies.
- 03 A quick bread** using the muffin method of mixing. Muffin method of mixing generally means that the fat is in a liquid form and all liquids are added to the dry ingredients with a minimum amount of stirring. (Muffins, Cornbread, Fruit/Veg. Breads, Non-yeast coffee cakes, etc.) Exhibit 3 individual items or one-third of a large item.
- 04 A quick bread** using the biscuit method of mixing. Biscuit method of mixing generally means that the fat is semi-solid and cut into the dry ingredients before liquid is added. The dough may be beaten or kneaded for a few strokes. (Biscuits, Scones, etc.) Exhibit 3 individual items or one-third of a large item.
- 05 Shortened Cakes** (Cakes with fat). **No commercial mixes; No fillings or toppings** (i.e. frosting, icing, glaze, powdered sugar, fruit or nuts). Exhibit 3 individual items or one-third of a large item.
- 06 Foam cakes** (Angel Food, Sponge, Chiffon). **No commercial mixes. No fillings or toppings** (i.e. frosting, icing, glaze, powdered sugar, fruit or nuts.) Exhibit 3 individual items or one-third of a large item.
- 07 Unleavened or Flat breads** (pita, tortilla, etc). Exhibit 3 items or one-third of large item.
- 08 Yeast Bread**, plain dough using white or wheat flour. Exhibit one-third of a loaf.
- 09 Yeast Breads**, Plain dough using white or wheat flour made with a **bread machine**. Exhibit one-third of a loaf.
- 10 Specialty Yeast Bread** product using a bread machine. Exhibit 3 individual items or one-third of a large item.
- 11 Yeast Bread** product using **special shaping**. Exhibit 3 individual items or one-third of a large item.
- 12 Yeast Bread** product using alternative grain products instead of or in addition to white flour. Exhibit 3 individual items or one-third of a large item.
- 13 Baked Pie Crust** using flour as major ingredient. Exhibit entire single crust shell.
- 14 A Gift Package** with homemade foods featuring up to five Pacific Northwest products. At least two foods must be made by the exhibitor and feature Pacific Northwest products. Gift package can be in a box or basket **not to exceed 18" x 24"**. **Exhibit must include breakdown of costs incurred in preparing the package, including items on hand or recycled.** Baked items should be at least three of a small or one-third of a large food. Include recipes on 5" x 8" card or paper. Include to whom the gift is intended and what occasion. Criteria for judging will include creativity, cost (value), food safety, and nutrition. A list of PNW products is available at the Extension Office.
- 16 Baked Food Product reflecting alternative dietary needs.** Recipe for the food product has been chosen specifically to reflect needs or altered significantly to now reflect needs for an alternative diet, such as gluten free, sugar substitute, vegetarian, vegan, reduced fat, et. al. Exhibit three individual items or one-third of a large item.

### PHASE 1 Foods of the Pacific Northwest, Unit 1

- 511 110 ( )0 Food Product. Choose from products 01, 02, 03, 04 or 16 (listed at the beginning of foods section) for descriptions.** All similar food products (as defined by class description) will be judged in one class and compared to the standard for that product regardless of age or phase of the exhibitor (for example, class 511 110 010 is open to exhibitors in phases 1, 2, 3). Include recipe.
- 511 311 010 Favorite Recipe Collection** with five recipes of your favorite foods. Can include two favorite cookie recipes. Recipes must be tested by the 4-H member. Write current year in upper right hand corner of each recipe. **Cards or recipes must be in front of file or designated (paper clips, tabs, etc.) throughout the collection for ease in judging.** Recipe collection can be in a file box or recipe book form. Pen, pencil or type is acceptable. Refer to 4-H Recipe Collection Exhibit Check Sheet (40-470), available at County Extension office, for specific guidelines.
- 511 211 010 Educational poster** using one of the following themes or theme of your choice showing and explaining something you made, learned or did in your Foods & Nutrition project: **Poster must not exceed 22" x 28"**. The themes below do not have to be the title of the poster.
- |                        |  |
|------------------------|--|
| Sensational Sandwiches | Nutrition: It's in the Bag! (sack lunches) |
| Fabulous Fruits        | How to Equip a Kitchen                     |

### **PHASE 2 Fit it All Together, Unit 1**

- 511 110 ( )0 Food Product. Choose from products 01, 02, 03, 04 or 16 (see beginning of food section for descriptions).** All similar food products (as defined by class description) will be judged in one class and compared to the standard for that product regardless of the age or phase of the exhibitor (for example, class 511 110 010 is open to exhibitors in phases 1, 2, 3). Include the recipe.
- 511 312 010 Favorite Recipe Collection** with five recipes, including three quick breads or sandwiches and two snack recipes. Recipes must be tested by the 4-H member. Write current year in upper right hand corner of each recipe. **Cards or recipes must be in front of file or designated (paper clips, tabs, etc.) throughout the collection for ease in judging.** Pen, pencil or type is acceptable. Recipe collection can be in a file box or in recipe book form. Refer to 4-H Recipe Collection Exhibit Check Sheet (40-470) for specific guidelines, available at the county Extension Office.
- 511 212 010 Educational poster** using one of the following themes or a theme of your choice showing and explaining something you made, learned or did in your Foods and Nutrition project. **Poster must not exceed 22" x 28"**. The themes below do not have to be the title of the poster.
- |                   |   |
|-------------------|---|
| The Snack Attack  | Breakfast...Don't Leave Home Without It   |
| More Milk, Please | How to Measure Liquid and Dry Ingredients |

### **PHASE 3 Grain Products**

- 511 110 ( )0 Food Product. Choose from products 01, 02, 03, 04, 05, 06 & 16 (see descriptions at beginning of foods section).** All similar food products (as defined by class description) will be judged in one class and compared to the standard for that product regardless of the age or phase of the exhibitor (for example, class 511110010 is open to exhibitors in phases 1, 2, 3). Include recipe.
- 511 313 010 Favorite Recipe Collection** with five recipes using a variety of grain products. (Examples: granola, rice pudding, bulgar salad, pizza.) Recipes must be tested by the 4-H member. Write current year (2002) in upper right hand corner of each recipe. **Cards or recipes must be in front of file or designated (paper clips, tabs, etc.) throughout the collection for ease in judging.** Pen, pencil or type is acceptable. Recipe collection can be in a file box or in recipe book form. Refer to 4-H Recipe Collection Exhibit Check Sheet (40-470) for specific guidelines (available at the County Extension Office).
- 511 213 010 Educational poster** using one of the following themes or a theme of your choice showing and explaining something you made, learned or did in your Foods and Nutrition project. **Poster must not exceed 22" x 28"**. The themes below do not have to be the title of the poster.
- |                   |                        |
|-------------------|------------------------|
| Bread Basics      | Facts About Fiber      |
| Understand Labels | Judging Baked Products |

### **PHASE 4 Foods of the Pacific Northwest, Unit 2**

- 511 120 ( )0 Food Product. Choose from products 03-09, & 16 (see beginning of foods section for descriptions).** All similar food products (as defined by class description) will be judged in one class and compared to the standard for that product regardless of the age or phase of the exhibitor (for example, class 511120060 is open to exhibitors in phases 4, 5 and 6). Include recipe.
- 511 224 010 Educational exhibit** using one of the following themes or a theme of your choice showing and explaining something you made, learned or did in your Foods & Nutrition project.

When the Good Cook Gardens  
Primarily Poultry

Yeast . . . How Does It Work?  
Salad Savvy

The exhibit may include pictures, models or actual articles and may be a poster, notebook or three dimensional display. **Size limited to 30" wide, 36" high, and 24" deep.**

**511 224 020 Photo series or pictorial** story depicting hunted or harvested foods of the Pacific Northwest from harvest to table. Series may include up to 20 color photos, pictures or drawings on one story of one theme board **not to exceed 22" x 28"**. Please note if some of the photos were taken by someone else. Exhibits will be judged on their ability to creatively depict a story and not on their photography or drawing ability.

**511 324 010 Favorite Recipe Collection** with ten recipes, using foods of the Pacific Northwest. Recipes must be tested by the 4-H member. Write current year on upper right hand corner of each recipe. **Cards or recipes must be in front of file or designated (paper clips, tabs, etc.) throughout collection for ease in judging.** Pen, pencil or type is acceptable. Recipe collection can be in a file box or in recipe book form. Refer to 4-H Recipe Collection Exhibit check sheet (40-470) for specific guidelines, available at the county Extension Office, for specific guidelines.

### **PHASE 5 Fit it All Together, Unit 2**

**511 120 ( ) Food Product. Choose from products 05 - 09 & 16** (see beginning of foods section for description). All similar food products (as defined by class description) will be judged in one class and compared to the standard for that product regardless of the age or phase of the exhibitor (for example, class 511 120 060 is open to exhibitors in phases 4, 5 and 6). Include Recipe.

**511 325 010 Favorite Recipe Collection** with 10 recipes including five yeast bread recipes and five recipes of soups, stews and salads. Recipes must be tested by the 4-H member. Write current year in upper right hand corner of each recipe. **Cards or recipes must be in front of file or designated (paper clips, tabs, etc.) throughout the collection for ease in judging.** Pen, pencil, or type is acceptable. Recipe collection can be in a file box or in recipe book form. Refer to 4-H Recipe Collection Exhibit Check Sheet (40-470) for specific guidelines available at the county Extension Office.

**511 225 010 Educational exhibit** using the following themes or theme of your choice showing and explaining something you made, learned or did in your Foods & Nutrition project:

Fitness in Your Life  
Fast Food Choices

Cost and Nutrition Differences in Beverages  
Have Your Snacks and Eat Them, Too.

The exhibit may include pictures, models, or actual articles and may be a poster, notebook or three dimensional display. **Size limited to 30" wide, 36" high, and 24" deep.**

### **PHASE 6 Foods with an International Flavor**

**511 120 0( ) Food Product. Choose from products 06 - 12 & 16** (see beginning of foods section for description). All similar food products (as defined by class description) will be judged in one class and compared to the standard for that product regardless of the age or phase of the exhibitor (for example, class 511 120 060 is open to exhibitors in phases 4, 5 and 6). Include recipe.

**511 120 150 An international food.** Exhibit 3 of a small or one-third of a large food. Include what country your food represents. Exhibit should clearly represent another country by its ingredients, preparation or background. (Highly perishable foods not accepted.) Include recipe.

**511 226 020 Photo series or pictorial story** depicting an international meal including: name of the country, menu, planning, preparation and presentation. Series may include up to 20 color prints on one theme on one story board **not to exceed 22" x 28"**. Please note if some of the photos were taken by someone else. Exhibits will be judged on the exhibitor's ability to creatively depict a story and not on their photography or drawing ability.

**511 326 010 Favorite Recipe Collection** with ten recipes representing a variety of international foods. Recipes must be tested by the 4-H member. Write current year in upper right hand corner of each recipe. **Cards or recipes must be in front of file or designated (paper clips, tabs, etc.,) throughout the collection for ease in judging.** Pen, pencil or type is acceptable. Recipe collection can be in a file box or in recipe book form. Refer to 4-H Recipe Collection Exhibit Check Sheet (40-470). Available at the county Extension Office.

**511 216 010 Educational exhibit** using the following themes or a theme of your choice showing and explaining something you made, learned or did in your Foods & Nutrition project:

Food Safety  
Beans - Food for the World

World Hunger  
Food Waste - You Make a Difference

The exhibit may include pictures, models or actual articles and may be a poster, notebook or three dimensional display. **Size limited to 30" wide, 36" high, and 24" deep.**

**PHASE 7 Foods of the Pacific Northwest, Unit 3**

- 511 130 ( )0 Food Products.** See 08 - 16 in the list at beginning of foods section for descriptions. All similar food products (as defined by class description) will be judged in one class and compared to the standard for that product regardless of the age or phase of the exhibitor (for example, class 511 130 110 is open to exhibitors in phases 7, 8, and 9). Include the recipe.
- 511 337 010 Favorite Recipe Collection** with 15 recipes. Ten recipes should be vegetable and fruit recipes, five recipes should be one-pot meals using or demonstrating knowledge of various kitchen appliances (examples: microwave, wok, electric skillet). Recipes must be tested by the 4-H member. Write current year in upper right hand corner of each recipe. **Cards or recipes must be in front of file or designated (paper clips, tabs, etc.) throughout the collection for ease in judging.** Pen, pencil or type is acceptable. Recipe collection can be in a file box or in recipe book form. Refer to 4-H Recipe Collection Exhibit Check Sheet (40-470). Available at the county Extension Office.
- 511 237 010 Educational exhibit** using your choice of theme. Exhibit must show and explain something that you have made, done or learned in your Foods and Nutrition project. The exhibit may include pictures, models, or actual articles and may be a videotape, slide set/script, poster, notebook or three dimensional display. **Size limited to 30" wide, 36" high and 24" deep.**
- 511 237 020 Multimedia exhibit** demonstrating the production, distribution or preparation of a food product in the Pacific Northwest. The exhibit may include pictures, models or actual articles and may be a videotape, poster, notebook or three dimensional display. **Size limited to 30" wide, 36" high and 24" deep.**

**PHASE 8 Fit it All Together, Unit 3**

- 511 130 ( )0 Food Products.** See 08 - 16 in the list at beginning of foods section for descriptions. All similar food products (as defined by class description) will be judged in one class and compared to the standard for that product regardless of the age or phase of the exhibitor (for example, class 511130110 is open to exhibitors in phases 7, 8, and 9). Include recipe.
- 511 338 010 Favorite Recipe Collection** with 15 recipes. Ten recipes should be a variety of main dishes (i.e. beef, turkey, seafood, fish, pork, chicken, hunted and protein alternatives). Recipes must be tested by the 4-H member. Write current year in upper right hand corner of each recipe. **Cards or recipes must be in front of file or designated (paper clips, tabs, etc.) throughout the collection for ease in judging.** Pen, pencil or type is acceptable. Recipe collection can be in a file box or in recipe book form. Refer to 4-H Recipe Collection Exhibit Check Sheet (40-470), available in the county Extension Office.
- 511 238 010 Educational exhibit** using your choice of theme. Exhibit must show and explain something that you have made, done or learned in your Foods and Nutrition project. The exhibit may include pictures, models or actual articles and may be a videotape, slide set/script, poster, notebook or three dimensional display. **Size limited to 30" wide, 36" high and 24" deep.**

**PHASE 9**

- 511 130 ( )0 Food Products.** See 08 - 16 in the list at beginning of foods section for descriptions. All similar food products (as defined by class description) will be judged in one class and compared to the standard for that product regardless of the age or phase of the exhibitor (for example, class 511130110 is open to exhibitors in phases 7, 8, and 9). Include recipe.
- 511 339 010 Favorite Recipe Collection** including 15 tested recipes and a brief description of what you did to round out or complete your file or how you organized your file for future use. (Examples: quantity cooking, meals for one, special dietary needs). Recipes must be tested by 4-H member. Write current year in upper right hand corner of each recipe. Cards or recipes must be in front of file or designated (paper clips, tabs, etc.) throughout the collection for ease in judging. Refer to 4-H Recipe Check Sheet (40-470), available at the County Extension Office, for specific guidelines).
- 511 239 010 Educational exhibit** depicting your 4-H Walkabout experience or another choice of theme. Walkabout theme must list your Walkabout challenges and how you met those challenges. Other themes must show and explain something that you have made, done or learned in your Foods and Nutrition Project. The exhibit may include pictures, models or actual articles and may be a videotape, slide set/script, poster, notebook or three dimensional display. **Size limited to 30" wide, 36" high and 24" deep.**
- 511 239 020 Videotape** of your 4-H Walkabout public presentation. Public presentation can be taped by someone else since the public presentation represents your work. Videotape must include an introduction and closing.

## FOOD PRESERVATION



Members may enter **two classes** in their division. Members must use current OSU approved or USDA preparation and processing recommendations for canned foods. Current USDA recommendations can be located on the internet at [http://www.uga.edu/nchfp/publications/publications\\_usda.html](http://www.uga.edu/nchfp/publications/publications_usda.html). Ball Blue Book, copyright 2006 or more recent, pectin package inserts or pectin product websites are approved sources.

All products must have 4-H Food Preservation Explanation Card with complete information and instructions/recipe. Explanation Card is available at the county Extension office or on the State 4-H website. In addition, **all containers should have label or tape with member name, county, and class number.**

Include jar rings on all canned products. Jars may be opened during the judging process. Any opened jars may be emptied before returning after fair. Dried foods should be exhibited in jars or sturdy plastic bags, with labels securely attached.

For more guidelines, see "Labeling Preserved Foods" (4-H 93313). Judging criteria are outlined on the 4-H Canned Fruit and Vegetable Check Sheet (40-455), 4-H Canned Meat and Fish Check Sheet (40-515), 4-H Dried Foods Check Sheet, 4-H Jam Check Sheet (40-475), 4-H Jelly Check Sheet (40-485), and 4-H Pickles and Relishes Check Sheet (40-535), available at the county Extension office or on the State 4-H website, <http://oregon.4h.oregonstate.edu/fair-exhibit-and-contest-materials>

### BEGINNING DIVISION

- 512 111 010 Canned fruit or berries.** One jar of fruit or berries processed in a boiling water bath.
- 512 111 020 Canned tomatoes.** One jar of tomatoes processed in a boiling water bath.
- 512 112 010 Fruit leather.** Four rolled pieces (about one inch wide) of one flavor of fruit leather.
- 512 114 010 Cooked jam.** One jar of cooked jam using commercial pectin. Include jam recipe and source. Jars must be sealed by processing in a boiling water canner. Include jam recipe and source.
- 512 114 020 Cooked jelly.** One jar of cooked jelly using commercially available juice and pectin. Jars must be sealed by processing in a boiling water canner.
- 512 110 010 Gift pack.** One gift package including two different products from Beginning Division of preservation methods. Each preserved product must have a 4-H Food Preservation Explanation card included. The gift pack may also include products made or purchased by exhibitor to complete the theme. Indicate for whom the gift is intended and for what occasion. (Example: A housewarming gift for new neighbors.)

### EXPANDING DIVISION

- 512 121 010 Canned vegetables or tomatoes.** One jar of canned vegetables or tomatoes processed in a pressure canner.
- 512 121 020 Canned pie filling.** One jar of canned fruit pie filling. Jars must be sealed by processing in a boiling water bath.
- 512 121 030 Syrup or juice.** One jar of juice or syrup made from the juice that the member has extracted. Jars must be sealed by processing in a boiling water bath.
- 512 122 010 Dried fruit.** About 1/2 cup of dried pieces of fruit, (not leather).
- 512 122 020 Dried vegetable.** About 1/2 cup of dried pieces of vegetable.
- 512 122 030 Dried herbs.** About 1 Tablespoon of dried herbs.
- 512 123 010 Quick pickles.** One jar of canned fruit or vegetable quick pickles. Examples include cucumber, crab apple, watermelon, etc. Jars must be sealed by processing in a boiling water bath.
- 512 123 020 Relish.** One jar of relish. Jars must be sealed by processing in a boiling water bath.
- 512 124 010 Cooked jelly.** One jar of cooked jelly using juice the member has extracted and commercial pectin. Jars must be sealed by processing in a boiling water bath.
- 512 120 010 Gift pack.** One gift package including three different preserved products. Use two or more processing methods. Each preserved product must have a 4-H Food Preservation Explanation card included. The gift pack may also include products made or purchased by exhibitor to complete the theme. Indicate for whom the gift is intended and for what occasion. (Example: A housewarming gift for new neighbors.)

### ADVANCED DIVISION

- 512 131 010 Canned fish, meat, or poultry.** One jar of canned meat, fish, or poultry.

- 512 131 020 **Canned tomato sauce or ketchup.** One jar of canned tomato sauce (no meat), or ketchup processed in boiling water canner.
- 512 131 030 **Canned combination dish.** One jar of canned combination dish processed in a pressure canner. Examples include stew, chili, soup, etc.
- 512 131 040 **Canned salsa.** One jar of canned salsa. Jars must be sealed by processing in a boiling water canner.
- 512 132 010 **Dried meat or poultry jerky.** Four 1 inch by 3 inch pieces of one type of jerky. Meat jerky (beef, venison, or poultry) should follow the recommendations for preparation in "New Venison Jerky Procedure," SP50-819, January 1997 or "Meat/ Poultry Jerky," SP50-535, April 1998.
- 512 132 020 **Dried herb seasoning combination.** About 1 Tablespoon of dried herb seasoning combination.
- 512 133 020 **Fermented pickles or sauerkraut.** One jar of fermented (brined) pickles or sauerkraut.
- 512 134 010 **Cooked jelly or jam.** One jar of cooked jelly or jam made without added commercial pectin. Jelly must use juice extracted by the member. Jars must be sealed by processing in a boiling water canner.



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**Michael Rushton, DPM**  
Podiatric Physician and Surgeon

Dr. Rushton is a Preferred Provider for Lifewise and Blue Cross/Blue Shield and a Medicare participant. The Dr. speaks spanish. El doctor habla espanol

