

FOODS - BAKED

(State Fair Exhibit)

State Fair Entries: 2 Level A entries, 2 Level B entries, 3 Level C entries, 3 Level D entries.

General Exhibit Guidelines & References: See page 47 for more information

Manual Information: See page 11 for more information.

Overall Exhibit Guidelines:

Perishable baked exhibits entered for the state fair competition will not be displayed and instead will be donated to central Indiana homeless shelter.

LEVEL A (grades 3-4 suggested):

Choose one or more of the baked products below, or a similar baked product of choice. It is suggested a participant choose a different option each year, but this is not a requirement. Exhibits entered at state fair will be donated to local homeless shelters after being judged and not displayed.

- Three uniced snack sized cookies.
- Three standard sized unlined muffins.
- Three standard sized unlined muffins containing an ingredient that is a source of Vitamin A or C.
- Three snack sized granola bars.
- Three snack sized brownies or blondies.
- An educational poster, notebook or display about a food or nutrition topic of choice that is age/grade appropriate.
- Any other similar baked item.

LEVEL B (grades 5-6 suggested):

Choose one or more of the baked products below, or a similar baked product of choice. It is suggested a participant choose a different option each year, but this is not a requirement. Exhibits entered at state fair will be donated to local homeless shelters after being judged and not displayed.

- A single layer cake without frosting.
- A single layer of reduced-fat cake without frosting. Reduce the amount of fat in the recipe by using a fruit puree or baby food fruit product that does not contain yogurt.
- A standard loaf-sized quick bread.
- A standard loaf-sized quick bread containing an ingredient that is a source of Vitamin A or C.
- A coffeecake.
- A coffeecake contains an ingredient that is a source of Vitamin A or C.
- Three biscuits or scones that are plain, sweet, or savory.
- Three biscuits or scones that are plain, sweet, or savory using a whole grain flour mixture.
- Three biscuits or scones that are plain, sweet, or savory containing an ingredient that is a source of Vitamin A or C.
- Three no-yeast, any shape pretzels (shaped, stick or nugget).
- Three no-yeast, any shape pretzel with a whole grain flour mixture (shaped, stick or nugget).
- Three no-yeast bread sticks.
- Three no-yeast cinnamon rolls or other flavored rolls without icing or glaze.

- A no-yeast sweet bread without icing or glaze.
- An educational poster, notebook or display about a food or nutrition topic of choice that is age/grade appropriate.
- Any other similar baked item.

LEVEL C (grades 7-9 suggested):

Choose one or more of the baked products below, or a similar baked product of choice. It is suggested a participant choose a different option each year, but this is not a requirement. Exhibits entered at state fair will be donated to local homeless shelters after being judged and not displayed.

- Three yeast bread sticks or yeast rolls (any shape, medium size – not a sweet roll)
- Three (3) yeast bread sticks or yeast rolls (any shape, medium size - not a sweet roll), using a whole grain flour mixture. Participants are expected to learn how to knead bread dough by hand and allow it to rise appropriately. It is NOT acceptable to use a home bread maker.
- A yeast bread loaf or braid. Participants are expected to learn how to knead bread dough by hand and allow it to rise appropriately. It is NOT acceptable to use a home bread maker.
- A yeast bread (can be loaf, braid) using a whole grain flour mixture such as whole wheat, rye, oat bran, etc. Participants are expected to learn how to knead bread dough by hand and allow it to rise appropriately. It is NOT acceptable to use a home bread maker.
- Homemade pizza using yeast dough. Judges are not expecting this item to be presented hot out of the oven.
- One package of an, invented healthy snack (such as a granola bar, popcorn snack, trail mix, etc.). Your snack must include at least 2 food groups from MyPlate. Exhibit must include your snack product and a separate folder containing a marketing plan with product name, recipe, how it will be packaged, a package design, where it will be sold and suggested selling price. Style your snack for a photo shoot and include the picture in your marketing plan. Label should include product name, date, quantity, and serving size.
- Prepare an entrée casserole that meets three MyPlate requirements for a meal. Use care when transporting to prevent spoilage. Judges are not expecting this casserole to be presented hot out of the oven.
- An educational poster, notebook or display about a food or nutrition topic of choice that is age/grade appropriate.
- Any similar baked item.

LEVEL D (grades 10-12 suggested):

Choose one or more of the baked products below, or a similar baked product of choice. It is suggested a participant choose a different option each year, but this is not a requirement. Exhibits entered at state fair will be donated to local homeless shelters after being judged and not displayed.

- A single or double crust baked fruit pie (no graham cracker crust). (Note: Custards, cream, cream cheese frosting and fillings, and raw egg white frosting are not acceptable in an exhibit because they are highly perishable when left at room temperatures.)
- A baked food product for a catered meal or special event in which organizers have requested low fat and/or reduced sugar items. The exhibit will include your food product and a notebook outlining how this product is to be used at the event, menu, supplies to buy, preparation schedule, equipment, table layout, etc. A table display is optional.
- Select a condition in which people must modify their eating habits (diabetes, heart disease, Celiac disease, food allergies, etc.): Prepare a baked food product appropriate for someone

with this condition. The exhibit will include your food product and a notebook summarizing the condition or allergy, nutrition considerations involved with the condition, a description of your baked item, and an explanation of how it fits within the nutrition considerations. Make sure to note any ingredients that could cause an allergic reaction.

- Prepare an entrée casserole that meets four MyPlate requirements for a meal. Use care when transporting to prevent spoilage. Judges are not expecting this casserole to be presented hot out of the oven.
- An international or ethnic food of choice. This may be a cold or hot product. Use care when transporting to prevent spoilage. Judges are not expecting this product to be presented hot out of the oven.
- A specialty pastry.
- Create a baking mix and provide a sample of the baked product. Include an index card with instructions, wet ingredients needed, and baking instructions.
- An educational poster, notebook or display about a food or nutrition topic of choice that is age/grade appropriate.
- Any other similar baked item.